

## Healthy Living Policy

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### 1. PURPOSE

To demonstrate Shoalhaven City Council's commitment to providing opportunities for community members to adopt active and healthy lifestyle choices that will reduce the incidence of avoidable conditions such as obesity and cardio vascular disease.

### 2. STATEMENT

Shoalhaven City Council is committed to providing opportunities for community members to adopt active and healthy lifestyle choices that will promote good health. Council aims to play a role in keeping people healthy by:

- Supporting opportunities for people to make healthy eating decisions
- Increasing opportunities for people to boost physical activity
- Leading by example and promoting a healthy lifestyle within Council through the Health and Wellbeing Committee programme.

### 3. PROVISIONS

To achieve this commitment, in partnership with other stakeholders and relevant agencies, Shoalhaven City Council will:

- Provide environments that support healthy eating and active living, such as:
  - Swimming pools and leisure centres
  - Walking and cycling tracks
  - Playgrounds, parks and nature reserves
  - Outdoor fitness stations
  - Community gardens
  - Farmers markets.
- Promote healthy lifestyle choices made available through Council facilities by implementing the NSW Health 'Make Healthy Normal' signage.
- Consider healthy eating and active living strategies in land use planning by:
  - Seeking to retain key agricultural lands for local food production
  - Increasing density and diversity in housing, in close proximity to key services and destinations, there by promoting reduced reliability on private cars/vehicles

- Planning new communities that ensure they are well connected, accessible and encourage inclusivity and active living opportunities.
- Implement best practice healthy eating strategies by ensuring healthy food options are available at its facilities, functions and events.
- Advocate and lobby to other levels of government for the provision of necessary health services.
- Partner with other stakeholders to deliver educational and participation programs that promote healthy eating and active living across the life span, especially in at-risk groups.

#### **4. IMPLEMENTATION**

Shoalhaven City Council sets out its strategic direction and priorities through the Community Strategic Plan (10+ year), Delivery Plan (4 year) and Operational Plan (1 year). This is the key framework by which implementation will be directed and assessed, and the revised version is set to be adopted in 2017.

Moreover, Council's Local Environmental Plan (LEP) guides strategic land use and determines things such as medium to high density lands and agricultural lands.

Furthermore, Council recently adopted the Community Infrastructure Strategic Plan 2016 – 2036. This Plan makes recommendations for the future provision, priorities and funding of community infrastructure at local, district and regional levels, and will guide and direct the future of open space and recreation and community buildings across the City.

In addition to this, Council's Community Development and Social and Infrastructure Planning units aim to establish a Wellbeing Strategy and Evaluation Framework (WSEF), based on Community Wellbeing Indicators and Social Return on Investment. This WSEF will provide a detailed and comprehensive mechanism to measure success on objectives and to create a rigorous evidence base for future social investments as they apply to community wellbeing.

#### **5. REVIEW**

This policy will be reviewed within one (1) year of the election of a new Council.

#### **6. APPLICATION OF ESD PRINCIPLES**

This policy will play a key role in ensuring ecological sustainable development by promoting healthy and sustainable communities.