

## ACKNOWLEDGEMENTS

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- The Coorong District Council
- District Council of Karoonda East Murray
- Mid Murray Council
- Rural City of Murray Bridge
- Southern Mallee District Council

And individuals and groups from:

- Healthy Murraylands
  - Bianca Gazzola- Project Coordinator
  - Kim Smithson-Project Officer
- Be Active/STARCLUB
- Murray Mallee General Practice Network
- Regional Development Australia Murraylands & Riverland
- Murray Mallee Community Health Service/Eat Well Be Active

**For more information please refer to the  
*Healthy Murraylands Policy - Supporting Document***



# HEALTHY MURRAYLANDS *Policy*





# HEALTHY MURRAYLANDS POLICY

## Purpose

The policy will form a key strategic document which will provide guidance to the five Local Government Authorities of the Murraylands in undertaking further improvement to healthy living outcomes.

The five Local Government Authorities of the Murraylands are:

- District Council of Karoonda East Murray
- Mid Murray Council
- Rural City of Murray Bridge
- Southern Mallee District Council
- The Coorong District Council

## Key Policy Principles

PHYSICAL ACTIVITY = *be active*

NUTRITION = *eat well*

The Healthy Murraylands Policy aims to improve nutrition and increase physical activity participation by ensuring Councils make consistent decisions that support the policy principles. In turn this will have a positive impact on the most preventable health issues affecting our communities and increase the rate of participation in exercise, recreation and sport.

## Policy Statement

Council acknowledges its place as a role model for the community and supports initiatives that have the potential to impact positively on the health and wellbeing of the community.

## Council will achieve the principles by:

- Providing leadership for improved community health outcomes.
- Effectively managing community resources such as natural and built environments to be freely available long term.
- Actively promoting the local healthy ways to enhance quality of life.
- Expanding and strengthening partnerships in regard to health, wellbeing and social support.
- Advocating for special population groups to address service gaps and access to affordable healthy options.
- Seeking to have physical activity and nutrition principles integrated into key council documents.

## Key Policy Principles

The five Local Government Authorities of the Murraylands support the following principles:

PHYSICAL ACTIVITY = *be active*

- Physical activity provides significant benefits to both the individual participant and the community. Participation in physical activity positively influences people's levels of wellbeing. Council will endeavour to provide physical activity experiences that are enjoyable and satisfying.
- Physical activity provides significant social, cultural, economic and environmental benefits. Council will support a balance between these four components.
- Council will encourage a network of partners who work both independently and collectively to plan and deliver physical activity services and programs. This will include continued recognition of the value of individuals, groups, organisations, volunteers, private sector, government and media partners.
- Council will endeavour to equitably provide physical activity initiatives which target services for special population groups (where an identified need has been confirmed).
- Support strategic land use and town planning to integrate supportive environments for physical activity principles.
- Incidental physical activity should be encouraged and facilitated through the planning and provision of infrastructure, facilities and services (e.g. footpaths, roads, residential developments and council programs).
- Active travel to be supported through the provision of appropriate infrastructure, programs and facilities including walking and cycling paths, trails and bicycle lanes, end of trip facilities and enhanced education and awareness.

NUTRITION = *eat well*

- Food choices are important for all members of the community.
- All members of the community have the right to access healthy food and drink.
- It is important to create an environment which makes healthy food and drink choices the easy option.
- Healthy food and drink choices should be promoted using messages from the Australian Government and SA Health to ensure contemporary messages are upheld.
- Where feasible, food and drink should be provided in an environmentally sustainable way:
  - Encouraging locally grown food to be sold and eaten locally
  - minimising waste
  - encouraging recycling options
  - use of environmentally friendly packaging