

Appendix 1. Australian national plans and blueprints – synopsis

Australian Government

Sport 2030 – National Sport Plan

Sport 2030 was developed by Sport Australia, the primary federal agency for sport promotion, programs and investment that is located within the Department of Health portfolio. It was publicly released in 2018

This plan represents the Australian Government's vision and plan for sport and physical activity in Australia over the next 12 years



Based on Sport 2030, the Australian Government will:

1. Introduce new programs specifically designed to address the complex barriers to participation many people face such as access, time, cost, as well as minimising injuries and supporting recovery
2. Fund PA partners based on a clear, agreed set of outcomes which will be jointly pursued
3. Continue to support national sporting organisations to lead their networks of organisations and clubs to drive participation in their sports
4. Collaborate and partner across portfolios, with local, state and territory governments, non-government organisations, and the corporate sector, which share the Government's vision for a more active Australia
5. Focus on programs and initiatives that target inactive Australians across their life cycle regardless of gender, race, ability, geography and wealth (building on existing initiatives)
6. Work across agencies to map the current investment in sport and recreation across all portfolios (to better target future policy and programs)
7. Partner with sporting organisations and other PA providers which have a national footprint to deliver programs that encourage inactive people to undertake more PA (this will include people with a disability, people from culturally and linguistically diverse communities, low to medium income households, Aboriginal and Torres Strait Islander people, people from regional and remote areas, women and girls)
8. Work with community organisations and national sporting organisations to ensure people with disability have greater access to participate in a range of sport and PA offerings
9. Partner (through Sport Australia) with organisations which consider the needs of the least active Australians when formulating and delivering their activities and services, that will guide investment in programs which drive positive behaviour change and outcomes
10. Work with state and territory governments and the Australian Curriculum, Assessment and Reporting Authority to find opportunities to support the teaching of physical literacy in the Australian curriculum. (Following the agreement of the Meeting of Sports and Recreation Ministers (MSRM), the Ministers will monitor the progress of efforts to include physical literacy in Australian schools)
11. Work with state and territory Education Ministers to ensure that all children have access to a learn to swim program in primary school
12. Lead (through Sport Australia) the development of the nation's first Early Childhood Activity Strategy
13. Promote the feasibility of developing a reporting system for monitoring the PA levels of children in Australian schools (following the agreement of MSRM)

14. Promote the removal of barriers to enable the use of school sporting infrastructure for sport and PA organisations and the wider community (following the agreement of MSRM)
15. Through Sport Australia, in conjunction with the Commonwealth, state and territory governments, and national sporting organisations, review the current Sporting Schools program to ensure it continues to be the most effective form of delivering sports in primary and secondary schools
16. Fund a national award for digital innovation in sport that can be adopted and adapted by sports, schools and students to engage in sport
17. Work (through Sport Australia) with national sporting organisations and PA stakeholders to decrease the cost of participating in sports and PA, including registration fees, insurance costs, uniform costs
18. Engage with state and territory governments to examine a more collaborative model of community sports infrastructure funding (following the agreement of the MSRM)
19. Examine opportunities to create a database on sports infrastructure and work with local government and national sporting organisations to develop a national approach to mapping infrastructure across Australia (following the agreement of the MSRM)
20. Lead (through Sport Australia) the development of best practice sport and PA infrastructure, facility design and use.

Source: Australian Government (2018) *Sport 2030: Participation, Performance, Integrity, Industry*; Building a more active Australia (pp 14-29). www.sportaus.gov.au/nationalsportplan/home

National Heart Foundation of Australia

Blueprint for an Active Australia (3rd ed)

The National Heart Foundation prepared this third edition of the Blueprint in collaboration with Australia's researchers and leaders in PA, transport, planning and health. It was publicly released in 2019

The Blueprint outlines the case for change across 13 action areas to increase population PA



The Blueprint covers each action area using a similar format, each exploring the case for change under the heading '**Why is this important?**', followed by presentation of recommended initiatives and approaches under '**What must be done?**'. The action areas are:

1. Built environments
2. Workplaces
3. Health care
4. Active travel
5. Prolonged sitting (sedentary behaviour)
6. Sport and active recreation
7. Disadvantaged populations
8. Aboriginal and Torres Strait Islander peoples
9. Children and adolescents
10. Older people
11. Financial measures
12. Mass-media strategy
13. Research and program evaluation

Source: National Heart Foundation of Australia (2019) *Blueprint for an Active Australia*. 3rd ed. National Heart Foundation of Australia: Melbourne. www.heartfoundation.org.au/for-professionals/physical-activity/blueprint-for-an-active-australia

Appendix 2. National Strategic Framework for Chronic Conditions – synopsis

Australian Health Ministers' Advisory Council

National Strategic Framework for Chronic Conditions

This Framework was developed by the Australian Government (under the auspice of the Australian Health Ministers' Advisory Council) in partnership with states and territories. It was endorsed by all Health Ministers through the COAG Health council and publicly released in May 2017

The Framework is the overarching policy document that sets the directions and outcomes for reducing the impact of a broad range of chronic conditions in Australia. It supersedes the National Chronic Disease Strategy 2005 and associated National Service Improvement Frameworks



The Framework recognises there are often similar underlying principles for the prevention and management of many chronic conditions, and aims to better cater for these shared determinants, risk factors and multi-morbidities. It is directed at decision and policy makers at national, state and local levels, across government and non-government sectors, stakeholder organisations, local health service providers, private providers, industry and communities that advocate for, and provide care and education for, people with chronic conditions and their carers and families.

Source: Australian Health Ministers' Advisory Council (2017) *National Strategic Framework for Chronic Conditions*. Australian Government. Canberra. www1.health.gov.au/internet/main/publishing.nsf/Content/nsfcc

Appendix 3. Examples of national, state, and territory-based activities

Examples are mapped against the recommended action areas in the WHO Global Action Plan on Physical Activity (GAPPA) and their related domains and settings. Some examples appear more than once if they relate to multiple GAPPA action areas.

GAPPA action area 1. Create active societies

1 CREATE ACTIVE SOCIETIES						
	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
Implement behaviour-change communication campaigns and build workforce capacity to change social norms.						
1.1	Communications: Implement social marketing campaigns linked with community-based programs to heighten awareness, knowledge and understanding of the multiple health benefits of regular PA and less SB for individual, family and community wellbeing.	Mass media and public education Community-wide programs	National	Move It Aus	www.sportaus.gov.au/findyour30	Developed by Sport Australia to encourage Australians of all backgrounds, ages and abilities to become more physically active and move more often. It is supported by grants programs targeting inactive communities, community sport infrastructure, and inactive older adults 65+.
		Mass media and public education Community-wide programs	WA NT TAS	LiveLighter	livelighter.com.au/about-physical-activity/	LiveLighter is an evidence-based public education campaign that aims to encourage people to eat well, be physically active and maintain a healthy weight. The program supports active living through educational resources, PA programs and a PA calculator.

1 CREATE ACTIVE SOCIETIES						
	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
1.1	Communications (continued)	Mass media and public education Community-wide programs	VIC	This Girl Can	thisgirlcan.com.au gettingwomenactive.com.au/	Developed by VicHealth based on Sport England's campaign, 'This Girl Can - Victoria' empowers women to become more physically active regardless of their ability or body shape. It provides women with access to an online support community and partners with community sporting clubs, facilities and other providers (campaign supporters) to create more inclusive sports and PA opportunities for women. It is supported by grants programs for local government and sporting organisations to increase the number and quality of participation opportunities across Victoria.
		Mass media and public education Community-wide programs	VIC	Premier's Active April	www.activeapril.vic.gov.au/	Annual campaign that which encourages all Victorians to do 30 minutes of PA a day during April. Participants register for free, and can log their daily activity to track progress, create and join teams, and receive access to instructional videos and offers and discounts to PA opportunities and facilities across Victoria.
1.2	Co-benefits: Through knowledge-sharing and information campaigns, build awareness, understanding and appreciation of the multiple social, economic, and environmental co-benefits of physical activity, particularly more walking, cycling and other forms of mobility involving wheels.	Communities and local government	National	Heart Foundation Walking	walking.heartfoundation.org.au/	Heart Foundation Walking is Australia's largest free walking network, that aims to raise the profile of walking as a fun, social, free and easy way for people to be active. Walking groups are set up in local communities in partnership with Host Organisations and Local Coordinators. Participants can track their progress using the Heart Foundation Walking app and are rewarded for achieving walking milestones.

1 CREATE ACTIVE SOCIETIES						
	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
1.2	Co-benefits (continued)	Urban design and infrastructure	National	Healthy Active by Design (Heart Foundation)	www.healthyactivebydesign.com/	<p>Developed by the Heart Foundation in collaboration with agencies across health, planning, sport and recreation, transport sectors. Builds on international best practice to provide a practical guide and information sharing opportunities to help planners, urban designers and related professionals to create more supportive built environments for health and PA.</p> <p>The website includes a database of case studies that can be searched according to Type of Project (e.g. infrastructure, local government, policy and placemaking initiative), Design feature (e.g. Movement Networks, Public Open Space, Destinations), State and Location (Remote, Rural, Regional and Urban). Each case study details the range of benefits delivered by the project, (e.g. health, economic, environmental, social and use value).</p>
		Transport and environment Education	National	Nature Play	www.natureplay.org.au/	Nature Play Australia partners with government departments and other groups, to promote unstructured play outdoors and in nature among children. It has developed a range of professional development opportunities, workshops and resources to help educators integrate outdoor learning experiences into the curriculum. This is complemented by awareness raising campaigns such as a nationwide Outdoor Classroom Day campaign.

1 CREATE ACTIVE SOCIETIES						
	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
1.2	Co-benefits (continued)	Urban design and infrastructure Transport and environment	NSW	Active Transport (Walking and Cycling) Program	www.rms.nsw.gov.au/business-industry/partners-suppliers/lgr/active-transport/index.html	A component of this program includes funding for local councils and state government authorities to deliver non-infrastructure projects that promote the benefits of walking or cycling for transport in local communities. Eligible proposals must promote, educate and/or inform customers on the benefits of walking or cycling for a purpose other than recreation, and may include campaigns, community engagement, and informational material.
1.3	Mass participation events: Implement regular mass participation initiatives in public spaces, engaging entire communities, to provide free access to enjoyable and affordable, socially and culturally appropriate experiences of PA	Communities and local government	National	PlayStreets	www.playstreetsaustralia.com	Founded by CoDesign Studios with support from VicHealth and the City of Melbourne. The concept involves temporarily closing streets to traffic to create opportunities for children and parents to play outside and promote friendlier neighbourhoods. Offers a free toolkit to help communities set up Play Streets and additional support for organisations.
		Communities and local government	Various	Healthy Darwin	www.darwin.nt.gov.au	Local government initiative that provides year-round low-cost activities for residents to promote health and PA. Where possible, activities use Council's parks, recreation facilities or community centres and aim to provide opportunities in areas that previously had limited group exercise options. The program also offers low cost workshops (such as adult bike-with-confidence and learn-to-swim courses) to build knowledge and skills particularly among new arrivals.

1 CREATE ACTIVE SOCIETIES						
	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
1.3	Mass participation events (continued)	Sport and recreation	National	Parkrun	www.parkrun.com.au	Parkrun organises free, socially focused 5km runs in over 300 parks and open spaces around Australia every Saturday. More than 650,000 people have participated since the first parkrun event was launched in 2011. Many health professionals in Australia are signposting to parkrun events as a way of helping to improve the health and wellbeing of their patients.
1.4	Capacity-building: Strengthen pre- and in-service training of professionals, within and outside the health sector and in grassroots community groups and civil society organisations, to increase knowledge and skills related to their contributions in creating inclusive and equitable opportunities for an active society.	Urban design and infrastructure	National	Healthy Active by Design (Heart Foundation)	www.healthyactivebydesign.com/	Developed by the Heart Foundation in collaboration with agencies across health, planning, sport and recreation, transport sectors. Builds on international best practice to provide a practical guide and information sharing opportunities to help planners, urban designers and related professionals to create more supportive built environments for health and PA. Resources include case studies, checklist tools, and video interviews with built environment professionals.
		Urban design and infrastructure	NSW	Better Placed	www.governmentarchitect.nsw.gov.au/policies/better-placed	Developed by the NSW Government Architect, Better Placed is an integrated design policy that aims to enhance the built environment in NSW through: advocacy for the importance of design for better places, spaces and outcomes (including for health and climate resilience); providing support to industry and government to deliver good design for people (including through design guides, manuals and case studies); and enabling effective design processes to be established and supported in the planning system.

1 CREATE ACTIVE SOCIETIES						
	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
1.4	Capacity-building (continued)	Urban design and infrastructure	NSW	Healthy Urban Development Checklist	www.health.nsw.gov.au/urbanhealth/Publications/healthy-urban-dev-check.pdf	The checklist is a practical tool for NSW health professionals and others outside the health sector. It is designed to assist engagement with the planning and development process and support feedback on development policies and plans. It offers a standardised way to evaluate built environment factors that affect health and suggests ways to reduce negative impacts and improve health outcomes for a wide range of health determinants. These include education, employment, housing, social networks and relationships, air quality, food and access to social infrastructure and health care.
		Sport and recreation	VIC	Victorian Active Ageing Partnership	www.msk.org.au/vaa/p/	The Victorian Active Ageing Partnership aimed to increase opportunities for participation in physical activity for older Victorians, especially those who are socioeconomically disadvantaged, isolated or lonely. It focused on developing partnerships, workforce and organisational capacity, and pathways to engage older Australians. Initiatives included annual Research and Practice Forums, and development of tools and resources for practitioners – which remain available at the website listed.
		Workplace	SA	Healthy Workers Healthy Futures	www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+communities/healthy+workers+-+healthy+futures+initiative	The Healthy Workers – Healthy Futures (HWHF) initiative was implemented in SA in partnership with peak industry bodies to build industry, organisational and worker capacity and capability to implement health and wellbeing strategies in the workplace. SA Health is currently partnering with Business SA to pilot a Healthy Workers Across Industry Program to provide advice and support to peak industries and industry associations on how they can address health and wellbeing for their members.

1 CREATE ACTIVE SOCIETIES						
	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
1.4	Capacity-building (continued)	Primary and secondary healthcare	National	RACGP Shaping a Healthy Australia	NA	Currently in development, the project aims to pilot and implement an interactive, online program to support GPs with encouraging behaviour change among their patients, including increased PA. The project seeks to engage population groups at increased risk of chronic disease.
		Primary and secondary healthcare	National	Exercise is Medicine	exerciseismedicine.com.au/	Exercise is Medicine is a global initiative, managed in Australia by Exercise & Sport Science Australia. It aims to make PA assessment and exercise prescription a routine part of disease prevention and treatment for all patients in Australia. Professionally accredited workshops are offered free-of-charge to upskill GPs and practice nurses and provide resources and information to assist practices engage patients in conversations about PA and support long-term behaviour change.
		Transport and environment Education	National	Nature Play	www.natureplay.org.au/	Nature Play Australia partners with government departments and other groups, to promote unstructured play outdoors and in nature among children. It has developed a range of professional development opportunities, workshops and resources to help educators integrate outdoor learning experiences into the curriculum. This is complemented by awareness raising campaigns such as a nationwide Outdoor Classroom Day campaign.

1 CREATE ACTIVE SOCIETIES						
	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
1.4	Capacity-building (continued)	Education	NSW	iPlay	iplay.org.au	Developed in collaboration with Australian Catholic University, University of Newcastle and the NSW Department of Education, iPlay is an evidence-based, multicomponent PA initiative aimed at improving the quality of school sport and PE in primary schools. School-identified iPlay Leaders work alongside a program mentor to lead teachers through an online professional development course, set goals and provide feedback on practice. Components include quality physical education (PE) and school sport, classroom energiser breaks, and physically active homework.
		Education	VIC	Transform-Us!	transformus.com.au	Transform-Us! is a free program available to all primary schools in Victoria that was developed by Deakin University and other international experts in partnership with the Victorian Department of Education and Training, VicHealth and teaching associations. The program is designed to help teachers integrate and promote movement in their class lessons, homework and break times, using innovative behavioural, pedagogical and environmental strategies. The focus is on changing the delivery (rather than the content) of everyday class (rather than sport or PE) lessons so they incorporate more movement.

ACT = Australian Capital Territory; NSW = New South Wales; NT = Northern Territory; QLD =Queensland; SA = South Australia; TAS = Tasmania; VIC = Victoria; WA = Western Australia; PA = physical activity; SB = sedentary behaviour

^a Programs were classified as 'NATIONAL' if they are available in multiple states or territories in Australia.

^b This is not intended to be an exhaustive capture of policies and programs against the WHO GAPP actions, but to identify key examples in Australia that relate to WHO GAPP actions.

GAPPA action area 2. Create active environments

2 CREATE ACTIVE ENVIRONMENTS					
Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
Promote safe, well maintained infrastructure, facilities and public open spaces that provide equitable access to places for walking, cycling and other physical activity.					
<p>2.1 Policy integration: Strengthen the integration of urban and transport planning policies that prioritise the principles of compact, mixed-land use to deliver highly connected neighbourhoods that enable and promote walking, cycling, other forms of mobility using wheels, and use of public transport, in urban, peri-urban and rural communities.</p>	Urban design and infrastructure	ACT	Territory Plan 2008	www.planning.act.gov.au/tools-resources/plans-registers/plans/territory_plan/territory_plan_master_page	Key statutory planning document in the ACT that aims to ensure that planning and development in the ACT provides an attractive, safe and efficient environment for people to live, work and have recreation. Sets out social sustainability principles that address healthy urban design principles and promote active living, which are in turn reflected in the objectives and codes for different planning zones. Section 50 of the Planning and Development Act prohibits Ministers and Territory authorities from doing or approving anything inconsistent with the Plan.
	Urban design and infrastructure Transport and environment	NSW	Greater Sydney Region Plan	www.greater.sydney/metropolis-of-three-cities	This plan sets out a 40-year vision and establishes a 20-year plan to transform Greater Sydney into three cities where most residents live within 30 minutes of their jobs, education and essential services. It was developed concurrently with the NSW State Infrastructure Strategy and Future Transport 2056, to create a planning framework that integrates land use, transport and infrastructure planning between the three tiers of government and across NSW agencies. Progress of implementation of the Greater Sydney Region Plan is monitored and reported under the Pulse of Greater Sydney framework (see below, GAPPA 4.2 for further details).

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.1 Policy integration (continued)	Urban design and infrastructure Transport and environment	QLD	State Planning Policy	dilgpprd.blob.core.windows.net/general/spp-july-2017.pdf	The Queensland government introduced new planning laws in 2017 to help achieve outcomes in liveability, sustainability and prosperity. The State Planning Policy (SPP) is the primary state planning instrument and is a statutory document that requires all local governments to appropriately integrate the relevant state interest policies into their local planning instruments. State interest policies include those that aim to deliver 'liveable, well-designed and serviced communities...to support wellbeing and enhance quality of life'. Performance outcomes or benchmarks are specified for each state interest.
	Urban design and infrastructure Transport and environment	SA	30-Year Plan for Greater Adelaide	livingadelaide.sa.gov.au/	Sets out the South Australian Government's vision for the growth and development of this most populated part of SA to 2036. The plan incorporates several healthy built environment elements around: infill and higher density development; quality open space and green cover; housing diversity and affordability; and active transport.
	Urban design and infrastructure Transport and environment	VIC	Plan Melbourne 2017–2050	www.planmelbourne.vic.gov.au/the-plan www.planmelbourne.vic.gov.au/current-projects/20-minute-neighbourhoods	This is a long-term metropolitan planning strategy that integrates land use, infrastructure and transport planning and embeds action across state government departments, authorities, agencies and local government. Actions include embedding the '20-minute neighbourhood' concept as a key goal across government. A pilot program was implemented to test and evaluate the practical delivery of this concept and provide guidance as part of a whole-of-government case study. A report on the pilot program is available. There is a secondary phase that focuses on greenfield neighbourhoods.

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
<p>2.2 Infrastructure: Improve the level of service provided by walking and cycling network infrastructure, to enable and promote walking, cycling, other forms of mobility using wheels and use of public transport, in urban, peri-urban and rural communities, with due regard for the principles of safe, universal and equitable access for people of all ages and abilities and in line with other commitments.</p>	Urban design and infrastructure	ACT	Design Standard for Pedestrian and Cycling Facilities (DS13)	www.cityservices.act.gov.au/plan-and-build/pre-development-applications/estate-development-plans/design_standards_for_urban_infrastructure	These are technical standards intended for use by practitioners, to ensure a consistent approach to the planning and design of pedestrian and cycling facilities. Its aim is to ensure facilities are planned and designed with careful consideration of key design principles (addressing coherence, directness, safety, attractiveness and comfort) and provide the level of amenity suitable for all anticipated user groups including users with limited mobility and parents with prams.
	Urban design and infrastructure Transport and environment	NSW	Walking and Cycling Program	www.transport.nsw.gov.au/projects/programs/walking-and-cycling-program	The NSW Government's Walking and Cycling Program funds local councils and state authorities to deliver infrastructure projects that improve walking and cycling access. The key objectives of the 2020–21 Program are to ensure walking and cycling are the most convenient option for short trips to key destinations and within centres; reduce congestion on our roads and public transport networks by delivering projects that encourage walking and cycling mode shift; enable efficient, safe and reliable journey times by prioritising infrastructure that supports pedestrian or cycling movement on certain corridors, consistent with the Movement and Place Framework; and deliver projects that make walking and cycling safe, comfortable and convenient transport modes that are accessible to a wide range of users.

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.2 Infrastructure (continued)	Urban design and infrastructure Transport and environment	WA	WA Bicycle Network Grants Program Green Transport Routes (currently being piloted) Principal Shared Path Expansion Program Safe Active Streets Program	www.transport.wa.gov.au/activetransport/major-projects-and-programs.asp	A range of projects are underway that aim to encourage cycling as a safe, convenient and widely accepted form of transport by improving cycling infrastructure and environments. These include the: -WA Bicycle Network Grants Program (a key action in the <i>Western Australian Bicycle Network Plan 2014-2031</i>) which provides local governments with funding for the design and implementation of high quality bicycle network infrastructure and programs -Green Transport Routes which involves enhancing the walking and cycling experience by increasing natural landscaping, shade, shelter and amenity along bike paths -Principal Shared Path Expansion Program which aims to expand the network of cycling and pedestrian paths that can be used for long trips as well as being suitable for less experienced riders, pedestrians and short trips -Safe Active Streets Program which involves working with local governments to support safer shared street spaces in suburban areas.
	Urban design and infrastructure Transport and environment	VIC	30-Year Infrastructure Strategy and Plan	www.vic.gov.au/victorian-infrastructure-plan	The Victorian Infrastructure Plan (released in 2017) responds to the recommendations made by Infrastructure Victoria in the 30-Year Infrastructure Strategy. It presents the priorities and future directions of the Victorian Government in nine key sectors, including transport. Key transport priorities include increasing, optimising and maintaining existing assets including improvements to cycling and walking networks, and tram and rail infrastructure. An updated 30-year strategy is intended to be released in 2020.

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.2 Infrastructure (continued)	Urban design and infrastructure Transport and environment	VIC	Victorian Cycling Strategy 2018-2028	transport.vic.gov.au/Getting-around/Walking-and-cycling	This strategy aims to increase the number, frequency and diversity of Victorians cycling for transport by creating a safer, lower stress and better-connected cycling network, and making cycling a more inclusive experience. Implementation is being led by Active Transport Victoria with the Department of Transport.
	Urban design and infrastructure Transport and environment	QLD	Walking Strategy 2019-2029	www.tmr.qld.gov.au/walking	Queensland's first Walking Strategy recognises walking as an important part of an integrated transport system, and is based around four priorities: planning for walkable communities and places; building connected, comfortable and safe walking environments for all; encouraging more people to walk as part of their 'everyday'; and working together to deliver for walking. The strategy is supported by an action plan which will be updated every two years. Actions will also be delivered through other related strategies and policies.
	Urban design and infrastructure	QLD	Model code for neighbourhood design and proposed mandatory provisions	haveyoursay.dsdmip.qld.gov.au/creating-healthy-communities	The Queensland government has released a new model code for neighbourhood design to encourage the development of healthier and more active communities in new residential neighbourhoods. The Code provides clear direction to local governments and developers about how to design for healthy and sustainable neighbourhoods by promoting a grid-like street layout, fewer cul-de-sacs, footpaths with street trees for shading and better access to parks and open space. The Government is proposing to make some of the provisions mandatory through amendments to the Planning Regulation 2017.

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.2 Infrastructure (continued)	Communities and local government Urban design and infrastructure	TAS	City of Hobart Council streetscape changes supporting active travel	www.hobartcity.com.au/Projects/Current-projects/South-Hobart-Retail-Precinct-Upgrade healthyactivebydesign.com.au/case-studies/hobart-waterfront-renewal-morrison-street	City of Hobart Council has been implementing a program of built environment improvements to streets in key retail precincts to enhance opportunities for active travel and activity in local centres across Hobart. Street design improvements include better crossings, widened footpaths, and sections of segregated bike path with street trees and seating. The program of works includes engagement with local community, traders and other stakeholders to collaboratively develop design proposals to enhance streetscape design. Streetscape improvements by City of Hobart at Morrison Street are presented in a Healthy Active by Design case study – weblink provided.
2.3 Safety: Accelerate implementation of policy actions to improve road safety and personal safety of pedestrians, cyclists, public transport passengers and other vulnerable road users, with priority given to actions that reduce risk for the most vulnerable road users in accordance with the safe systems approach to road safety and in line with other commitments.	Urban design and infrastructure Transport and environment	NATIONAL	National Road Safety Strategy 2011–2020	www.roadsafety.gov.au/	This strategy represents the commitment of federal, state and territory governments to an agreed set of national goals, objectives and action priorities to reduce fatal and serious injury crashes on Australian roads. It is founded on the 'safe system' approach and recognises that road safety activities can support more sustainable and active lifestyles. Actions include requiring: road authorities at all government levels to ensure safe system principles are applied to all new road projects including upgrades; and improving vulnerable road user safety through infrastructure, and speed enforcement and reduction measures.

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.3 Safety (continued)	Urban design and infrastructure Transport and environment	WA	Safe Active Streets Program	www.transport.wa.gov.au/activetransport/safe-active-streets-program.asp	Launched in 2015, this program is a key strategy to providing safe walking and riding routes through suburbs that are connected to wider bicycle networks, off-road shared paths and local amenities such as shops, parks, railway stations and schools. The WA Department of Transport is currently working with nine local governments to progress Safe Active Streets projects through various stages of design, consultation, construction and activation.
2.4 Public open spaces: Improve access to good-quality public and green open spaces, green networks, recreational spaces (including river and coastal areas) and sports amenities by people of all ages and diverse abilities in urban, peri-urban and rural communities, ensuring design is consistent with these principles of safe, universal, age-friendly and equitable access with a priority being to reduce inequalities.	Urban design and infrastructure Transport and environment	NSW	Metropolitan Greenspace Program / Green Grid	www.planning.nsw.gov.au/About-Us/Our-Programs/Metropolitan-Greenspace-Program	Annual grants funding program for the planning and improvement of regional open space in the greater metropolitan Sydney region. The program aligns with the Greater Sydney Region Plan and Green Grid strategy. Since 1989/90 the program has allocated over \$45 million to more than 620 projects in partnership with local government.
	Urban design and infrastructure	NSW	Premier's Priority	www.nsw.gov.au/improving-nsw/premiers-priorities/	The NSW Premier's Priorities include Greener Places to increase the proportion of homes in urban areas within 10 minutes' walk of quality green, open and public space by 10 per cent by 2023.

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.4 Public open spaces (continued)	Urban design and infrastructure	QLD	Model code for neighbourhood design and proposed mandatory provisions	haveyoursay.dsdmip.qld.gov.au/creating-healthy-communities	The Queensland government has released a new model code for neighbourhood design to encourage the development of healthier and more active communities in new residential neighbourhoods. The Code provides clear direction to local governments and developers about how to design for healthy and sustainable neighbourhoods by promoting a grid-like street layout, fewer cul-de-sacs, footpaths with street trees for shading and better access to parks and open space. The Government is proposing to make some of the provisions mandatory through amendments to the Planning Regulation 2017.
	Urban design and infrastructure	SA	Open Space and Places for People grant programs	www.saplanningportals.sa.gov.au/current_planning_system/strategic_planning/open_space_and_public_realm_investment	Annual grant funding opportunities for local government to support the development and improvement of quality public open space and revitalise public spaces that are important to the social, cultural and economic life of their communities or region. In the past 10 years, over \$190 million has been provided to approximately 500 open space and public realm projects across South Australia.
	Urban design and infrastructure Transport and environment	VIC	Plan Melbourne (Action 93)	www.planmelbourne.vic.gov.au/implementation	Implementation of <i>Plan Melbourne</i> involves a dedicated action (Action 93) to prepare a metropolitan open space strategy that enhances recreation, amenity, health and wellbeing (among other things) by including measures to protect and enhance existing open space; increase open space; and enhance the role, function and overall community value of currently underused public land assets (e.g. school grounds).

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.4 Public open spaces (continued)	Communities and local government Urban design and infrastructure	TAS	City of Hobart Council streetscape changes supporting active travel	www.hobartcity.com.au/Projects/Current-projects/South-Hobart-Retail-Precinct-Upgrade healthyactivebydesign.com.au/case-studies/hobart-waterfront-renewal-morrison-street	City of Hobart Council has been implementing a program of built environment improvements to streets in key retail precincts to enhance opportunities for active travel and activity in local centres across Hobart. Street design improvements include better crossings, widened footpaths, and sections of segregated bike path with street trees and seating. The program of works includes engagement with local community, traders and other stakeholders to collaboratively develop design proposals to enhance streetscape design. Streetscape improvements by City of Hobart at Morrison Street are presented in a Healthy Active by Design case study – weblink provided.
	Sport and recreation Transport and environment	QLD	Activate! Queensland 2019–2029	www.hpw.qld.gov.au/about/strategy/sport/about	Activate! Queensland is Queensland's 10-year strategy that outlines a whole-of-government approach to increasing PA among Queenslanders of all ages and abilities by addressing four priority areas including 'Activate environments'. This priority area aims to activate places and spaces to cultivate community activity, design and build quality spaces and safe walking and cycling networks, and encouraging people to get active through nature-based recreation and tourism.

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.4 Public open spaces (continued)	Sport and recreation	QLD	Get Playing Places and Spaces	www.qld.gov.au/recreation/sports/funding/getinthegame/getplaying	This is one of the funding programs that comprise the Queensland Government's <i>Get in the Game</i> initiative to support sport and active recreation at the grassroots level. This funding program aims to assist local and regional sport and recreation organisations and some local governments with new, upgraded or replacement infrastructure development that supports participation in sport and active recreation.
2.5 Design: Strengthen the policy, regulatory and design guidelines and frameworks to promote public amenities, schools, healthcare, sport and recreation facilities, workplaces and social housing, that enable all occupants and visitors of diverse abilities to be physically active in and around buildings and prioritise universal access by pedestrians, cyclists and public transport.	Urban design and infrastructure	NATIONAL	National Disability Strategy	www.dss.gov.au/our-responsibilities/disability-and-carers/publications-articles/policy-research/national-disability-strategy-2010-2020	This Strategy represents a cooperative approach by Australian governments to support Australians with a disability. One of the six policy areas relates to 'inclusive and accessible communities' to enable the full inclusion of people with disability in social, economic, sporting and cultural life. Policy directions include improving the accessibility of the built environment through planning and regulatory systems such as the <i>Disability (Access to Premises-Buildings) Standards 2010</i> . Policy Community and Disability Services Ministers from each jurisdiction are responsible for driving implementation of the Strategy.

2 CREATE ACTIVE ENVIRONMENTS

Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
2.5 Design (continued)	Urban design and infrastructure	NATIONAL	Disability (Access to Premises - Buildings) Standards 2010	www.legislation.gov.au/Details/F2011C00214	These Standards have legal enforceability under the Disability Discrimination Act 1992 (s31(1)). The Standards align Commonwealth disability discrimination law with State and Territory building law, to deliver systemic and widespread improvements in non-discriminatory access for people with disability to publicly accessible buildings. Building certifiers, developers and managers of a relevant building must ensure the building complies with the Access Code for Buildings (which is based on the Building Code of Australia).
	Urban design and infrastructure	NATIONAL	Healthy Active by Design (Heart Foundation)	www.healthyactivebydesign.com/	Developed by the Heart Foundation in collaboration with agencies across health, planning, sport and recreation, transport sectors. Builds on international best practice to provide a practical guide and information sharing opportunities to help planners, urban designers and related professionals to create more supportive built environments for health and PA. Resources include case studies, checklist tools, and video interviews with built environment professionals.

ACT = Australian Capital Territory; NSW = New South Wales; NT = Northern Territory; QLD = Queensland; SA = South Australia; TAS = Tasmania; VIC = Victoria; WA = Western Australia; PA = physical activity; SB = sedentary behaviour

^a Programs were classified as 'National' if they are available in multiple states or territories in Australia.

^b This is not intended to be an exhaustive capture of policies and programs against the WHO GAPPA actions, but to identify key examples in Australia that relate to WHO GAPPA actions.

GAPPA action area 3. Create active people

3 CREATE ACTIVE PEOPLE						
	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
Ensure access to opportunities, programs and services across multiple settings to engage people of all ages and abilities in regular physical activity.						
3.1	Schools: Strengthen provision of good-quality physical education and more positive experiences and opportunities for physical activity across pre-primary to tertiary educational settings, applying the principles of a whole-of-school approach to establish and reinforce lifelong health and physical literacy and promote enjoyment of and participation in PA according to capacity and ability.	Education Sport and recreation	National	Sport 2030 (National Sport Plan)	www.sportaus.gov.au/nationalsportplan	Sport 2030 presents the Australian Government's vision and plan for sport and PA in Australia for the next 12 years, to be delivered in partnership with portfolios outside of sport (such as education). Actions include working with state and territory governments to find opportunities to support the teaching of physical literacy in the school curriculum, and to ensure that all children have access to a learn-to-swim program in primary school.
		Education Sport and recreation	National	Sporting Schools Physical Literacy Framework	www.sportaus.gov.au/physical_literacy	Sport Australia, in partnership with the Australian Council for Health, Physical Education, and Recreation (ACHPER) have developed the Sporting Schools Physical Literacy Framework that identifies the key components of a whole-of-school approach to the development of physical literacy in children including characteristics of exemplary school practice. A national Physical Literacy Standard is also under development.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.1	Schools (continued)	Education Sport and recreation	National	Sporting Schools	www.sportingschools.gov.au/about	Sporting Schools is an Australian Government initiative designed to help schools increase children's participation in sport, and connect them with community sporting opportunities. To help deliver the program, Sport Australia has partnered with more than 30 national sporting organisations. The Sporting Schools programs are provided free to children and their families to help students build the confidence and capability to be active for life.
		Education	National	Ride2School	www.bicyclenetwork.com.au/rides-and-events/ride2school/	Ride2School is a nationwide program delivered by Bicycle Network that is designed to support schools to encourage, empower and enable more students to ride or walk to school. Schools can apply for grants that can be used for various purposes to support bike riding, including bike parking, bike sheds, school bike fleet, active paths, and bike ed training for teachers.
		Education	NSW	Munch and Move	www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx	Munch & Move is an initiative of NSW Ministry of Health, NSW Department of Education, Office of Sport and the Heart Foundation that offers training and resources to help educators in NSW early childhood education and care services, to implement a fun, play-based approach to supporting physical activity (and healthy eating) habits in young children. The program is aligned with the National Quality Framework and Early Years Learning Framework.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.1	Schools (continued)	Education	NSW	Live Life Well @ School	www.health.nsw.gov.au/heal/primaryschools/Pages/llw-at-school.aspx	Live Life Well @ School is a collaborative initiative between NSW Ministry of Health and the school sectors in NSW. The NSW Department of Education, the Association of Independent Schools of NSW and Catholic Schools NSW all support schools to engage with Live Life Well @ School through a variety of resources and professional learning opportunities. Live Life Well @ School is supported in NSW primary schools to promote healthy eating and physical activity to students. The program aims to get more students, more active, more often and focus on healthy eating habits.
		Education	NSW	iPlay	iplay.org.au	Developed in collaboration with Australian Catholic University, University of Newcastle and the NSW Department of Education, iPlay is an evidence-based, multicomponent PA initiative aimed at improving the quality of school sport and PE in primary schools. School-identified iPlay Leaders work alongside a program mentor to lead teachers through an online professional development course, set goals and provide feedback on practice. Components include quality PE and school sport, classroom energiser breaks, and physically active homework.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.1	Schools (continued)	Education	TAS	HealthLit4Kids	www.utas.edu.au/hl4k	HealthLit4Kids is an initiative coordinated by the University of Tasmania that aims to improve health literacy in Tasmania and reduce health inequities in families. HealthLit4Kids works at a local level with children, their schools, families and communities to develop new approaches to learning and health. The program involves researchers working with participating schools to develop an action framework that responds to the school's health literacy needs using school-wide (e.g. environment, systems) and curriculum approaches (e.g. classroom activities).
		Education	VIC	Transform-Us!	transformus.com.au	Transform-Us! is a free program available to all primary schools in Victoria that was developed by Deakin University and other international experts in partnership with the Victorian Department of Education and Training, VicHealth and teaching associations. The program is designed to help teachers integrate and promote movement in their class lessons, homework and break times, using innovative behavioural, pedagogical and environmental strategies. The focus is on changing the delivery (rather than the content) of everyday class (rather than sport or PE) lessons so they incorporate more movement.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.1	Schools (continued)	Education	VIC	Ministerial Policy banning mobile phone usage in schools	www.education.vic.gov.au/school/principals/spag/safety/Pages/mobilephones.aspx	In 2019, the Victorian Minister for Education issued a formal policy under section 5.2.1(2)(b) of the Education and Training Reform Act 2006 banning mobile phone usage in Victorian primary and secondary schools. The rationale for this policy was to provide a safe and distraction-free learning environment as well as to create greater opportunities for social interaction and PA during recess and lunchtimes. Schools are required to develop and enforce their own local policy which addresses how the Ministerial policy will be implemented. Several other jurisdictions (NSW, WA, Tas) have introduced a similar ban.
		Education Transport and environment	VIC	Walk to School	www.walktoschool.vic.gov.au/	Walk to School is a VicHealth initiative that encourages Victorian primary school students to walk, ride or scoot to and from school during the month of October. The Walk to School program promotes regular physical activity in Victorian primary school students. It helps kids and their families establish active routines for life. It funds local councils to support primary schools and communities to make active travel easy, safe and accessible.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.1	Schools (continued)	Education Transport and environment	SA	Way2Go	www.dpti.sa.gov.au/Way2Go/families/planning-the-family-trip/active-travel-passport	This is a statewide program that uses a whole school approach to promote safe, active and green travel for primary school students and their communities. Schools, local councils and the Department of Planning, Transport and Infrastructure work in partnership to create a school community culture of active travel, improve active travel environments and infrastructure around school precincts, and support the integration of road safety education within the regular curriculum.
		Education Urban design and infrastructure	WA	Your Move	yourmove.org.au	Your Move is a free behaviour change program run by the Department of Transport that supports schools (as well as workplaces and communities) to increase walking, scooting and riding among students to school. Travel behaviour change experts work with school champions to help address traffic issues and provide practical ways to teach and develop sustainability at the school. Schools are encouraged to share their stories with the Your Move schools network, to earn points that can be spent on rewards, incentives or infrastructure. Highly engaged schools may be eligible to apply for a Connecting Schools grants to fund bike-related infrastructure, bike education and wayfinding.
		Communities and local government Community-wide programs	QLD	Brisbane Active School Travel	www.brisbane.qld.gov.au/traffic-and-transport/public-transport/school-transport/active-school-travel-program	Brisbane City Council's Active School Travel (AST) program is a three-year travel behaviour change program for primary schools across Brisbane, that has been running since 2004. By focusing on school travel behaviour, AST encourages families to leave the car behind and walk, cycle, scoot, carpool or catch public transport to school.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.1	Schools (continued)	Communities and local government Community-wide programs	VIC	Whittlesea Active Travel in Schools	www.healthyactivebydesign.com.au/case-studies/whittlesea-active-travel-in-schools	The City of Whittlesea has adopted a multilevel, multicomponent approach to increasing PA in and around schools by influencing policy, the built environment, community programs and capacity building. The program involves a range of partners including the local council, Bicycle Network, Victoria Walks and VicHealth, as well as engagement with parents, schools and students.
3.2	Healthcare: Implement and strengthen systems of patient assessment and counselling on increasing PA and reducing SB by appropriately trained health, community and social care providers, as appropriate, in primary and secondary healthcare and social services, ensuring community and patient involvement and coordinated links with community resources where appropriate.	Primary and secondary healthcare	National	RACGP Red Book Smoking, nutrition, alcohol, physical activity (SNAP) Guide	www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/red-book www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/snap	The Red Book and SNAP Guide are two resources that have been published by the RACGP to assist Australian general practices in the provision of preventive care. Section 7.5 of the Red Book provides recommendations for assessing, advising and referring patients for PA, as appropriate for different age groups and conditions. The SNAP Guide provides guidance on applying a 5As approach to PA (Asking, Assessing, Advising, Assisting, and Arranging).

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.2	Healthcare (continued)	Primary and secondary healthcare	National	Exercise is Medicine	exerciseismedicine.com.au/	Exercise is Medicine (EIM) Australia has partnered with primary health networks to roll out EIM workshops across Australia, to educate healthcare providers about the role of PA in prevention and management of chronic disease and to advocate for multidisciplinary care. Primary healthcare providers and allied health professionals can register to join the EIM Australia Network to promote the EIM message through their networks, and access additional resources and support.
		Primary and secondary healthcare	National	RACGP Shaping a Healthy Australia	NA	The Federal Government has funded the Royal Australian College of General Practitioners (RACGP) to develop education and training material for GPs to support Australians achieve a healthy lifestyle through increased PA and better nutrition.
		Primary and secondary healthcare	NSW	Healthy Kids for Professionals	pro.healthykids.nsw.gov.au	The Healthy Kids for Professionals website is a NSW Health initiative to support health professionals in the prevention of childhood obesity. The resources on the website are designed to support health professionals to accurately assess a child's weight status and sensitively discuss healthy lifestyle messages with children above a healthy weight, and their families. Currently, all NSW Health facilities work towards measuring the height and weight of all children and providing families with advice and referral where appropriate.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.2	Healthcare (continued)	Remote delivery	NSW SA QLD	Get Healthy Information & Coaching Service	www.gethealthynsw.com.au/ www.gethealthyqld.com.au/ www.gethealthy.sa.gov.au/	The Get Healthy Information & Coaching Service is a free telephone-based coaching service to support adults with reaching personalised lifestyle goals that may relate to physical activity, healthy eating and achieving and maintaining a healthy weight. The program started in NSW and is currently also available in SA and Qld. Tailored programs include programs for pregnancy and type 2 diabetes. Health coaching is delivered by university qualified health professionals over six months. Participants may be referred to the program by their health professionals including GPs.
		Remote delivery Communities and local government	QLD	My Health for Life	www.myhealthforlife.com.au/the-program	My Health for Life is a free, six-month health coaching program which supports adults with achieving their health goals and reducing their risk of chronic disease. Two options are available: small group sessions or one-on-one phone coaching. The program is funded by the Queensland Government and delivered by The Healthier Queensland Alliance, a collaborative partnership led by Diabetes Queensland and including the Heart Foundation, Stroke Foundation, Queensland Primary Health Networks, Ethnic Communities Council of Queensland (ECCQ), and Queensland Aboriginal and Islander Health Council. The ECCQ delivers culturally tailored group sessions for this program using bilingual multicultural health workers. Participants may be referred to the program by their health professionals.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.3	<p>Multiple other settings: Enhance provision of, and opportunities for, more PA programs and promotion in workplace, sport and faith-based settings, and in public open spaces and other community venues, to support participation in PA by all people of diverse abilities.</p>	Sport and recreation	National All States and Territories	Participation grants and funding for sport and recreation	www.clearinghouseofsport.gov.au/knowledge_base/organised_sport/funding/participation_grants_and_funding_for_sport_and_recreation	A broad range of sport and recreation funding programs are offered by multiple levels of government and jurisdictions, to increase community participation in PA. The Clearinghouse for Sport webpage (link provided) summarises key sport and recreation funding programs at the federal, state and territory levels and a few examples at the local government level.
		Sport and recreation	National	She Rides	sherides.com.au/	She Rides is a program run by Cycling Australia, Australia's peak cycling body, which helps women develop their skills, confidence and enjoyment of riding. Accredited instructors deliver a 6–8 week structured riding and skills program (including a course for beginners) with a focus on improving fitness, developing skills, and fostering social connection to build confidence and joy in riding. The program is currently available in regional and metro locations across six jurisdictions in Australia.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.3	Multiple other settings (continued)	Sport and recreation	NSW	Regional Sport and Active Recreation Plans [draft]	sport.nsw.gov.au/draft-regional-sport-and-active-recreation-plans	Adopts a place-based approach to collaborating, planning and delivering sport and active recreation across NSW state regions. Each plan focuses on achieving outcomes that include: increasing participation of adults and children in regular sport and active recreation; improving access to sport and active recreation regardless of background or ability; and delivering fit for purpose facilities in the region. Each plan provides recommendations for activities that could be implemented in each region, providing a list of possibilities that can be prioritised by each region's Sport and Active Recreation Planning and Delivery Group.
		Sport and recreation	VIC	Active Victoria: A strategic framework for sport and recreation in Victoria 2017-2021	sport.vic.gov.au/publications-and-resources/strategies/active-victoria-strategic-framework-sport-and-recreation changeourgame.vic.gov.au/leadership-centre/victorian-sport-and-recreation-is-on-board	<p>Key strategic document that guides significant investment in infrastructure and programs to support increased PA participation. Key strategic directions relate to:</p> <ul style="list-style-type: none"> - Meeting demand for infrastructure, programs and opportunities - Enabling broader and more inclusive participation, including among females, Aboriginal Victorians and underrepresented communities - Supporting active recreation - Building system resilience and capacity, through good governance, diverse leadership, strong evidence base and analytical capacity - Adopting a collaborative approach to action and investment. <p>The 'Change our Game' initiative, which introduced a 40% women on sports board quota for all peak organisations receiving program funding from Sport and Recreation Victoria and VicHealth, is an example of one of the systems-level actions undertaken under this framework to support increased PA participation among girls and women.</p>

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.3	Multiple other settings (continued)	Sport and recreation	VIC	Doing Sport Differently - VicHealth investments in social flexible sports	doingsportdifferently.com.au www.vichealth.vic.gov.au/our-work/innovation-challenges www.vichealth.vic.gov.au/programs-and-projects/vichealth-state-sport-program www.vichealth.vic.gov.au/programs-and-projects/regional-sport-program www.vichealth.vic.gov.au/funding/active-club-grants www.vichealth.vic.gov.au/programs-and-projects/increasing-female-participation-in-sport-initiative www.vichealth.vic.gov.au/programs-and-projects/active-women-and-girls-for-health-and-wellbeing-program	<p>Since 2014, VicHealth has made multiple investments to support programs that focus on engaging less active Victorians in PA through social sport participation opportunities. These include:</p> <ul style="list-style-type: none"> - Doing Sport Differently: tips for designing and delivering sport to engage people who are less active - Physical Activity and Innovation Challenge: aims to kick-start ideas that help improve health and wellbeing through sport - State Sport Program: involved working with over 20 State Sporting Associations to offer variations on traditional sporting activities to address barriers such as time constraints, accessibility and cost - Regional Sport Program: involves partnering with the 9 Regional Sports Assemblies to engage less active Victorians in rural and regional areas in sport - Active Club Grants: offers small grants to community sporting clubs to support clubs to implement new social or modified sport programs that target less active Victorians. - Changing The Game: involves partnering with six sporting codes to work with women and girls who do not normally participate in traditional sports programs that are provided through clubs and competitions - Active Women and Girls for Health and Wellbeing: includes partnership with sports to create, tailored participation opportunities for women and girls to get involved in sport and PA. As part of the program, all funded sporting organisations sign a VicHealth Gender Equality in Sport Leadership Pledge, demonstrating their commitment to achieving gender balance in all their public events and marketing of their organisation, and prioritising access for women and girls in all facilities they use.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.3	Multiple other settings (continued)	Workplaces	NSW	Get Healthy at Work	www.gethealthyatwork.com.au	Get Healthy at Work is a free NSW Health workplace health promotion initiative that aims to reduce chronic disease risk among workers by helping them make small changes to their lifestyles and support businesses to create healthier workplace environments.
		Workplace	SA	Healthy Workers Healthy Futures	www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+communities/healthy+workers+-+healthy+futures+initiative	The Healthy Workers – Healthy Futures (HWHF) (funded up to 2018) was implemented in SA in partnership with peak industry bodies to build industry, organisational and worker capacity and capability to implement health and wellbeing strategies in the workplace. SA Health is currently partnering with Business SA to pilot a Healthy Workers Across Industry Program to provide advice and support to peak industries and industry associations on how they can address health and wellbeing for their members.
		Workplace Education	VIC	Achievement Program	www.achievementprogram.health.vic.gov.au	The Achievement Program is supported by the Victorian Government and delivered by Cancer Council Victoria. It is based on the WHO model for healthy workplaces and schools and aligns with the Victorian Health and Wellbeing Plan and Outcomes Framework. Participating organisations (early years services, schools and workplaces) have access to resources, support and ability to gain Victorian government recognition across priority areas that include PA.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.3	Multiple other settings (continued)	Communities and local government	National	PlayStreets	www.playstreetsaustralia.com	Founded by CoDesign Studios with support from VicHealth and the City of Melbourne. The concept involves temporarily closing streets to traffic to create opportunities for children and parents to play outside and promote friendlier neighbourhoods. Offers a free toolkit to help communities set up Play Streets and additional support for organisations.
		Workplaces Transport and environment	WA	Your Move	yourmove.org.au	Your Move is a free behaviour change program run by the Department of Transport that supports workplaces (as well as schools and communities) to develop, implement, promote and evaluate initiatives to increase active travel among their employees (such as providing end of trip facilities, travel allowance/discounts/incentives, and running events to encourage walking/cycling to and from work). Workplaces are encouraged to share their stories with the Your Move workplaces network to earn points and are recognised on a 'leaderboard' according to points earned.
		Communities and local government	National	Heart Foundation Walking	walking.heartfoundation.org.au	Heart Foundation Walking is Australia's largest free walking network, that aims to raise the profile of walking as a fun, social, free and easy way for people to be active. Walking groups are set up in local communities in partnership with Host Organisations and Local Coordinators. Participants can track their progress using the Heart Foundation Walking app and are rewarded for achieving walking milestones.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.3	Multiple other settings (continued)	Communities and local government	NATIONAL	PlayStreets	www.playstreetsaustralia.com	Founded by CoDesign Studios with support from VicHealth and the City of Melbourne. The concept involves temporarily closing streets to traffic to create opportunities for children and parents to play outside and promote friendlier neighbourhoods. Offers a free toolkit to help communities set up Play Streets and additional support for organisations.
		Communities and local government	QLD	Cycling Brisbane	www.cyclingbrisbane.com.au www.healthyactivebydesign.com.au/case-studies/cycling-brisbane	Cycling Brisbane is a free behaviour change and promotion program directed by Brisbane City Council to encourage residents to cycle more often. It includes a mix of marketing campaigns, free workshops for people to improve their bike riding skills, an online route planner and other web-based resources. The initiative works closely with the Council's bikeway planners to promote new and existing bikeway infrastructure as part of the Better Bikeways for Brisbane program.
3.4	Older adults: Enhance the provision of, and opportunities for, appropriately-tailored programs and services to support older adults to increase PA and reduce SB according to ability, in key settings such as local and community venues, health, social and long term care settings, assisted living facilities and family environments.	Sport and recreation	National	Better Ageing Grants	www.sportaus.gov.au/grants_and_funding/better_ageing	The Better Ageing Grant Program aims to increase levels of PA of Australians aged 65+, particularly those least active, to improve their overall health and wellbeing. Successful applicants will receive grants ranging up to \$2m (over two years) to implement new, local, community-based activities that promote the benefits of PA, improve access, enable regular engagement, and enhance capability and capacity of organisations and staff to deliver age-appropriate activities.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.4	Older adults (continued)	Sport and recreation	NSW	Modified Sports Program	www.nsw.gov.au/news-and-events/news/nsw-seniors-walking-back-into-sport	Since May 2017, the NSW government has funded six sporting codes to implement modified sporting programs for older people in NSW. These programs provide older people with the opportunity to participate in lower impact versions of football, netball, gymnastics, softball, basketball and table tennis, tailored for different ability levels.
		Sport and recreation	SA	Strength for Life	www.cotasa.org.au/Programs/life/default.aspx	Offers regulated, supervised individualised progressive strength training for South Australians over 50 years (and over 40 for Aboriginal or Torres Strait Islanders) through accredited fitness providers. Participants can self-enrol or be referred directly by health and medical professionals and need to undergo a pre-exercise screening process. Strength for Life Aqua has also been introduced into multiple facilities with pools.
		Sport and recreation	VIC	Wheel Women	www.wheelwomenaustralia.com	Wheel Women is a social enterprise that provides a safe and supportive environment for women to participate in cycling. Offering opportunities from Learn To Ride up to skills for more advanced riders, the program engages women, particularly older women or women who do not usually exercise, in cycling with a regular ride calendar which provides rides for every level of rider. The focus is on the social aspect of cycling which promotes positive mental health outcomes, as well as the benefits of physical activity for women. WheelWomen is a supporter of VicHealth's This Girl Can campaign.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.4	Older adults (continued)	Communities and local government Sport and recreation	NSW	Staying Active	www.activeandhealth.nsw.gov.au	NSW Health provides funding and support to exercise professionals for the development of sustainable PA programs for adults over the age of 50 years, across NSW. The Staying Active initiative aims to support adults over the age of 50 years to lead more active lives and reduce their risk of falls by increasing availability and accessibility of community-based PA opportunities.
		Communities and local government	NSW	Stepping On	www.steppingon.com/	Free community program (incorporating a group setting and individualised follow up) to prevent falls, encourage active living and maintain independence for older adults (65+ years) in NSW. It covers a range of issues including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to initiate a medication review. Training is offered for those who wish to facilitate classes.
3.5	Least active: Strengthen the development and implementation of programs and services across various community settings, that engage with and increase the opportunities for PA in the least active groups.	All domains	QLD	Activate! Queensland 2019-2029	www.hpw.qld.gov.au/about/strategy/sport/about	Activate! Queensland is Queensland's 10-year strategy that outlines a whole-of-government approach to increasing PA among Queenslanders of all ages and abilities, with a particular focus on reducing participation barriers and improving equity.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.5	Least active (continued)	Sport and recreation	NATIONAL	Better Ageing Grants Participation Grants	www.sportaus.gov.au/grants_and_funding/better_ageing www.sportaus.gov.au/grants_and_funding/participation	The Participation Grant Program and Better Ageing Grant Program aim to increase levels of physical activity among those who are least active (in the case of the Better Ageing grants, the focus is on older Australians). Objectives relate to building awareness and understanding of PA, improving access and opportunities for PA, and strengthening capability and capacity in the sector.
		Sport and recreation	National	Big Issue Community Street Soccer	www.thebigissue.org.au/community-street-soccer/about/	The Big Issue Street Soccer program runs in 16 locations across Australia and in one correction facility in Victoria. It offers weekly training sessions that provide a free, fun and safe environment for marginalised individuals to improve their health and fitness, make new friends and seek support and advice. Support staff work closely with players, linking them to services that address issues including homelessness, substance abuse, family breakdown and mental illness.
		Sport and recreation	National	ReLink Australia program	www.relink.org/get-involved/participate	ReLink Australia's national program provides sport and recreation opportunities to the hardest-to-reach people in the community. It operates on a hub and spoke model involving collaboration with community groups, participant providers and organisations who can support sport programs (including representatives from community support groups, police, local council, youth justice). It is funded by the Department of Health, Preventative Health and Chronic Disease Support, and is delivered in 25 of the most disadvantaged communities across Australia.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.5	Least active (continued)	Sport and recreation	QLD	Get Out, Get Active funding	www.qld.gov.au/recreation/sports/funding/organisations/getoutgetactive	The Get Out, Get Active program provides funding for projects that will deliver community-based sport and recreation activities that increase opportunities for participation by women and girls who are either currently inactive, or would otherwise benefit from further participation.
		Sport and recreation	VIC	Access for All Abilities	sport.vic.gov.au/our-work/participation/inclusive-sport-and-recreation/access-all-abilities	Access for All Abilities (AAA) is a Victorian Government program coordinated by Sport and Recreation Victoria that funds state sporting associations, regional sports assemblies and other organisations to assist and support clubs and associations to provide more inclusive sport and recreation opportunities for people with a disability. The program also funds AAA Play, a free information and referral service delivered by ReLink Australia to connect Victorians with a disability with inclusive sport and recreation opportunities.
		Sport and recreation	VIC	Wheel Women	www.wheelwomenaustralia.com	Wheel Women is a social enterprise that provides a safe and supportive environment for women to participate in cycling. Offering opportunities from Learn To Ride up to skills for more advanced riders, the program engages women, particularly older women or women who do not usually exercise, in cycling with a regular ride calendar which provides rides for every level of rider. The focus is on the social aspect of cycling which promotes positive mental health outcomes, as well as the benefits of physical activity for women. WheelWomen is a supporter of VicHealth's This Girl Can campaign.

3 CREATE ACTIVE PEOPLE

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.5	Least active (continued)	Sport and recreation	NSW NT QLD SA TAS	Voucher schemes	sport.nsw.gov.au/sectordevelopment/activekids www.sportsvouchers.sa.gov.au www.qld.gov.au/recreation/sports/funding/fairplay www.nt.gov.au/leisure/sport/sport-voucher-scheme-urban/introduction www.communities.tas.gov.au/ticket-to-play	Various jurisdictions have implemented voucher schemes (up to \$100 per child) to reduce the cost of participation in sport and recreation for eligible children. Eligibility and conditions for redemption vary between schemes.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.5	Least active (continued)	Sport and recreation	NSW	Regional Sport and Active Recreation Plans [draft]	sport.nsw.gov.au/draft-regional-sport-and-active-recreation-plans	Adopts a place-based approach to collaborating, planning and delivering sport and active recreation across the state regions of NSW. Each plan focuses on achieving outcomes that include: increasing participation of adults and children in regular sport and active recreation; improving access to sport and active recreation regardless of background or ability; and delivering fit-for-purpose facilities in the region. Recommendations are provided in each plan for activities that could be implemented in each region, providing a list of possibilities that can be prioritised by each region's Sport and Active Recreation Planning and Delivery Group.
		Sport and recreation	NSW	Dadee Program	www.dadee.org.au	The NSW Government is funding a statewide rollout of the University of Newcastle's lifestyle program 'Dads and Daughters Exercising and Empowered (DADEE)'. This program aims to help fathers to improve their daughters' PA levels, sport skills and social-emotional wellbeing. It forms a key component of a four-year multifaceted strategy to support female participation in sport called <i>Her Sport Her Way</i> . The program comprises a mix of education and practical sessions, with accompanying resources to support home-based activities.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.5	Least active (continued)	Sport and recreation	TAS	Get Active Program	www.wsr.org.au/get-active	The Get Active Program (GAP) is a statewide initiative that aims to promote increased PA among people who are not currently physically active and who may have experienced barriers to PA. Participants take part in a 10-week series of two hour workshops, the first hour of which covers topics such as motivation, stress management, self-esteem, and goal setting, and the second hour of which is spent on fun physical activities which the group itself chooses. GAP has the flexibility to meet different group needs and has been run for refugee women, teenagers, older people, those who are rural and isolated, and people who have or at risk of developing diabetes. The program is run by Womensport and Recreation Tasmania and is funded by the Tasmanian Department of Health.
		Communities and local government	VIC	Let's Walk	www.victoriawalks.org.au/Lets-Walk/	The Let's Walk program is a program developed by VictoriaWalks in partnership with local councils, to encourage and support residents to discover walking routes in their communities and feel inspired to walk every day. One of the aspects of the program has involved mapping and marking out quality, safe and appealing neighbourhood walking routes so they are easy to follow. The program enables councils to deliver on a range of policy objectives across health, safety and community building and supports increased use of council's assets and infrastructure. Participating councils have included the City of Greater Bendigo, Maribyrnong City Council and City of Casey, with projects in Braybrook, Footscray, Yarraville, Lynbrook and Kangaroo Flat.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.6	Whole-of-community: Implement whole-of-community initiatives, at the city, town or local level, that stimulate engagement by all stakeholders and optimise a combination of policy approaches, across different settings, to promote increased participation in PA and reduced SB by people of all ages and diverse abilities, focusing on grassroots community engagement, co-development and ownership.	Communities and local government	NSW	Aboriginal Knockout Health Challenge	www.nswknockouthealthchallenge.com.au/	The NSW Aboriginal Knockout Health Challenge is a community-led healthy lifestyle and weight loss challenge for Aboriginal communities across NSW. The Challenge enables communities to take the lead on activities that will work for them, to make and lead a healthier lifestyle. The Challenge also aims to join up existing services and networks and build capacity in local communities to ensure that outcomes will be sustainable.
		Communities and local government	SA	Healthy Towns Challenge	www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+communities/sa+healthy+towns+challenge	The SA Healthy Towns Challenge is a grants program that provides funding to rural or regional towns to support the development of preventive health and wellbeing approaches within their community that provide measurable benefits to the community's health and wellbeing over 12 months. The Challenge is part of the SA government's Healthy Communities Program which supports community-wide health and prevention action to help reduce preventable disease and injury and improve health and wellbeing.

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	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
3.6	Whole-of-community (continued)	Communities and local government	TAS	Clarence City Council policy, infrastructure and events to enhance community health and wellbeing	www.healthyactivebydesign.com.au/case-studies/kangaroo-bay-skate-park-tasmania	Clarence City Council has been undertaking a range of activities to enhance community health and wellbeing, including development of strategic policies (e.g. a Community Health & Wellbeing Plan), design and delivery of improved walking and cycling routes (including the popular Clarence Foreshore Trail, a continuous waterside route for walking and bike riding, approximately 14.5 km in length) and high quality parks, open spaces and playgrounds often designed by an in-house team of landscape architects. Places and spaces are activated by Council-coordinated programs of events including Fitness in the Park and World Games Day. The Council has recently implemented a smoke-free zone around a beach, park and cricket oval at Bellerive to further enhance community health in public spaces. An example of facilities provided is presented in the Healthy Active by Design case study about the Kangaroo Bay Skate Park – weblink provided.
		Communities and local government	TAS	Healthy Tasmania Community Innovation Grants	www.dhhs.tas.gov.au/about-the-department/our-plans-and-strategies/a-healthy-tasmania-community-innovations-grants	The Healthy Tasmania Community Innovation grants support community partnerships approaches to new and innovative activities that promote physical activity, healthy eating, and/or smoking cessation. All projects need to have a community connection focus.
		Communities and local government	TAS	Active Launceston	www.activelaunceston.com.au	Active Launceston is a community-driven partnership formed in 2008 between the University of Tasmania, Launceston City Council and Sport and Recreation Tasmania. The partnership aims to mobilise the community to increase their participation in PA by filling gaps in provision such as through free PA programs and events, providing pathways, reducing participation barriers and targeting those with

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Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
					the highest need. The partnership also seeks to endorse, support and guide new and existing PA providers to enhance their service and their connection with the community.

ACT = Australian Capital Territory; NSW = New South Wales; NT = Northern Territory; QLD = Queensland; SA = South Australia; TAS = Tasmania; VIC = Victoria; WA = Western Australia; PA = physical activity; SB = sedentary behaviour

^a Programs were classified as 'National' if they are available in multiple states or territories in Australia.

^b This is not intended to be an exhaustive capture of policies and programs against the WHO GAPP actions, but to identify key examples in Australia that relate to WHO GAPP actions.

GAPPA action area 4. Create active systems

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
Strengthen leadership, governance, multisectoral partnerships, workforce, research, advocacy and information systems to support effective coordinated policy implementation.						
4.1	Governance: Strengthen policy frameworks, leadership and governance systems, at the national and subnational levels, to support implementation of actions aimed at increasing PA and reducing SB, including: multisectoral engagement and coordination mechanisms; policy coherence across sectors; guidelines; recommendations and action plans on PA and SB for all ages; and progress monitoring and evaluation to strengthen accountability.	All domains	National	Disability access and inclusion legislation	www.legislation.sa.gov.au/LZ/C/A/DISABILITY%20INCLUSION%20ACT%202018.aspx www.legislation.nsw.gov.au/#/view/act/2014/41/full www.legislation.wa.gov.au/legislation/statutes.nsf/main_mrtitle_267_homepage.html	Various states (e.g. NSW, SA, WA) have enacted legislation to achieve whole-of-government planning and action in relation to reducing and removing barriers for people with disability (e.g. regarding access to sport or public transport facilities) and fostering a more accessible and inclusive community. This is generally achieved by requiring public authorities to develop disability access and inclusion plans (that meet certain requirements) and providing for accountability and reporting mechanisms.
		All domains	VIC SA WA	Public Health and Wellbeing Act 2008 (VIC) South Australian	www2.health.vic.gov.au/about/legislation/public-health-and-wellbeing-act www2.health.vic.gov.au/about/health-strategies/public-	Public health legislation in Victoria and South Australia require the periodic development of a state-level public health plan that identifies public health and wellbeing priorities for the state and helps guide local governments in the development of local public health plans. Western Australia has also introduced this requirement in its Public Health Act but the relevant provisions (Part 5) have not yet taken effect. Across these jurisdictions, the State plans must be

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.1	Governance (continued)			<p>Public Health Act (2011)</p> <p>Public Health Act 2016 (WA)</p>	<p>health-wellbeing-plan</p> <p>www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/legislation/public+health+act</p> <p>www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/legislation/public+health+act/state+public+health+plan</p> <p>ww2.health.wa.gov.au/Improving-WA-Health/Public-health/Public-Health-Act</p> <p>ww2.health.wa.gov.au/Improving-WA-Health/Public-health/Public-Health-Act/State-public-health-plan</p>	<p>consistent with the objects and principles of their respective Acts, which include a preventive health focus.</p> <p>The Victorian public health and wellbeing outcomes framework enables monitoring and reporting on collective efforts to improve health and wellbeing over the long term. The Outcomes framework provides a comprehensive set of public health and wellbeing outcomes, indicators, targets and measures for Victoria's major population health and wellbeing priorities and their determinants. Where data is available, the Outcomes framework also enables assessment of health and wellbeing inequalities.</p>

4 CREATE ACTIVE SYSTEMS

	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.1	Governance (continued)	All domains	QLD	Health and Wellbeing Queensland Act 2019	www.legislation.qld.gov.au/view/html/asmade/act-2019-016	Established a statutory body Health and Wellbeing Queensland to improve the health and wellbeing of the Queensland population, reduce health inequity, and reduce the burden of chronic diseases through targeting risk factors such as physical inactivity. Health and Wellbeing Queensland is tasked with developing partnerships and collaborating with other entities to further this objective and its functions, monitor and evaluate disease prevention and health promotion activities, develop policy and advise government entities, and coordinate the exchange of information to prevent illness and promote health and wellbeing.
		All domains	SA	Health in all Policies (HiAP) approach	www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/about+sa+health/health+in+all+policies	Since 2007, the South Australian government has adopted a 'Health in All Policies' (HiAP) approach that aims to build strong cross-sectoral relationships across government departments and promote joined-up policy responses to address complex public policy issues. The approach uses a formal governance structure incorporating: a cross government mandate, central leadership, and a dedicated strategic HiAP team within SA Health that supports other agencies in applying HiAP to their targets.
		All domains	SA	Wellbeing SA	www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/wellbeing+sa+-	Work is underway to support the establishment of Wellbeing SA as an Attached Office to the Department for Health and Wellbeing. It is envisaged that Wellbeing SA will lead system change to embed prevention across the life course and disease continuum to improve physical, mental and social wellbeing and reduce the preventable burden of disease.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.1	Governance (continued)	All domains	TAS	Health and Wellbeing Advisory Council	www.dpac.tas.gov.au/divisions/policy/premiers_health_and_wellbeing_advisory_council	The Premier's Health and Wellbeing Council has been established to advise on cross-sectoral and collaborative approaches to improving the health and wellbeing of Tasmanians. Members come from diverse backgrounds, including government departments of Health, Premier and Cabinet, non-government organisations, and academia. In Aug 2019, the Tasmania Statement was signed committing the Tasmanian government to four key principles for collaboration on long term solutions to address social determinants of health: involving Tasmanians in decision-making; working across government and with communities on shared priorities; making decisions that benefit Tasmanians now and in the future; and measuring effectiveness.
		Urban design and infrastructure Transport and environment	National (and NZ)	Cycling and Walking Australia and New Zealand (CWANZ)	www.cwanz.com.au/about/	CWANZ is the Australasian peak group for walking and cycling on transport and recreation networks. Members include senior and executive level leaders from all Australian state and territory transport agencies, NZ transport agency, local government representatives, and leading advocacy bodies and peak bodies for walking, cycling, health and mobility. It provides a national forum to progress knowledge and innovation on strategic initiatives and projects that deliver outcomes in the national interest and which may not be delivered effectively by jurisdictions working alone. Its objectives include increasing the number of people walking and cycling as integral elements of liveable, healthy and productive communities; articulating the case for investment in walking and cycling from all levels of government; and achieving consistency and harmonisation across Australia and NZ on active transport.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.1	Governance (continued)	Urban design and infrastructure Transport and environment	VIC	Victoria Walks	www.victoriawalks.org.au/	<p>Victoria Walks is the peak walking health promotion body in Victoria, established by VicHealth in 2009, to increase the number of people who walk as a means of transport and to promote supportive neighbourhoods and communities where people can and do choose to walk.</p> <p>The primary role of Victoria Walks is to lead the development of innovative ways to promote walking through partnerships, promotions, leadership, advocacy and events. Victoria Walks also provide resources and support to communities to make their neighbourhoods more connected and walking friendly.</p>
		Urban design and infrastructure Transport and environment	NSW	Collaboration Areas	www.greater.sydney/project/collaboration-areas	<p>The Greater Sydney Commission has been supporting councils, state agencies and stakeholders to deliver coordinated planning and investment in areas that have the potential to grow into centres of increased productivity and innovation. They are led by the Commission over a 12-month period and aim to address major issues for an area that inhibit growth and change, to achieve better outcomes including in relation to liveability and sustainability. Stakeholder groups typically include the local council, key agencies such as Transport for NSW, Health Infrastructure, the Local Health District, Department of Education and tertiary education institutions.</p>

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.1	Governance (continued)	Urban design and infrastructure Transport and environment	SA	30-Year Plan for Greater Adelaide	livingadelaide.sa.gov.au/	The State Planning Commission (an independent statutory body) plays a key role in helping to achieve improved whole-of-government coordination and partnership with councils for the successful implementation and monitoring of the 30-Year Plan for Greater Adelaide. Its responsibilities include ensuring alignment of the Plan with other strategic government plans and policies, ensuring a coordinated approach to land use planning and monitoring implementation and providing an annual report card on the progress of implementation of the Plan.
		Sport and recreation	VIC	Change our Game	changeourgame.vic.gov.au/	In December 2015, the Victorian Government released a report from the independent Inquiry into Women and Girls in Sport and Active Recreation. The report shed light on gender inequality in Victorian sports and recreation. The report outlined a way forward, helping change and improve sport and recreation for all involved. The establishment of the Victorian Office for Women in Sport and Recreation led to the development of the Change our Game initiative which aims to increase leadership capacity and opportunities for women and girls in the sport and active recreation sector. Components within the Change our Game initiative include: Scholarship Grants, Community Activation Grants, Champions of Change and Workforce Development Grants.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.2	<p>Data systems and surveillance capabilities: Enhance data systems and capabilities at the national and, where appropriate, subnational level, to support:</p> <ul style="list-style-type: none"> • Regular population surveillance of PA and SB, across all ages and multiple domains • Development and testing of new digital technologies to strengthen surveillance systems • Development of monitoring systems of wider sociocultural and environmental determinants of PA • Regular multisectoral monitoring and reporting on policy implementation to ensure accountability and inform policy and practice. 	All domains	SA	State Public Health Indicator Framework	www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/About+us/Legislation/Public+Health+Act/State+Public+Health+Plan/Public+Health+Indicators	This Framework provides a broad set of indicators (including in relation to the built environment) to support monitoring and reporting on the implementation of the State Public Health Plan. The Framework (last updated in 2018) is intended to aid in public health planning, monitoring and evaluation and for the development of an evidence base for effective public health intervention. Data sources have been identified for most indicators. Principles require examining indicators whenever possible, according to disadvantage/inequity of health outcomes, health status of Aboriginal people and small geographic areas for planning purposes.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.2	Data systems and surveillance capabilities (continued)	All domains	VIC	Public Health and Wellbeing Outcomes Framework	www2.health.vic.gov.au/about/health-strategies/public-health-wellbeing-plan	The Outcomes framework provides a comprehensive set of public health and wellbeing outcomes, indicators, targets and measures for Victoria's major population health and wellbeing priorities and their determinants. Where data is available, the Outcomes framework also enables assessment of health and wellbeing inequalities. Shorter-term measures of change (connected to or contributing to longer term outcomes) are also being developed.
		Urban design and infrastructure Transport and environment	NSW	Pulse of Greater Sydney	www.greater.sydney/pulse-of-greater-sydney	The Pulse of Greater Sydney is a monitoring and reporting framework to monitor progress in delivering the vision for Greater Sydney and report on the progress of implementation of the Greater Sydney Region Plan by State and local government. It includes key indicators on Walkable Places (measured by walkability and level of pedestrian activity) and 30-Minute Cities (measured by access to strategic centres by public transport and walking). The Greater Sydney Dashboard is an accompanying interactive tool that provides a single point of access to a wide range of data sources to help monitor changes across Greater Sydney.
4.3	Research and evaluation capacity: Strengthen the national and institutional research and evaluation capacity and stimulate the application of digital technologies and innovation to accelerate the development and implementation of effective policy solutions aimed at increasing PA and reducing sedentary behaviour.	All domains	National	The Australian Prevention Partnership Centre (the Prevention Centre)	preventioncentre.org.au/about-us/	The Australian Prevention Partnership Centre is a national collaboration of researchers, policy makers and practitioners who work together to develop and provide evidence and tools for a comprehensive, systemic, cross-sectoral approach to preventing chronic health problems by addressing key risk factors that include physical inactivity.

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.3	Research and evaluation capacity (continued)	All domains	NSW	Physical Activity Nutrition and Obesity Research Group (PANORG)	www.health.nsw.gov.au/research/Pages/population-health-research-strategy.aspx	<p>The Physical Activity Nutrition and Obesity Research Group (PANORG) supports the Centre for Population Health at the NSW Ministry of Health as well as other government agencies, to:</p> <ul style="list-style-type: none"> • Facilitate the generation of high-quality policy relevant research in PA, nutrition and obesity prevention to support population health policy and inform programs and practice • Maximise the use of research evidence related to PA, nutrition and obesity prevention to improve population health and reduce inequities • Build research capability of policy makers and practitioners working in PA, nutrition and obesity prevention.
		All domains	NSW	Evidence and Evaluation Guidance Series	www.health.nsw.gov.au/research/Pages/population-health-guidance-series.aspx	<p>The Population and Public Health Division of the NSW Ministry of Health produces and disseminates best practice guides to assist population health policy makers, practitioners and researchers to commission, undertake and use policy-relevant research. These include guidance on commissioning economic evaluations, developing and using program logic, commissioning evaluation services, and scaling up evidence-based population health interventions.</p>

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	Recommended actions from GAPPA	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.3	Research and evaluation capacity (continued)	All domains	SA	Public Health Partner Authorities	www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/about+us/about+sa+health/health+in+all+policies/public+health+partner+authorities	The SA Public Health Plan and SA Public Health Act 2011 give formal recognition to Public Health Partner Authorities (PHPAs), which can be government agencies, NGOs, universities, and private sector enterprises, that negotiate a partnership agreement with the Department of Health and Ageing to take collaborative action on an issue of mutual interest to improve population health and wellbeing. In most cases, the agreement will recognise existing action and seek agreement for entities to extend beyond their current actions to improve public health and wellbeing. Benefits for the PHPA may include: formal acknowledgment of the entity's role towards health and wellbeing; clear identification of co-benefits; sharing of 'in kind' resources in times of economic constraint; access to health knowledge, expertise and information; and joint identification of strategic policy opportunities.
4.4	Advocacy: Escalate advocacy efforts to increase awareness, knowledge and joint action at the global, regional and national levels, targeting key audiences including high level leaders, policy makers across multiple sectors, the media, private sector, city and community leaders, and the wider community.	All domains	National	National Heart Foundation	www.heartfoundation.org.au/for-professionals/physical-activity/blueprint-for-an-active-australia	In 2019, the National Heart Foundation released an update to its <i>Blueprint for an Active Australia</i> , outlining recommendations across multiple domains (including healthcare, transport, environment, education and planning) and subpopulation groups, to improve PA at the population level.

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	Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
4.4	Advocacy (continued)	Urban design and infrastructure Transport and environment	National (and NZ)	Cycling and Walking Australia and New Zealand (CWANZ)	www.cwanz.com.au/	CWANZ is the Australasian peak group for walking and cycling on transport and recreation networks. Members include senior and executive level leaders from all Australian state and territory transport agencies, NZ transport agency, local government representatives, and leading advocacy bodies and peak bodies for walking, cycling, health and mobility. Its objectives include contributing knowledge and data to build the case for investment in walking and cycling.
		Sport and recreation Education Urban design and infrastructure Transport and environment	National	Active Healthy Kids Australia	www.activehealthykidsaustralia.com.au/	Active Healthy Kids Australia (AHKA) is a collaboration of PA researchers across Australia who advocate for a coordinated national response to increasing PA among children and young Australians, using Report Cards as the main vehicle for driving policy change across various sectors. AHKA is part of the Active Healthy Kids Global Alliance which consists of 38 countries, allowing comparisons with the rest of the world.
4.5	Resources: Strengthen financing mechanisms to secure sustained implementation of national and subnational action and the development of the enabling systems and support the development and implementation of policies aimed at increasing PA and reducing SB.	All domains				

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Recommended actions from GAPP	Related domains/ settings	Jurisdiction ^a	Examples ^b	Weblink	Description
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ACT = Australian Capital Territory; NSW = New South Wales; NT = Northern Territory; QLD =Queensland; SA = South Australia; TAS = Tasmania; VIC = Victoria; WA = Western Australia; PA = physical activity; SB = sedentary behaviour

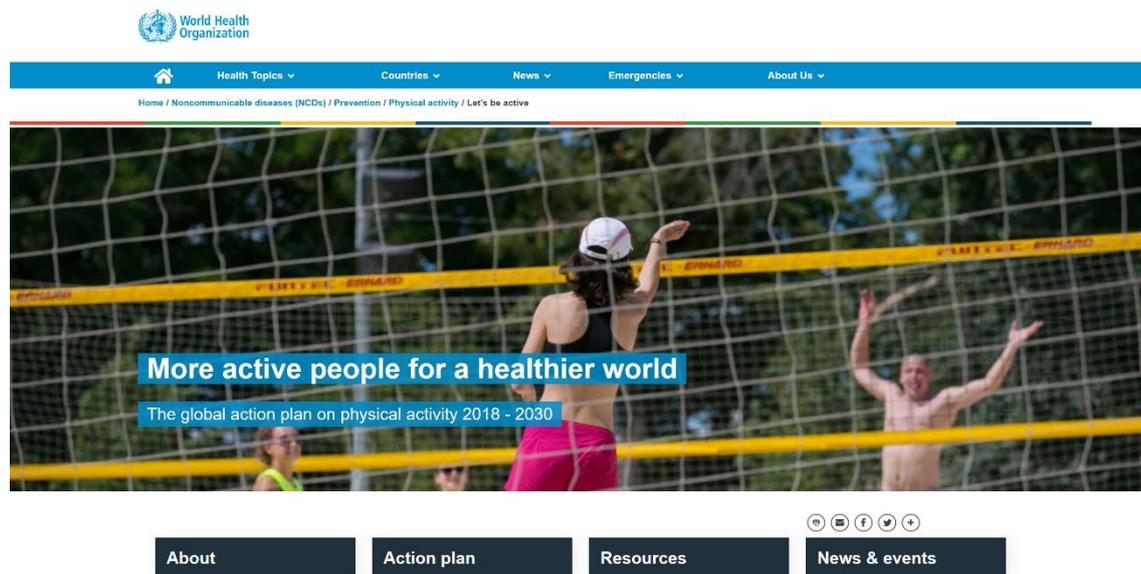
^a Programs were classified as 'National' if they are available in multiple states or territories in Australia.

^b This is not intended to be an exhaustive capture of policies and programs against the WHO GAPP actions, but to identify key examples in Australia that relate to WHO GAPP actions.

Appendix 4. WHO Global action plan on physical activity 2018

The WHO Global Action Plan on Physical Activity 2018–2030 (WHO GAPPA) is available online in full report format and as an 'at-a-glance' brochure.

There is a dedicated campaign website for GAPPA (home page shown below) and video (shown below).



Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being. Yet, much of the world is becoming less active.

WHO has developed a new global action plan to help countries scale up policy actions to promote physical activity. It responds to the requests by countries for updated guidance, and a framework of effective and feasible policy actions to increase physical activity at all levels.

The plan sets out four objectives and recommends 20 policy actions that are applicable to all countries and address the cultural, environmental and individual determinants of inactivity.

A key feature of this new plan is its call for a "systems-based" approach where effective implementation will require bold leadership combined with cross-government and multisectoral partnerships at all levels to achieve a coordinated, whole-of-system response.

Working in partnerships, WHO will support countries to implement a whole-of-community approach to increase levels of physical activity in people of all ages and abilities. Global, regional and national coordination and capacity will be strengthened to respond to needs for technical support, innovation and guidance.

Let's be active: Everyone, everywhere, everyday



Document download



Appendix 5. Online resources

The following resources have been organised according to the eight domains for intervention in the physical activity (PA) systems map and some of the key enablers regarding governance, evaluation and surveillance (see Chapter 2.2).

Community-wide programs

COMMUNITY-WIDE PROGRAMS		
Name of resource	Description	Link
The Community Guide (PA): Community-Wide Campaigns	Sets out the findings and rationale of the US Community Preventive Services Task Force in recommending community-wide campaigns to increase PA among adults and children.	www.thecommunityguide.org/findings/physical-activity-community-wide-campaigns
NICE Guideline [NG44]: Community engagement – Improving health and wellbeing and reducing health inequalities	Prepared by the National Institute for Health and Care Excellence (NICE), this guidance covers community engagement approaches to reduce health inequalities.	www.nice.org.uk/guidance/ng44
Public Health England: Whole systems approach to obesity guide to support local approaches to promoting a healthy weight	This guide has been developed by Public Health England to support local governments and their partners to create and implement whole systems approaches at the local level to address obesity and promote a healthy weight. The guide outlines a six-phase process with each phase providing practical support and accompanying resources.	www.gov.uk/government/publications/whole-systems-approach-to-obesity
Trust for America's Health: A Compendium of Proven Community-Based Prevention Programs	This is a Compendium of Proven Community-Based Prevention Programs from around the world, which highlights 79 evidence-based disease and injury prevention programs, including those that increase PA (which are described under the goals of reducing risk of cardiovascular disease, stroke and diabetes, and reducing falls).	www.tfah.org/report-details/a-compendium-of-proven-community-based-prevention-programs/

Mass media and public education

MASS MEDIA AND PUBLIC EDUCATION		
Name of resource	Description	Link
The Community Guide (PA): Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution	Sets out the findings and rationale of the US Community Preventive Services Task Force in recommending multi-channel health communication campaigns and distribution of free or reduced-price health-related products.	www.thecommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-media-and-health-related
US CDC: Gateway to Health Communication and Social Marketing Practice	Portal developed by the US Centers for Disease Control and Prevention that contains tools, guidelines and best practices in health communication and social marketing.	www.cdc.gov/healthcommunication/index.html
US CDC: The health communicator's social media toolkit	Toolkit developed by the US Centers for Disease Control and Prevention on using social media for health communication.	www.cdc.gov/socialmedia/tools/guidelines/socialmediatoolkit.html
ECDC: Social media strategy development	Technical guide from the European Centre for Disease Prevention and Control on using social media for public health communication. This Guide may be of greater interest to those commencing with basic practice (the pragmatic 10-steps).	www.ecdc.europa.eu/en/publications-data/social-media-strategy-development-guide-using-social-media-public-health
ECDC: Social Marketing Guide	Technical guide from the European Centre for Disease Prevention and Control on using social marketing for public health. This Guide may be of greater interest for the FLOWPROOF approach.	www.ecdc.europa.eu/en/publications-data/social-marketing-guide-public-health-programme-managers-and-practitioners

MASS MEDIA AND PUBLIC EDUCATION

Name of resource	Description	Link
National Heart Foundation Blueprint for an Active Australia: Mass-media strategy	Sets out recommendations for an integrated and sustained mass media strategy that is complemented by community-wide activities and programs to promote increased PA in the population.	www.heartfoundation.org.au/images/uploads/publications/Blueprint

Sport and recreation

SPORT AND RECREATION

Name of resource	Description	Link
Sport England	Sport England's website contains many useful guides, tools and resources to promote increased PA particularly among subgroups who are currently underrepresented in England.	www.sportengland.org/
Clearinghouse for Sport and PA: Sport Participation	Contains a range of expert evaluated information resources covering good and promising practice in PA within the sport domain. Full access to content is limited to members (sign-up is free).	www.clearinghouseforsport.gov.au/knowledge_base/sport_participation
Sport Australia: Participation drivers	Sport Australia's toolkit to support organisations with improving sport participation outcomes, based around a set of drivers identified by stakeholders as the most significant influences on positive participation outcomes.	www.sportaus.gov.au/participation_drivers?utm_medium=email&utm_campaign=Sport%20Australia%20Industry%20News%202&utm_content=Sport%20Australia%20Industry%20News%202+CID_2dfc358f49417c9afe34cea170966fb9&utm_source=Campaign%20Monitor&utm_term=Drivers%20of%20Participation
National Heart Foundation Blueprint for an Active Australia:	Sets out recommendations for policies to promote sport and active recreation, with implications for the sport and recreation, built environment, and education domains.	www.heartfoundation.org.au/images/uploads/publications/Blueprint

SPORT AND RECREATION

Name of resource	Description	Link
Sport and active recreation		

Education

EDUCATION

Name of resource	Description	Link
CDC Health Equity Guide: Physical activity opportunities in school, afterschool, and early care and education settings	Provides a guide for designing, implementing and evaluating PA strategies for children in school, afterschool, and early care and education settings to maximise health impact and advance health equity.	www.cdc.gov/nccdphp/dnpao/state-local-programs/health-equity-guide/pdf/health-equity-guide/Health-Equity-Guide-sect-4-4.pdf
CDC Health Equity Guide – Joint use agreements	Provides a guide for designing, implementing and evaluating joint use agreements to maximise health impact and advance health equity.	www.cdc.gov/nccdphp/dnpao/state-local-programs/health-equity-guide/pdf/health-equity-guide/Health-Equity-Guide-sect-4-1.pdf
Clearinghouse for Sport and PA: Sport and government policy objectives (PA) – Education	Summarises and provides links to relevant programs, reports, research and resources to promote PA in the education domain.	www.clearinghouseforsport.gov.au/knowledge_base/organised_sport/sport_and_government_policy_objectives/physical_activity_guidelines

EDUCATION		
Name of resource	Description	Link
Clearinghouse for Sport and PA: Sport in education	Summarises and provides links to Australian government programs, policies and other initiatives to promote PA in the education domain, as well as relevant research and reports on benefits and shared access to facilities.	www.clearinghouseforsport.gov.au/knowledge_base/organised_sport/value_of_sport/school_sport
National Heart Foundation Blueprint for an Active Australia: Children and adolescents	Sets out recommendations for strategies and approaches to increase opportunities for children and young people to be physically active including in relation to education settings.	www.heartfoundation.org.au/images/uploads/publications/Blueprint
NICE Public Health Guideline [NG90] – Physical activity and the environment	Prepared by the National Institute for Health and Care Excellence (NICE) together with Public Health England, this guidance covers how to improve the physical environment (including in schools) to encourage and support PA.	www.nice.org.uk/guidance/ng90
The Community Guide (PA): Interventions to increase active travel to schools	Sets out the findings and rationale of the US Community Preventive Services Task Force in recommending interventions to increase active travel to school.	www.thecommunityguide.org/findings/physical-activity-interventions-increase-active-travel-school
The Community Guide (PA): Enhanced School-Based Physical Education	Sets out the findings and rationale of the US Community Preventive Services Task Force in recommending enhanced school-based physical education to increase PA.	www.thecommunityguide.org/findings/physical-activity-enhanced-school-based-physical-education

Primary and secondary healthcare

PRIMARY AND SECONDARY HEALTHCARE		
Name of resource	Description	Link
Clearinghouse for Sport and PA: Sport and government policy objectives (PA) – Healthcare	Summarises and provides links to relevant programs, reports, research and resources to promote PA in the healthcare domain.	www.clearinghouseforsport.gov.au/knowledge_base/organised_sport/sport_and_government_policy_objectives/physical_activity_guidelines
National Heart Foundation Blueprint for an Active Australia: Health care	Sets out recommendations for policies and interventions to support the integration of PA into primary care.	www.heartfoundation.org.au/images/uploads/publications/Blueprint/Blueprint_Health_care.pdf
NICE Public Health Guideline [PH44]: Physical activity – brief advice for adults in primary care	Prepared by the National Institute for Health and Care Excellence (NICE), this guidance covers brief advice on PA to adults in primary care. It is primarily aimed at practitioners.	www.nice.org.uk/guidance/ph44
NICE Public Health Guideline [PH54]: Physical activity – exercise referral schemes	Prepared by the National Institute for Health and Care Excellence (NICE), this guidance covers exercise referral schemes for adults, particularly those who are inactive or sedentary. Recommendations 1 and 2 are directed at policy makers.	www.nice.org.uk/guidance/ph54
WHO Europe: Integrating diet, PA and weight management services into primary care	Developed by the Regional Office for Europe of the WHO, this publication provides guidance on the evidence, challenges and entry points for integrating diet, PA and weight management services into primary care.	www.euro.who.int/en/health-topics/disease-prevention/physical-activity/publications/2016/integrating-diet,-physical-activity-and-weight-management-services-into-primary-care-2016

PRIMARY AND SECONDARY HEALTHCARE

Name of resource	Description	Link
WHO Europe: Health-enhancing PA promotion in healthcare settings	This webpage presents the work of HEPA Europe Working Group on PA promotion in health care settings. Publications include a report that captures the key enablers, barriers and lessons learnt from case studies in Europe and elsewhere of healthcare interventions to support PA promotion in these settings.	www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe/hepa-europe-projects-and-working-groups/hepa-promotion-in-health-care-settings

Workplaces

WORKPLACES

Name of resource	Description	Link
National Heart Foundation Blueprint for an Active Australia: Workplaces	Sets out recommendations for policies and interventions to promote PA in the workplace domain.	www.heartfoundation.org.au/images/uploads/publications/Blueprint int/Blueprint Workplaces.pdf
NICE Guideline [PH13]: Physical activity in the workplace	Prepared by the National Institute for Health and Care Excellence (NICE), this guidance covers how to encourage employees to be physically active. It is primarily aimed at employers, industry bodies and associations, and strategic partnerships.	www.nice.org.uk/guidance/PH13
CDC Physical Activity: Worksite Physical Activity	Provides links to several resources on promoting PA in workplaces, including a resource developed by ChangeLab Solutions on government policies that support PA in and around the workplace.	www.cdc.gov/physicalactivity/worksite-pa/index.htm
The Community Guide (PA): Worksite programs	Sets out the findings and rationale of the US Community Preventive Services Task Force in recommending worksite programs to improve diet or PA and reduce weight among employees.	www.thecommunityguide.org/findings/obesity-worksite-programs

Transport and environment

TRANSPORT AND ENVIRONMENT		
Name of resource	Description	Link
CDC Health Equity Guide: Trails and pathways to enhance recreation and active transportation	Provides a guide for designing, implementing and evaluating trail and pathway strategies to maximise health impact and advance health equity.	www.cdc.gov/nccdphp/dnpao/state-local-programs/health-equity-guide/pdf/health-equity-guide/Health-Equity-Guide-sect-4-3.pdf
Clearinghouse for Sport and PA: Active Transport	Summarises key data and benefits of active transport, and Australian and international initiatives. Full access to content is limited to members (sign up is free).	www.clearinghouseforsport.gov.au/knowledge_base/organised_sport/sport_and_government_policy_objectives/active_transport
Clearinghouse for Sport and PA: Sport and government policy objectives (PA) – Environment	Summarises and provides links to relevant policies, programs, reports and research to promote PA in the environment domain.	www.clearinghouseforsport.gov.au/knowledge_base/organised_sport/sport_and_government_policy_objectives/physical_activity_guidelines
National Heart Foundation Blueprint for an Active Australia: Active travel	Sets out recommendations for policies and interventions to promote active travel, with implications for the built environment, transport, workplace and education domains.	www.heartfoundation.org.au/images/uploads/publications/Blueprint Active travel.pdf
NICE Public Health Guideline [PH41]: Physical activity – walking and cycling	Prepared by the National Institute for Health and Care Excellence (NICE), this guidance covers walking and cycling as forms of transport and includes recommendations on policy and program planning in the health, transport, education and other sectors.	www.nice.org.uk/guidance/PH41/chapter/1-Recommendations#policy-and-planning
NICE Public Health Guideline [NG90]: Physical	Prepared by the National Institute for Health and Care Excellence (NICE) together with Public Health England, this guidance covers how to improve the physical	www.nice.org.uk/guidance/ng90

TRANSPORT AND ENVIRONMENT

Name of resource	Description	Link
activity and the environment	environment to encourage and support PA including recommendations on policies, active travel, public open spaces, buildings and schools.	
CDC Physical Activity: Community Strategies	Package of resources prepared by the US Centers for Disease Control and Prevention that includes real-world examples, implementation resource guide and visual guide for implementing built environment improvements to increase PA (by creating activity friendly routes and everyday destinations).	www.cdc.gov/physicalactivity/community-strategies/beactive/index.html
The Community Guide (PA): Interventions to increase active travel to schools	Sets out the findings and rationale of the US Community Preventive Services Task Force in recommending interventions to increase active travel to school.	www.thecommunityguide.org/findings/physical-activity-interventions-increase-active-travel-school
The Community Guide (PA): Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design	Sets out the findings and rationale of the US Community Preventive Services Task Force in recommending built environment strategies that combine transportation system interventions with land use and environmental design to increase PA.	www.thecommunityguide.org/findings/physical-activity-built-environment-approaches
PASTA (Physical Activity Through Sustainable Transport Approaches)	This is the website of the EU-funded project PASTA – Physical Activity Through Sustainable Transport Approaches. It contains useful resources including suggested indicators, recommendations for how to better link transport and health, practical online HEAT tool (for economic assessment of the health effects from cycling and walking), and research, reports and case studies.	www.pastaproject.eu/about/

TRANSPORT AND ENVIRONMENT		
Name of resource	Description	Link
University of Leeds: KonSULT (Knowledgebase on Sustainable Urban Land use and Transport)	Developed since 2001 with support from the European Commission, the UK Department for Transport, the UK Engineering and Physical Sciences Research Council and the Rees Jeffreys Road Fund, this website aims to assist policy makers, professionals and interest groups to understand the challenges of achieving sustainability in urban transport, and to identify appropriate policy measures and packages. It is regularly updated to reflect recent research.	www.konsult.leeds.ac.uk/what-is-konsult/
Victoria Transport Policy Institute: Online Transportation Demand Management (TDM) Encyclopedia	Produced by the Victoria Transport Policy Institute (an independent research institution located in Canada), this is a comprehensive resource to support the planning, implementation and evaluation of policies and programs for transportation demand management to achieve objectives such as health and fitness, equity, liveability, transport affordability, safety and parking management.	www.vtpi.org/tdm/tdm102.htm

Urban design and infrastructure

URBAN DESIGN AND INFRASTRUCTURE		
Name of resource	Description	Link
Healthy Urban Development Checklist	The checklist is a practical tool for NSW health professionals and others outside the health sector. It is designed to assist engagement with the planning and development process and support feedback on development policies and plans. It offers a standardised way to evaluate built environment factors that affect health and suggests ways to reduce negative impacts and improve health outcomes for a wide range of health determinants. These include education, employment, housing, social networks and relationships, air quality, food and access to social infrastructure and healthcare.	www.health.nsw.gov.au/urbanhealth/Publications/healthy-urban-dev-check.pdf

URBAN DESIGN AND INFRASTRUCTURE

Name of resource	Description	Link
CDC Health Equity Guide - Safe and accessible streets for all users	Provides a guide for designing, implementing and evaluating street infrastructure and transportation strategies to maximise health impact and advance health equity.	www.cdc.gov/nccdphp/dnpao/state-local-programs/health-equity-guide/pdf/health-equity-guide/Health-Equity-Guide-sect-4-2.pdf
CDC Health Equity Guide – Neighbourhood development that connects community resources to transit	Provides a guide for designing, implementing and evaluating transit-oriented development and mixed-use zoning strategies to maximise health impact and advance health equity.	www.cdc.gov/nccdphp/dnpao/state-local-programs/health-equity-guide/pdf/health-equity-guide/Health-Equity-Guide-sect-4-5.pdf
Heart Foundation: Healthy Active by Design	Portal that provides guidance, resources and case studies to support the creation of more active built environments in Australia.	healthyactivebydesign.com.au/
National Heart Foundation Blueprint for an Active Australia: Built environments	Sets out recommended design considerations for planning for health and wellbeing, and interventions to enable more active and liveable environments.	www.heartfoundation.org.au/images/uploads/publications/Blueprint/Blueprint Built Environment.pdf
NSW Office of Sport: Community Sport Infrastructure Resource Library	Practical resource to assist in the planning, design and construction of innovative, sustainable and fit for purpose community sporting infrastructure. Includes a web portal which provides a collection of resources to assist with best practice design specification for community sporting infrastructure.	sport.nsw.gov.au/aboutus/SIG/resource-library
NICE Public Health Guideline [NG90]: Physical activity and the environment	Prepared by the National Institute for Health and Care Excellence (NICE) together with Public Health England, this guidance covers how to improve the physical environment to encourage and support PA including recommendations on policies, active travel, public open spaces, buildings and schools.	www.nice.org.uk/guidance/ng90

URBAN DESIGN AND INFRASTRUCTURE

Name of resource	Description	Link
CDC Physical Activity: Community Strategies	Package of resources prepared by the US Centers for Disease Control and Prevention that includes real-world examples, implementation resource guide and visual guide for implementing built environment improvements to increase PA (by creating activity friendly routes and everyday destinations).	www.cdc.gov/physicalactivity/community-strategies/index.htm
WHO Europe: Towards more physical activity – Transforming public spaces to promote physical activity	Developed by the Regional Office for Europe of the WHO , this publication focuses on how PA can be supported through urban planning.	www.euro.who.int/en/health-topics/disease-prevention/physical-activity/publications/2017/towards-more-physical-activity-transforming-public-spaces-to-promote-physical-activity-a-key-contributor-to-achieving-the-sustainable-development-goals-in-europe-2017
The Community Guide (PA): Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design	Sets out the findings and rationale of the US Community Preventive Services Task Force in recommending built environment strategies that combine transportation system interventions with land use and environmental design to increase PA.	www.thecommunityguide.org/findings/physical-activity-built-environment-approaches
University of Leeds: KonSULT (Knowledgebase on Sustainable Urban Land use and Transport)	Developed since 2001 with support from the European Commission, the UK Department for Transport, the UK Engineering and Physical Sciences Research Council and the Rees Jeffreys Road Fund, this website aims to assist policy makers, professionals and interest groups to understand the challenges of achieving sustainability in urban transport, and to identify appropriate policy measures and packages. It is regularly updated to reflect recent research.	www.konsult.leeds.ac.uk/what-is-konsult/
Victoria Transport Policy Institute: Online Transportation Demand	Produced by the Victoria Transport Policy Institute (an independent research institution located in Canada), this is a comprehensive resource to support the planning, implementation and evaluation of policies and programs for	www.vtpi.org/tdm/tdm102.htm

URBAN DESIGN AND INFRASTRUCTURE

Name of resource	Description	Link
Management (TDM) Encyclopedia	transportation demand management to achieve objectives such as health and fitness, equity, liveability, transport affordability, safety and parking management.	

Governance, leadership and knowledge mobilisation

GOVERNANCE, LEADERSHIP AND KNOWLEDGE MOBILISATION

Name of resource	Description	Link
National Heart Foundation Blueprint for an Active Australia: Research and program evaluation	Sets out recommendations to ensure the development, delivery and demonstrated effectiveness of PA programs and policies.	www.heartfoundation.org.au/images/uploads/publications/Blueprint/Blueprint Research and program evaluation.pdf
Obesity Collective: Obesity Activity Map	The Obesity Collective is a modern movement to drive action on important obesity initiatives in Australia. The Activity Map provides a searchable and continuously updated table of activities (policies, programs and other initiatives) in Australia that are aimed at increasing physical activity, whether by targeting individual behaviours and/or increasing opportunities for PA.	www.obesityaustralia.org/obesity-activity-map
Obesity Evidence Hub	The Obesity Evidence Hub is a joint project arising from the work of the Obesity Collective and resulting from a partnership between the Cancer Council Victoria, Bupa Health Foundation and the Obesity Policy Coalition. This online hub identifies, analyses and synthesises key evidence on obesity, to help drive policy action in Australia. The first stage of the hub covers obesity trends, impacts and prevention; additional topics will cover treatment and environmental influences.	obesityevidencehub.org.au

GOVERNANCE, LEADERSHIP AND KNOWLEDGE MOBILISATION

Name of resource	Description	Link
WHO Toolkit for developing, implementing and evaluating the National Multisectoral Action Plan (MAP) for NCD Prevention and Control	Covers main steps from situation assessment, stakeholder engagement, to implementation and monitoring and evaluation. Includes practical templates and examples	apps.who.int/nmh/ncd-map-toolkit/
Bridge Collaborative Global: Resources for cross-sector planning and evaluation	Provides a range of practical tools and resources to support better planning and evaluation of intersectoral policy action.	bridgecollaborativeglobal.org/what-we-do/plan/
Politics & Ideas: Context matters. A framework to support knowledge into policy	Provides an interactive framework and supporting resources to help government agencies improve their use of knowledge for policy making by understanding context.	cm.politicsandideas.org/homepage

Surveillance and monitoring

SURVEILLANCE AND MONITORING

Name of resource	Description	Link
AIHW: Data sources for monitoring overweight and obesity	Identifies existing data sources in Australia for monitoring overweight and obesity, including individual and environment risk factors relating to PA. Summarises data gaps and limitations, and opportunities for improving monitoring. Refer to appendices for measures of PA, and an assessment of the equity focused monitoring capabilities of the data sources.	www.aihw.gov.au/reports/overweight-obesity/data-sources-for-monitoring-overweight-and-obesity/contents/table-of-contents

SURVEILLANCE AND MONITORING

Name of resource	Description	Link
Australian Health Policy Collaboration: Australian Health Tracker	Provides a series of resources to support a comprehensive assessment of Australia's health in relation to chronic disease and risk factors. The resources include an interactive website and national report cards to help track progress towards Australia's chronic disease targets for 2025 (which includes a 10% reduction in insufficient PA).	www.atlasesaustralia.com.au/ahpc/
Active Healthy Kids Australia	Active Healthy Kids Australia (AHKA) is a collaboration of PA researchers across Australia who advocate for a coordinated national response to increasing PA among children and young Australians, using Report Cards as the main vehicle for driving policy change across various sectors.	www.activehealthykidsaustralia.com.au/
Global Observatory for PA	Contains a repository of standardised country cards based on common indicators and sources to enable cross-country comparisons on physical activity and provide data for countries to initiate or improve standards, policies, program development and evaluation.	www.globalphysicalactivityobservatory.com/
Global Health Observatory (GHO) data	Prevalence data of insufficient PA by country, WHO region, and World Bank income group – for adults 18+ years and school-going adolescents 11–17 years.	www.who.int/gho/ncd/risk_factors/physical_activity/en/
RMIT Australian Urban Observatory	Digital platform developed by RMIT's Healthy Liveable Cities Group that enables policy makers and planners to access a wide range of liveability indicators relating to the built environment. The Observatory provides information and understanding to support resource allocation, future policy action and support to create equitable, healthy and liveable places.	auo.org.au/

Appendix 6. Australian Systems Approaches to Physical Activity

The University of Sydney and The Australian Prevention Partnership Centre



The Australian Systems Approaches to Physical Activity (ASAPa) is a national project that aims to contribute a practical focus towards implementing a whole systems approach to physical activity (PA) at the population level. The project commenced in February 2018. Funding for the research has been provided from the Federal Government's Medical Research Future Fund (MRFF)

Key activities to date:

- Mapping of policies, programs and prevalence metrics at the state, territory and federal level
- Evidence synthesis and dissemination of knowledge for systems approaches to PA (Getting Australia Active III)
- Stakeholder engagement through national workshops and PA networks

Key outputs

1. Project overview and conceptual systems map for PA in Australia

- Bellew W, Smith BJ, Nau T, Lee K, Reece L, Bauman A. Whole-of-systems approaches to physical activity policy and practice in Australia: The ASAPa project overview and initial systems map. *J Phys Act Health*. 2019;17(1):68-73. doi:10.1123/jpah.2019-0121
- Bellew W. Conceptual systems map for physical activity in Australia [YouTube presentation] This short 2-minute video explains the components of a conceptual systems map for physical activity in Australia. www.youtube.com/watch?v=ZOrUWzWddo4&feature=youtu.be

2. Mapping of PA policies

- Nau T, Lee K, Smith Ben J, Bellew W, Reece L et al. Toward whole-of-system action to promote for physical activity: A cross-sectoral analysis of physical activity policy in Australia. *J Phys Act Health*. 2019;16:1029-38. doi:10.1123/jpah.2019-0122

3. Mapping of PA programs

- Nau T. The physical activity landscape in Australia: Mapping physical activity programs [YouTube presentation] This presentation details findings from an audit of population level programs and large-scale interventions promoting physical activity across multiple sectors, states and territories, as well as nationally. www.youtube.com/watch?v=YsltH4ShSOo&feature=youtu.be

4. Podcast

- Prevention Works podcast with Professor Adrian Bauman, tackling how to get Australians moving each and every day. preventioncentre.org.au/resources/tackling-how-to-get-australians-moving-each-and-every-day/

For further information, visit the ASAPa project webpage on the Prevention Centre website:

preventioncentre.org.au/our-work/research-projects/employing-physical-activity-to-prevent-chronic-disease/