

Central Hume

Primary Care Partnership

Alpine Local Government Health
and Wellbeing Partnership

January - July 2018

ALPINE ACTIVE LIVING MAPPING PROJECT FINDINGS





Central Hume Primary Care Partnership

Gateway Health

Alpine Health

Alpine Shire Council

Sport North East

University of Melbourne Rural School of Health

Department of Health and Human Services

Myrtleford and Mount Beauty Neighbourhood Houses

Alpine Shire residents

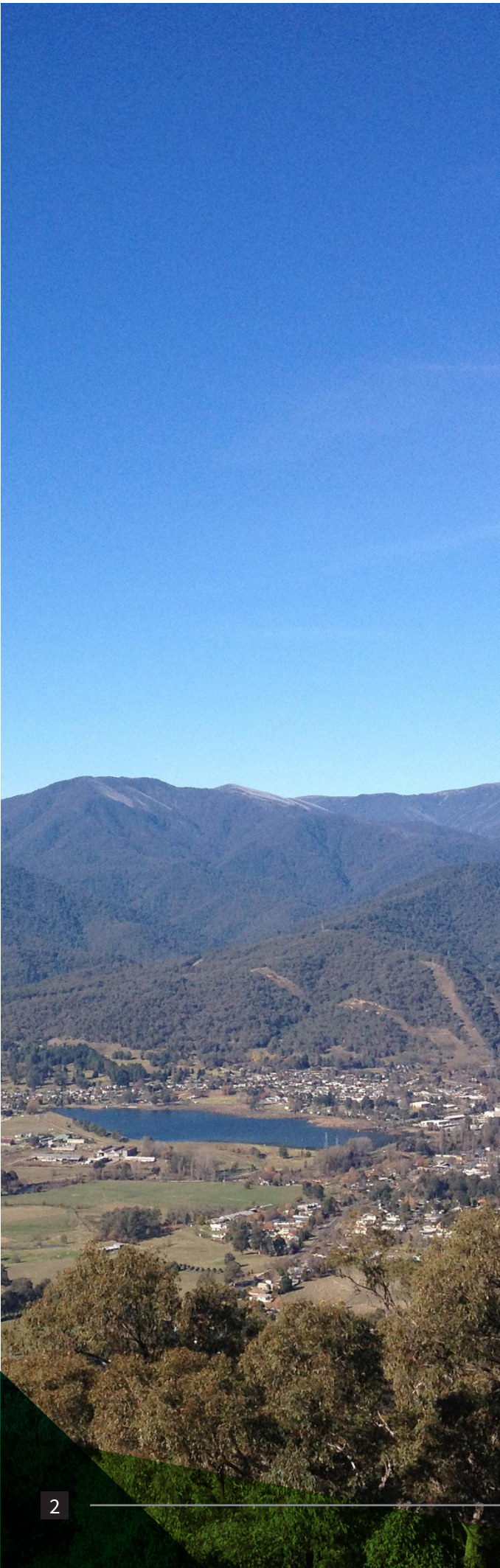
Alpine Shire business managers and owners

Authors: Monique Hillenaar and Felicity Kennedy, Health Promotion Coordinators, Gateway Health

Page 2 photo: Felicity Kennedy (June 2018)

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ABSTRACT

National, state, Hume region and Alpine Shire data highlight that populations may not be meeting Australia's Physical Activity and Sedentary Behaviour Guidelines. This can contribute to poor health and can have negative economic impacts on communities and Australia's healthcare system. This project gathered data through stakeholder engagement, a community survey and mapping analysis in order to determine opportunities and barriers that exist, and in turn, influence rates of physical activity in the shire. Based on this information gathered, this report provides recommendations that aim to benefit the health of communities within the Alpine Shire.

KEYWORDS

Active Living/ Physical Activity: Moving your body (skeletal muscles) and using energy to do this (US National Institutes of Health, pg 3, cited in Commonwealth of Australia 2018), for example, playing, working, walking, bike riding and gardening. Although most measures of physical activity focus on deliberate activity during leisure time, other forms of activity such as walking or cycling for transport, work-related activity, and daily household tasks such as housework or gardening all contribute to total physical activity (Australian Institute of Health and Welfare 2017). Being physically active also means meeting the Australian Physical Activity and Sedentary Behaviour Guidelines. “Active living” and “physical activity” will be used interchangeably throughout this report. The recommendations developed from this project will include those related to increasing physical activity rates among Alpine Shire residents, with consideration taken for sun exposure, transport, neighbourhood design, and access to parks, open spaces, sport and recreation (State of Victoria 2015).

Insufficient Physical Activity: Completing less than the recommended 150 minutes of moderate intensity physical activity across 5 or more sessions each week (Australian Institute of Health and Welfare 2017).

Sedentary Behaviour: Waking behaviour characterised by an energy expenditure of less than or equal to 1.5 metabolic equivalents, such as sitting, reclining or lying down (World Health Organization 2018).

Active Travel: Any transport that involves physical activity such as walking or riding (Transport for Victoria 2018).

Social Connection: The networks and contacts with others that one has, that is, the quality and number of interactions. Being socially connected means frequently seeing and communicating with others (Stansfeld 2006).

Older Adult: Defined in relation to retirement from paid employment and receipt of a pension, at 60 or 65 years (World Health Organization 2002).

INTRODUCTION

Physical activity has been shown to have a range of beneficial effects on health. It improves mental and musculoskeletal health and reduces risk factors for poor health such as being overweight, having high blood pressure and high blood cholesterol (Australian Institute of Health and Welfare 2016). Low levels of physical activity and high levels of sedentariness are major risk factors for ill health and mortality (Australian Institute of Health and Welfare 2016). People who do not undertake sufficient physical activity have a greater risk of cardiovascular disease, colon and breast cancers, type 2 diabetes and osteoporosis (Australian Institute of Health and Welfare 2016). Poor health has an economic impact on communities, including the loss of productivity, the estimated cost of physical inactivity to the Australian health sector is over \$672 million dollars a year (Cadilhac et al. 2011 cited in Victorian Population Health Indicators Survey). The potential savings to the Australian health sector from increasing physical activity by just 10% is \$96 million per year (Cadilhac et al. 2011 cited in Victorian Population Health Indicators Survey).

Australia's Physical Activity and Sedentary Behaviour Guidelines state that in order to gain health benefits;

- children should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day (Commonwealth of Australia 2018),
- adults should accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity, 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week (Commonwealth of Australia 2018),
- older adults (65 years and older) should be active every day in as many ways as possible, and accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all days (van Uffelen, Jenkin, Westerbeek, Biddle and Eime 2015 and Commonwealth of Australia 2018).

National physical activity data highlights that one in two Australian adults aged 18–64 years (52%) were not sufficiently active in 2014. It further highlights that rates of sufficient physical activity levels decrease with age. Specifically, among 18–24 year olds, 45% of men and 51% of women were insufficiently active in 2014. Among 55–64 year olds, 54% of men and 60% of women were insufficiently active (Australian Institute of Health and Welfare 2017).

Despite the benefits of physical activity, participation has been shown to decrease with age. Given Australia's rapidly ageing population, it is important to understand the reasons for this decline and to develop strategies to keep people active throughout the lifespan (van Uffelen, Jenkin, Westerbeek, Biddle and Eime 2015). With the Government encouraging older adults to be more active there will be increased demands on the sport and recreation system. There are activities that older adults enjoy that are low cost and do not require specialised infrastructure such as walking, cycling and active transport (Department of Health and Human Services 2016). Important to this cohort, Macdougall et al. (1997) found that social connection is linked with levels of physical activity, suggesting that the more connected one is socially, the more likely they are to be active, particularly the case amongst men. In summary, those who are physically active are more likely to be socially connected (VicHealth 2010).

Victorian physical activity levels follow a similar pattern to those nationally; most population groups do not meet the recommended Physical Activity and Sedentary Behaviour Guidelines. Specifically, 54% of all Victorians do not meet the guidelines. Of those who do not meet physical activity guidelines 56.1% are women and 52% are men (Victorian State Government 2016).

Like National and Victorian physical activity data shows, a large percentage of the Hume region population of Victoria is not meeting the Physical Activity and Sedentary Behaviour Guidelines. The Hume region is a rural area located in the north-eastern part of Victoria, comprising an area in excess of 40,000 square kilometres and a population that of approximately 300,000 (in 2012). Here, 43.2% of the population is not meeting the physical activity guidelines outlined above (State of Victoria, Department of Health and Human Services 2017). In response to the need for more of the Hume region population to become physically active, in 2017, active living was introduced as a health priority area in the Central Hume Primary Care Partnership (CHPCP) Integrated Health Promotion (IHP) plan. The CHPCP is a voluntary alliance of primary care health agencies working together to improve health service planning and delivery across the communities of Alpine and Mansfield Shires and the Rural Cities of Benalla and Wangaratta.

The Alpine Active Living Mapping Project took a focus on the Alpine Shire, an LGA situated in the high country of the Hume region of Victoria. The Alpine Shire is located 286kms north east of Melbourne and 70km south of Albury/Wodonga. The Shire is made up of 92% of public land, including parts of the Alpine National Park and all of Mount Buffalo National Park. The Shire's economy is based on tourism, forestry and agriculture. The Alpine Shire Council had an estimated total population of 12,515 in 2017 (Australian Bureau of Statistics 2018). Communities in the municipality include three main towns; Myrtleford with a population of 3,218, Bright with a population of 2,414 and Mount Beauty/Tawonga South with a population of 1,727 (Australian Bureau of Statistics 2018). Outlying areas of the Shire include the villages of Ovens, Porepunkah, Eurobin, Dederang, Wandiligong, Tawonga, Harrierville and Dinner Plain. The median age of Alpine residents has grown from 45 years recorded in 2006 to 49 years in 2016. This is much older than the Victorian median of 37 years (Alpine Shire 2017). Further to that, in 2016, the amount of residents aged 55 years or older has increased by 626 people since 2011 (Australian Bureau of Statistics 2018).

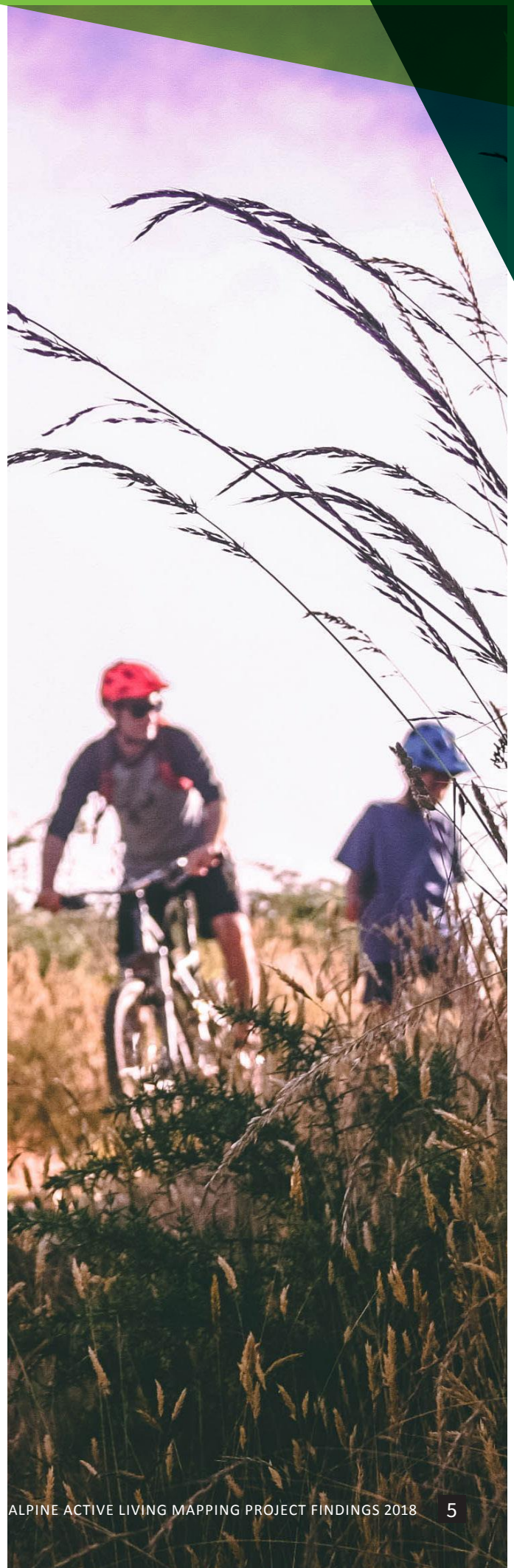
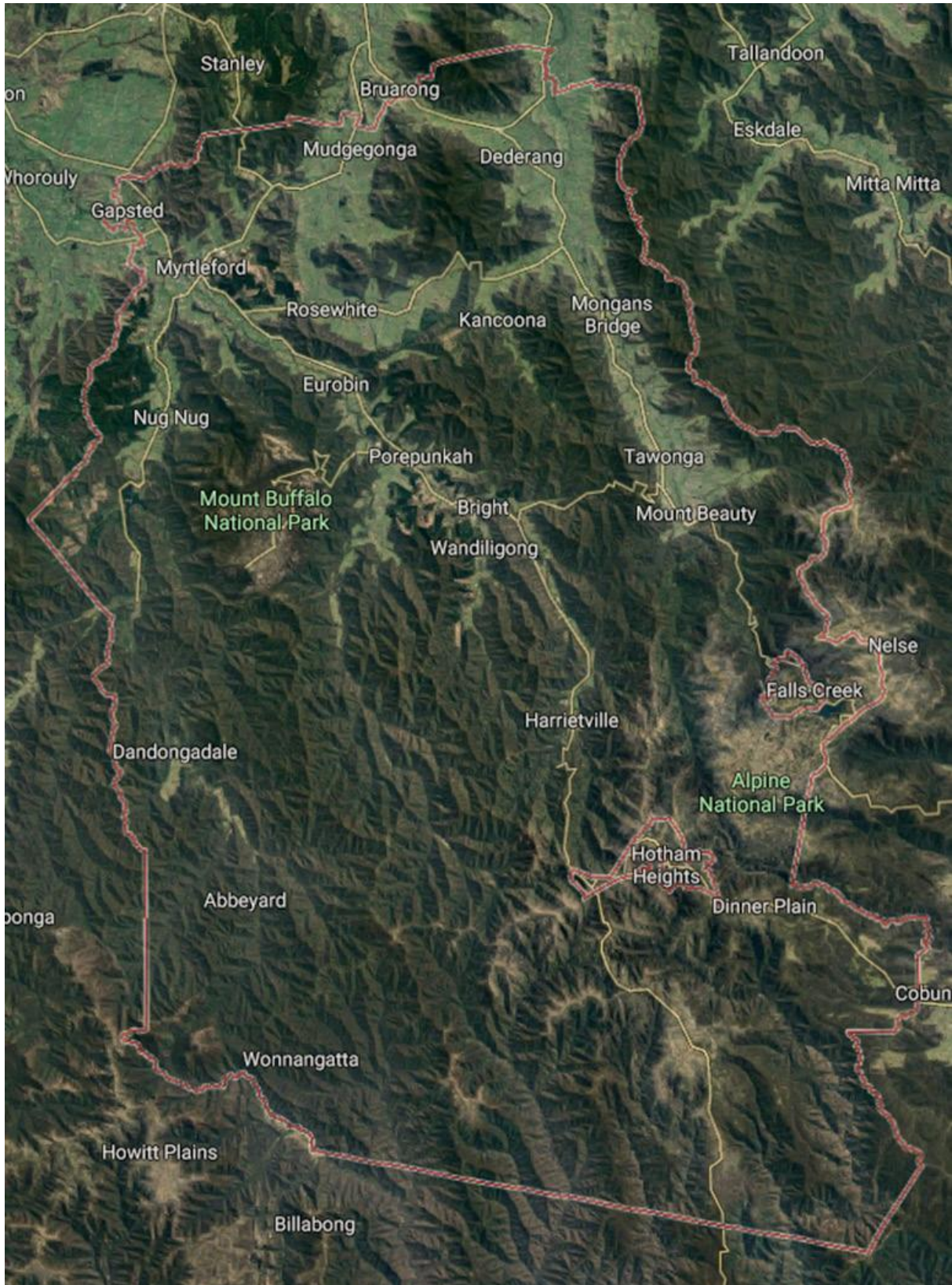


Figure 1:
Alpine Shire, North East Victoria



The Alpine Shire has less than 50% of their population undertaking sufficient physical activity with 30% of the population being overweight and 18% obese as highlighted in their Municipal Public Health & Wellbeing Plan (State of Victoria 2018, cited in Alpine Shire 2017).

Specifically:

- women are more likely to be overweight (34.1%) compared to Victorian women (24.6%);
- women are less likely to participate in physical activity (66% not meeting the guidelines), compared to Victorian women (54.6%);
- males are more likely to be obese (25.9%) than Victorian males (17.4%).

(Alpine Shire Council 2017)

With active living being an IHP health priority area in the CHPCP and low levels of physical activity being recorded in the Alpine Shire population, there was an identified need to undertake updated research regarding the opportunities that exist to support the population to be physically active. Mapped data available for local active living groups and programs has not been updated in the Alpine Shire for five years. In order to increase active living opportunities, and ultimately, physical activity levels in the shire, a better understanding of what is currently offered, and identification of new information was required so that activities can be improved on, and services to fill the gaps can be developed and/or implemented.

The Alpine Active Living Mapping Project took a partnership approach. Gateway Health as the lead agency was supported by project partners, Alpine Shire Council and Alpine Health. The Alpine Active Living Mapping Project *aimed firstly* to understand the current state of active living in the Alpine Shire. Specifically to identify:

- how active the population reported to be,
- existing active living services, activities and opportunities, facilities and parks,
- how connected physical activity opportunities are (e.g., walking/cycling paths etc.).

Developing this understanding helped to inform the *secondary aim* to provide recommendations for increasing active living/physical activity levels and in turn, improving the health and wellbeing of Alpine Shire population.

The objectives that underpinned these aims were, within the Alpine Shire, to:

- work collaboratively with relevant organisations and community groups
- review Geographical Information System (GIS) maps by identifying for example:
 - ▶ green spaces suitable for active living opportunities
 - ▶ access to sports clubs and recreational facilities
 - ▶ connections that provide opportunities for active travel
 - ▶ support, success, access and sustainability status of activities/services
- identify who attends/participates in organised activities
- seek feedback from residents regarding service satisfaction
- identify whether there is a need for more active living programs/groups
- identify barriers to providing/accessing activities/services
- gather information on active living, specifically by surveying residents to understand their reasons for, and barriers to, participating in physical activity opportunities

The *target groups* identified to both seek information from and provide recommendations for, were all Alpine Shire residents, with a focus on:

1. vulnerable groups (those who do not meet the recommended physical activity guidelines, are not socially connected and are financially challenged)
2. older people (65 years and older)

Multiple evidence-based strategies have been developed to support populations to meet physical activity guidelines. The Alpine Active Living Mapping Project applied the Heart Foundation's Healthy Active by Design Master Checklist (Appendix 1) to help determine how well Alpine Shire facilities, services, pathways etc. meet requirements in relation to, for example, building landscapes which encourage and support physical activity (Heart Foundation 2017).

METHOD

Alpine Shire active living services, activities and opportunities were investigated through a staged approach.

Stage 1: Stakeholder Engagement (January to March 2018)

Key stakeholders, partners, organisations and groups were consulted with in order to understand existing active living opportunities and barriers. The first stakeholders approached were project partners; Alpine Shire Council Community Development and Economic Development staff, and Alpine Health's Health Promotion staff. This stage was important in developing an understanding of what information already existed that could be used for research, for example, the community directory as well as local expert advice on which pockets of the Alpine Shire were of most concern when it came to physical activity participation levels. Connections were formed and each meeting informed the next stage of the method. Further information and support was received from representatives from places like local libraries, Neighbourhood Houses and Department of Health and Human Services (Community Participation Officers). After discussions with key stakeholders, and review of timeframes, it was decided that feedback would be collected through distribution of a community survey titled Alpine Active Living Survey (Appendix 2).

Stage 2: Data Collection (February to June 2018)

Collection of data took place via five methods:

1. Meetings with key stakeholders/partners including:
 - ▶ Health Professionals
 - ▶ Sport North East Community Programs and Service Department
 - ▶ Senior Citizens representative
 - ▶ University of the Third Age (U3A)
 - ▶ Neighbourhood House Coordinators
 - ▶ Librarians
 - ▶ Visitor Information Centre staff

2. Accessing local physical activity and health data from:
 - ▶ sporting club database (from Alpine Shire community directory)
 - ▶ health status profiles of the Alpine Shire
3. Distribution of an Alpine Active Living Survey

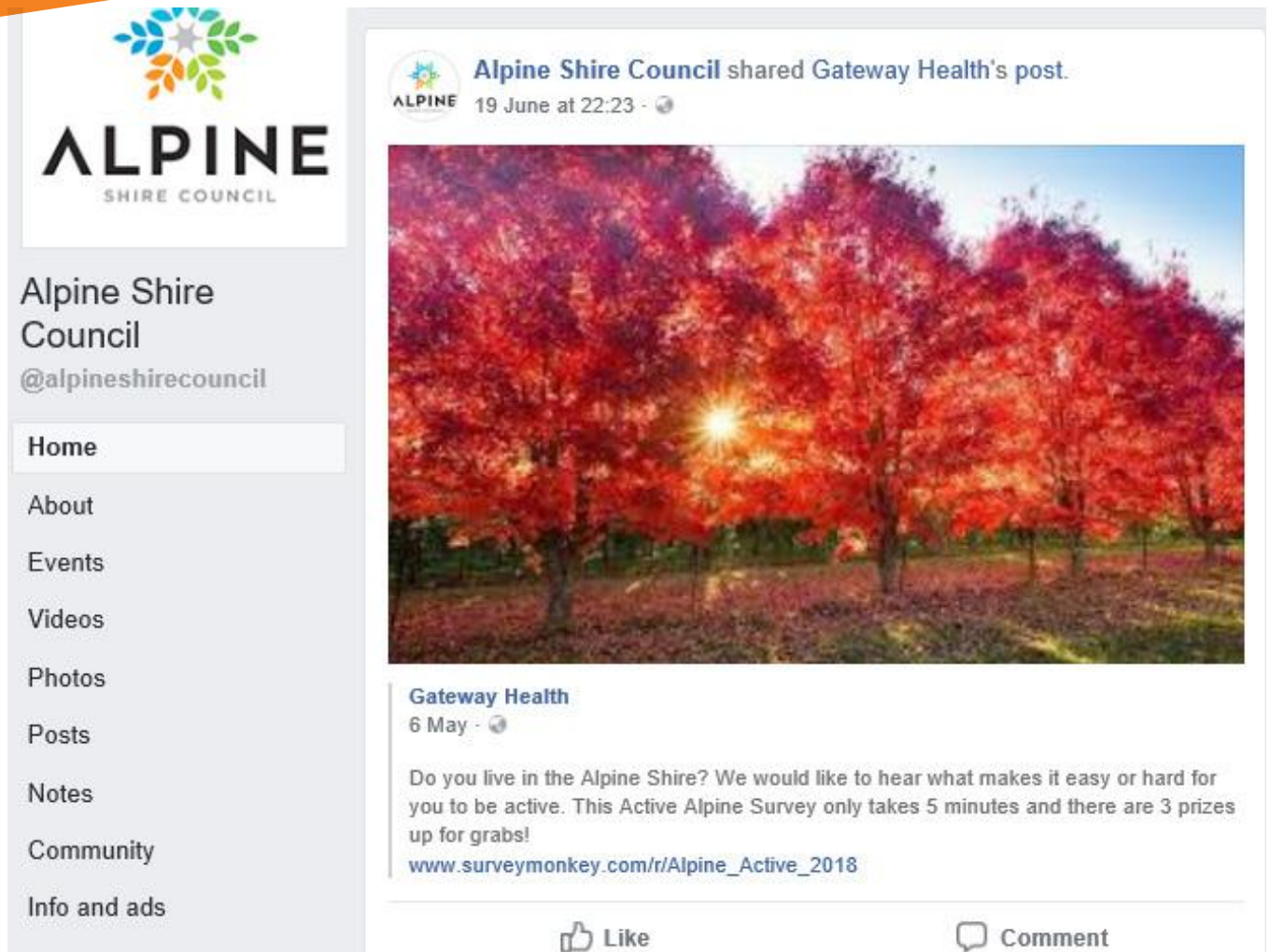
A survey was created in SurveyMonkey and the link to this was distributed across the shire using multiple methods; including online and hard copies. The survey was developed with the assistance of key partners such as Alpine Shire Council and Alpine Health, as well as a project consultant from the University of Melbourne Department of Rural Health. The survey's aim was to gain information about what was limiting people to be physically active and what could be done to improve opportunities to be active in the shire. While the survey was open for all Alpine Shire residents to complete, there was emphasis on trying to reach the key target groups. This was undertaken by communicating via key stakeholders, such as Neighbourhood Houses, aged care and senior citizen group representatives, libraries and the Department of Health and Human Services.

As an incentive for residents to complete the survey, three prizes were offered to anyone who completed it. The winners were randomly drawn and prizes were purchased from local businesses; Bright Bootcamp, Kiwi's Market Garden Tawonga and Sportfirst Myrtleford. Hard copies of the surveys were left at staffed places such as Neighbourhood Houses, which allowed respondents to seek help from staff and volunteers if required. Contact details were also provided on the cover page to allow residents to contact the surveyors with any questions they had. A flyer was produced by a local graphic designer for online and hard copy distribution (Appendix 3). Flyers were displayed on community noticeboards and in shopfront windows, for example at bakeries, supermarkets, community opportunity shops, shops and cafes.

Survey distribution methods included:

- Facebook posts
- E-mail distribution
- A community radio announcement

Figure 2: Alpine Shire Facebook Post



Hard copies were made available from various locations across the shire, including in:

- Bright, at the Bright Medical Centre, Pharmacy, Physiotherapy Mountain Clinic, Allied Health Clinic, newsagent and library
- Myrtleford, at the Standish Street Surgery, Alpine Health, Gateway Health, the Neighbourhood House, library, pharmacy, real estate agent
- Mt Beauty, at the newsagent, Neighbourhood House, Pharmacy, medical clinic and library
- Tawonga South, at the general store

Articles were published in print media including local newspaper Myrtleford Times (Appendix 7) as well as in community newsletters.

*Figure 3: Myrtleford Matters
Neighbourhood House Community
Newsletter Article*

ALPINE ACTIVE LIVING SURVEY

Gateway Health is undertaking a research project about active living in the Alpine Shire.

You have the opportunity to share how active you are and what makes it easy or hard to be active in the shire.

There are prizes up for grabs and the survey only takes 5 minutes.

Have your say about what support our community needs to get more active !

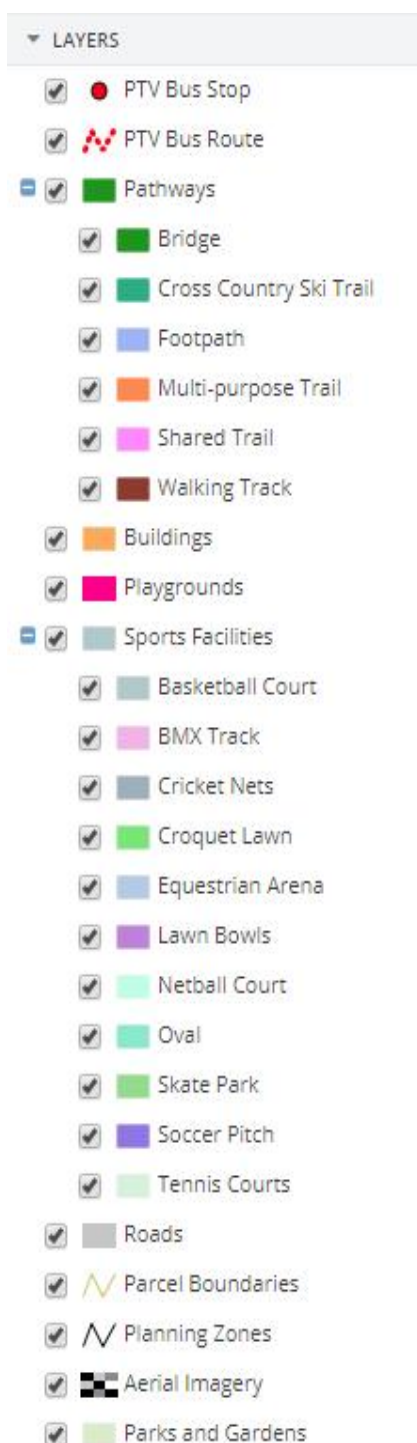
Paper copies of the survey are available at neighbourhood houses and libraries throughout the shire and an online copy is available at:

<https://www.surveymonkey.com/r/Alpine Active 2018>



Stage 3: Observational Audits & Mapping and Geographic Information Systems (GIS) map analysis (May to June 2018)

A Planner and GIS mapping staff member at the Alpine Shire Council provided maps of the main towns of the shire via restricted viewing of the Council's 'Intramaps' system, which included the following features:



With the aim to map existing services, groups, facilities and parks in the Alpine Shire, to better understand the opportunities for being active, and to determine how connected these opportunities are by paths and active travel, the Heart Foundation's Healthy Active by Design Master Checklist was applied to the built environment, using:

- ▶ 'Intramaps' (online GIS mapping system),
- ▶ local town maps gathered from Visitor Information Centres (Appendix 4),
- ▶ Public Transport Victoria and the Getting There Network,
- ▶ the list of service clubs (Appendix 5) derived from the Alpine Shire community directory (2018), and,
- ▶ id consulting community and economic profile, including the index of relative socio-economic disadvantage (Appendix 6).

Stage 4: Data Entry and Analysis and Report Writing (June to July 2018)

Once the survey was closed, researchers from the University of Melbourne Department of Rural Health entered the survey data, collated the results and undertook an analysis of the results. Gateway Health's Health Promotion staff utilised the data collected and analysed, to produce this report, with review from Alpine Health and Alpine Shire Council. After review, the report along with a summary was finalised by a contracted graphic designer.

RESULTS

STAKEHOLDER ENGAGEMENT

Meetings took place with key stakeholders including; Alpine Shire Council, Alpine Health, Neighbourhood Houses and library staff. These meetings provided information summarised in the table below. Further details on the information gathered in these meetings can be found in Appendix 8.

Table 1:
Stakeholder engagement information

EXISTING PHYSICAL ACTIVITY OPPORTUNITIES	POINTS OF INTEREST	COMMUNITY CONTACTS
Parkrun (Bright and Mount Beauty) ‘Ninja Warrior’ ‘Spartan’ annual events Bright Bootcamp Yoga University of the Third Age (U3A) Men’s sheds Life ball Pole walking AFL and Netball Clubs Myrtleford community garden Mudgegonga physical activity group Walking groups Community Groups (e.g., Life diabetes, heart disease, stroke, prevention programs)	There are many exercise opportunities in the shire – which means the gym is not as popular as it could be Murray to Mountains Rail Trail quality is better in Myrtleford and Bright, organised cycling usage, it is safe Libraries are community hub facilities with multiple user groups, they are a place for social connection; physical activity and social connection groups run out of here	Maternal Child Health Nurses Asset Development, Asset Maintenance staff at Alpine Shire Council North East Catchment Management Authority (NECMA) Department of Water Environment Land and Planning; mapping, managing tourism areas, recreational use of state parks Murray Primary Health Network (PHN) GP clinics – programs advertised here, e.g., Zumba Lions Club Rotary Club Chamber of Commerce

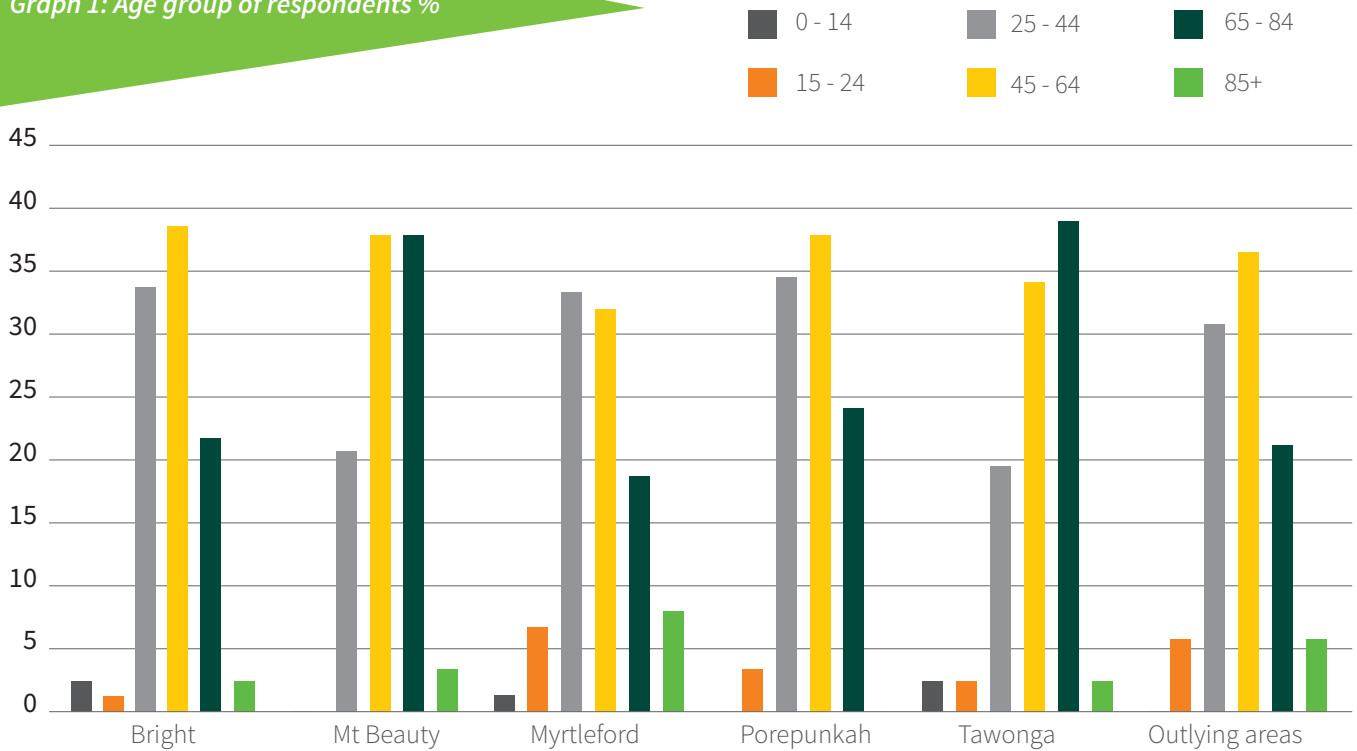
ALPINE ACTIVE LIVING SURVEY

A total of 309 Alpine Shire residents completed the survey. Promotion of the survey by a Gateway Health Facebook post reached approximately 2696 people. On top of this, the post was shared on a range of organisational and community group pages. 29.1% of respondents were aged 65 years or older, highlighting that the survey reached one of the project's target groups of older people.

Table 2:
Alpine Active Living Survey Demographics

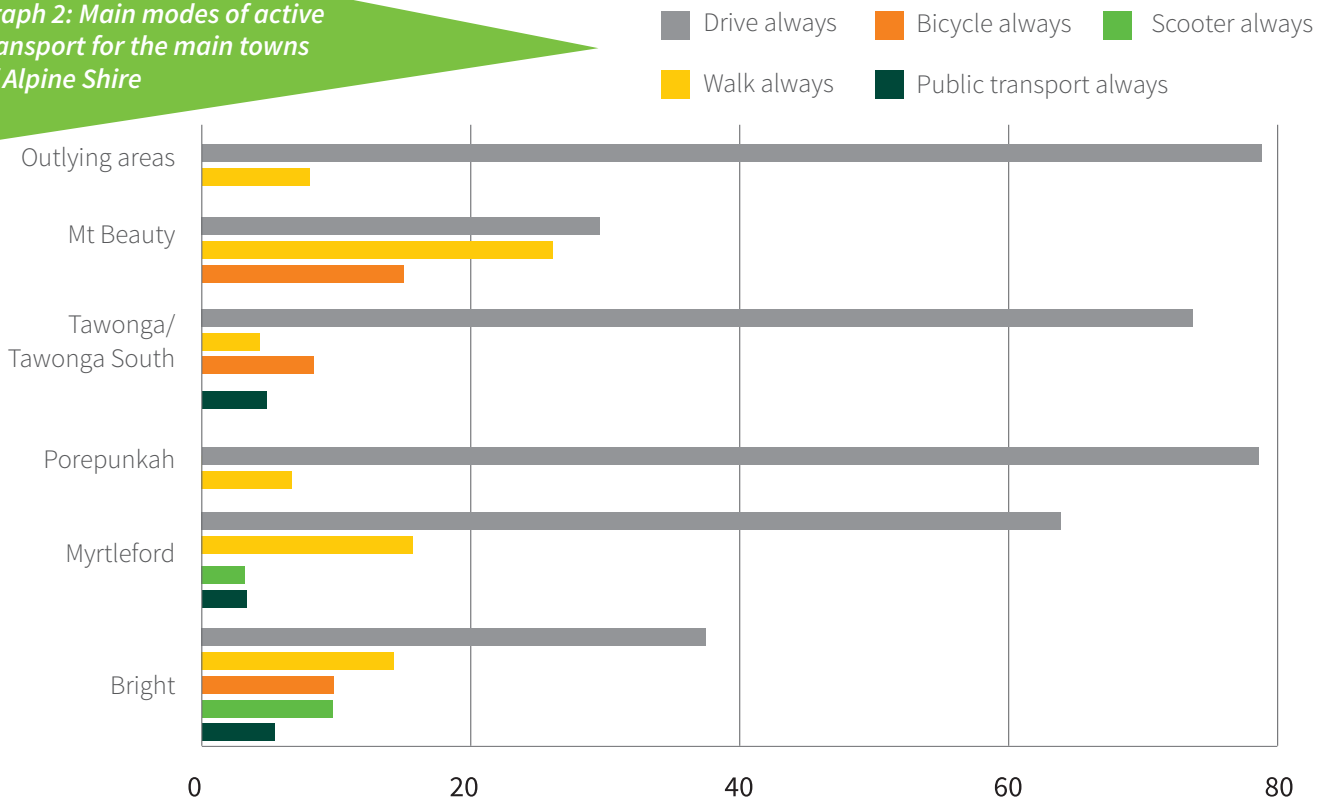
	ALPINE SHIRE	BRIGHT	MOUNT BEAUTY	MYRTLEFORD	POREPUNKAH	TAWONGA/ TAWONGA SOUTH	OUTLYING AREAS
Number of respondents	309	83 (26.9)	29 (9.4)	75 (24.3)	29 (9.4)	41 (13.2)	52 (16.8)
Males n(%)	83 (26.9)	32 (38.6)	9 (31.0)	10 (13.3)	6 (20.7)	11 (26.8)	15 (28.8)
Age group:							
0-14	4 (1.3)	2 (2.4)	0	1 (1.3)	0	1 (2.4)	0
15-24	11 (3.6)	1 (1.2)	0	5 (6.7)	1 (3.4)	1 (2.4)	3 (5.8)
25-44	93 (30.1)	28 (33.7)	6 (20.7)	25 (33.3)	10 (34.5)	8 (19.5)	16 (30.8)
45-64	111 (35.9)	32 (38.6)	11 (37.9)	24 (32.0)	11 (37.9)	14 (34.1)	19 (36.5)
65-84	77 (24.9)	18 (21.7)	11 (37.9)	14 (18.7)	7 (24.1)	16 (39.0)	11 (21.2)
85+	13 (4.2)	2 (2.4)	1 (3.4)	6 (8.0)	0	1 (2.4)	3 (5.8)
Children							
Respondents with offspring in shire (n, %)	141 (45.6)	42 (50.6)	12 (41.4)	33 (44.0)	15 (51.7)	19 (46.3)	20 (38.5)
Age of children (≤18 years) (mean ± SD)	7.59 ± 4.91	6.27 ± 4.54	6.71 ± 4.36	7.76 ± 4.96	6.60 ± 3.84	9.74 ± 5.18	9.32 ± 5.21

Graph 1: Age group of respondents %



There was representation of respondents from a range of regions within the shire and the goal of hearing from older residents was achieved.

Graph 2: Main modes of active transport for the main towns of Alpine Shire



Results highlight a heavy reliance on cars, especially in smaller towns and outlying areas. Results also highlight diversity in the types of active transport in Bright.

Table 3: Cultural activities and local events well attended

CLUBS, EVENTS AND FESTIVALS	ALPINE SHIRE	BRIGHT	MOUNT BEAUTY	MYRTLEFORD	POREPUNKAH	TAWONGA/TAWONGA SOUTH	OUTLYING AREAS
None (n, %)	52 (18.8)						
Book club/U3A/cultural group	25 (8.1)	5 (6.0)	6 (20.7)	5 (6.7)	0	3 (7.3)	6 (11.5)
Local festivals	22 (7.1)	5 (6.0)	1 (3.4)	8 (10.7)	3 (10.3)	2 (4.9)	3 (5.8)
Gym/general sport	22 (7.1)	10 (12.0)	0	3 (4.0)	1 (3.4)	3 (7.3)	5 (9.6)
Cycling	15 (4.9)	7 (8.4)	3 (10.3)	0	2 (6.9)	0	3 (5.8)
Men's shed	14 (4.5)	7 (8.4)	0	0	2 (6.9)	2 (4.9)	3 (5.8)

Table 4: Most popular physical activities

TOP RESULTS	ALPINE SHIRE	BRIGHT	MOUNT BEAUTY	MYRTLEFORD	POREPUNKAH	TAWONGA/TAWONGA SOUTH	OUTLYING AREAS
Exercise and organised sports:							
Walking/bush walking/walking with pram/walking with dog	71 (31.6)	18 (28.6)	10 (40.0)	18 (34.6)	5 (22.7)	14 (43.8)	6 (19.4)
Gym/personal trainer/bootcamp	40 (17.8)	13 (20.6)	4 (16.0)	5 (9.6)	7 (31.8)	3 (9.4)	8 (25.8)
Cycling	15 (6.7)	9 (14.3)	1 (4.0)	0	1 (4.5)	0	0
Run/jog/Parkrun	11 (4.9)	4 (6.3)	1 (4.0)	3 (5.8)	1 (4.5)	1 (3.1)	1 (3.2)
Recreation and play:							
Walking/bush walking/walking with pram/walking with dog	83 (41.3)	22 (43.1)	4 (23.5)	17 (34.0)	10 (47.6)	16 (53.3)	14 (43.8)
Cycling	39 (19.4)	12 (23.5)	4 (23.5)	4 (8.0)	3 (14.3)	6 (20.0)	10 (31.3)
Gardening	15 (7.5)	3 (5.9)	2 (11.8)	6 (12.0)	2 (9.5)	1 (3.3)	1 (3.1)
Ski/Snowboard	10 (5.0)	2 (3.9)	3 (17.6)	1 (2.0)	1 (4.8)	2 (6.7)	1 (3.1)
Parks/playgrounds	9 (4.5)	3 (5.9)	0	4 (8.0)	1 (4.8)	1 (3.3)	0

TOP RESULTS	ALPINE SHIRE	BRIGHT	MOUNT BEAUTY	MYRTLEFORD	POREPUNKAH	TAWONGA/TAWONGA SOUTH	OUTLYING AREAS
Work-related							
Walking/on feet all day	48 (38.7)	12 (34.3)	4 (40.0)	14 (56.0)	6 (50.0)	6 (35.3)	6 (24.0)
Cleaning	11 (8.9)	4 (11.4)	0	3 (12.0)	0	3 (17.6)	1 (4.0)
Cycling	6 (4.8)	3 (8.6)	2 (20.0)	1 (4.0)	0	0	0
Physical activity (not specified)	11 (8.9)	3 (8.6)	2 (20.0)	1 (4.0)	0	2 (11.8)	3 (12.0)
Housework							
Cleaning/vacuuuming	74 (23.9)	18 (21.7)	2 (6.9)	24 (32.0)	8 (27.6)	8 (19.5)	14 (26.9)
Gardening	18 (5.8)	2 (2.4)	1 (3.4)	5 (6.7)	2 (6.9)	3 (7.3)	5 (9.6)
Mowing	8 (2.6)	1 (1.2)	2 (6.9)	1 (1.3)	1 (3.4)	1 (2.4)	2 (3.8)
Physical activity (not specified)	60 (19.4)	12 (14.5)	11 (37.9)	13 (17.3)	2 (6.9)	13 (31.7)	9 (17.3)
No physical activity	1 (0.3)						

Walking and cycling were among the top physical activities that residents reported undertaking. Many outdoor activities are undertaken and overall, people in the shire are active in many ways.

Table 5: Barriers and Solutions to Physical Activity

	ALPINE SHIRE	BRIGHT	MOUNT BEAUTY	MYRTLEFORD	POREPUNKAH	TAWONGA/TAWONGA SOUTH	OUTLYING AREAS
Importance of physical activity							
Importance of physical activity (% rating ≥75%)	221 (72.2)	60 (73.2)	19 (65.5)	50 (66.7)	21 (72.4)	29 (70.7)	42 (84.0)
Importance of physical activity (% rating ≤25%)	4 (1.3)	2 (2.4)	0	1 (1.3)	1 (3.4)	0	0
Importance of physical activity among respondents among respondents aged 65+ (% rating ≥75%)	63 (70.0)	13 (65.0)	5 (41.7)	14 (70.0)	6 (85.7)	12 (70.6)	13 (92.9)
Importance of physical activity among respondents among respondents aged 65+ (% rating ≤25%)	0	0	0	0	0	0	0

Over two thirds of respondents rated physical activity as very important. Very few rated physical activity as not important, particularly older people.

	ALPINE SHIRE	BRIGHT	MOUNT BEAUTY	MYRTLEFORD	POREPUNKAH	TAWONGA/TAWONGA SOUTH	OUTLYING AREAS
Barriers to physical activity							
Lack of time	126 (40.8)	36 (43.4)	7 (24.1)	25 (33.3)	17 (58.6)	12 (29.3)	29 (55.8)
Seasons and weather	123 (39.8)	28 (33.7)	13 (44.8)	37 (49.3)	11 (37.9)	15 (36.6)	19 (36.5)
No barrier	84 (27.2)	25 (30.1)	10 (34.5)	15 (20.0)	9 (31.0)	14 (34.1)	11 (21.2)
Poor health	74 (23.9)	20 (24.1)	6 (20.7)	23 (30.7)	3 (10.3)	15 (36.6)	7 (13.5)
Cost	72 (23.3)	22 (26.5)	6 (20.7)	16 (21.3)	8 (27.6)	10 (24.4)	10 (19.2)
Lack of paths	65 (21.0)	11 (13.3)	6 (20.7)	10 (13.3)	10 (34.5)	15 (36.6)	13 (25.0)
Lack motivation	46 (14.9)	11 (13.3)	5 (17.2)	15 (20.0)	2 (6.9)	5 (12.2)	8 (15.4)
Opportunity	36 (11.7)	5 (6.0)	1 (3.4)	16 (21.3)	0	6 (14.6)	8 (15.4)
Pain	26 (8.4)	5 (6.0)	3 (10.3)	10 (13.3)	1 (3.4)	5 (12.2)	2 (3.8)
Safety	22 (7.1)	2 (2.4)	2 (6.9)	8 (10.7)	1 (3.4)	7 (17.1)	2 (3.8)
Not interested	6 (1.9)	1 (1.2)	0	2 (2.7)	1 (3.4)	1 (2.4)	1 (1.9)
Solutions							
More walking/cycling paths	49 (19.2)	10 (14.3)	8 (36.4)	3 (5.0)	6 (24.0)	12 (33.3)	10 (23.8)
Free activities/family activities	35 (11.3)	9 (12.9)	0	12 (20.0)	5 (20.0)	3 (8.3)	6 (14.3)
Promotion/education re existing events and facilities	19 (7.5)	6 (8.6)	1 (4.5)	5 (8.3)	1 (4.0)	3 (8.3)	3 (7.1)
parkrun	16 (6.3)	3 (4.3)	1 (4.5)	8 (13.3)	1 (4.0)	1 (2.8)	2 (4.8)

Time and weather were reported as the top barriers to undertaking physical activity but one in five respondents or more reported no barrier.

	ALPINE SHIRE	BRIGHT	MOUNT BEAUTY	MYRTLEFORD	POREPUNKAH	TAWONGA/TAWONGA SOUTH	OUTLYING AREAS
Barriers for respondents aged 65+							
Lack of time	14 (15.6)	6 (30.0)	1 (8.3)	1 (5.0)	1 (14.3)	3 (17.6)	2 (14.3)
Seasons and weather	23 (25.6)	4 (20.0)	5 (41.7)	7 (35.0)	2 (28.6)	3 (17.6)	2 (14.3)
No barrier	31 (34.4)	7 (35.0)	3 (25.0)	5 (25.0)	3 (42.9)	9 (52.9)	4 (28.6)
Poor health	35 (38.9)	9 (45.0)	3 (25.0)	11 (55.0)	3 (42.9)	5 (29.4)	4 (28.6)
Cost	18 (20.0)	6 (30.0)	5 (41.7)	1 (5.0)	1 (14.3)	3 (17.6)	2 (14.3)
Lack of paths	13 (14.4)	1 (5.0)	1 (8.3)	2 (10.0)	2 (28.6)	4 (23.5)	3 (21.4)
Lack motivation	17 (18.9)	3 (15.0)	4 (33.3)	4 (20.0)	1 (14.3)	3 (17.6)	2 (14.3)
Opportunity	2 (2.2)	1 (5.0)	0	0	0	0	1 (7.1)
Pain	10 (11.1)	2 (10.0)	2 (16.7)	3 (15.0)	1 (14.3)	2 (11.8)	0
Safety	3 (3.3)	0	1 (8.3)	0	0	1 (5.9)	1 (7.1)
Not interested	3 (3.3)	0	0	1 (5.0)	0	1 (5.9)	1 (7.1)

Solutions for respondents aged 65+							
More walking/cycling paths	11 (17.5)	0	2 (22.2)	0	2 (40.0)	4 (28.6)	3 (23.1)
Free activities/family activities	7 (11.1)	2 (16.7)	0	1 (10.0)	0	1 (7.1)	3 (23.1)
Promotion/education re existing events and facilities	4 (6.3)	1 (8.3)	0	1 (10.0)	0	1 (7.1)	1 (7.7)
Exercise options for older people	4 (6.3)	0	1 (11.1)	1 (10.0)	1 (20.0)	1 (7.1)	0
parkrun	3 (4.8)	1 (8.3)	0	1 (10.0)	0	1 (7.1)	0
Pool/indoor pool/larger pool	3 (4.8)	2 (16.7)	0	1 (10.0)	0	0	0
Social networks	3 (4.8)	0	0	2 (20.0)	0	0	1 (7.7)

Time, weather, health and cost were reported as the top barriers to undertaking physical activity but less than one in four people or more reported no barrier.

ADDITIONAL SOLUTIONS REPORTED:

- ◆ Gym
- ◆ Improved paths
- ◆ Affordable gym memberships
- ◆ More gym classes
- ◆ Qualified personal trainers
- ◆ Walking group
- ◆ Outdoor exercise equipment
- ◆ Loan exercise equipment
- ◆ Charity walks/fun runs
- ◆ Pop up activities
- ◆ Try something new days
- ◆ Child care facilities
- ◆ Extended opening hours
- ◆ Extended rail trail
- ◆ Less crowding of the paths and other assets by tourists
- ◆ Promotion of local role models
- ◆ Pony club
- ◆ Tai Chi/Pilates
- ◆ Music
- ◆ Sporting facilities in outlying areas
- ◆ Organised exercise groups
- ◆ Keeping costs down
- ◆ Motivation
- ◆ Community picnic
- ◆ Walking school bus
- ◆ Diet
- ◆ Gardening/community garden
- ◆ Dog park

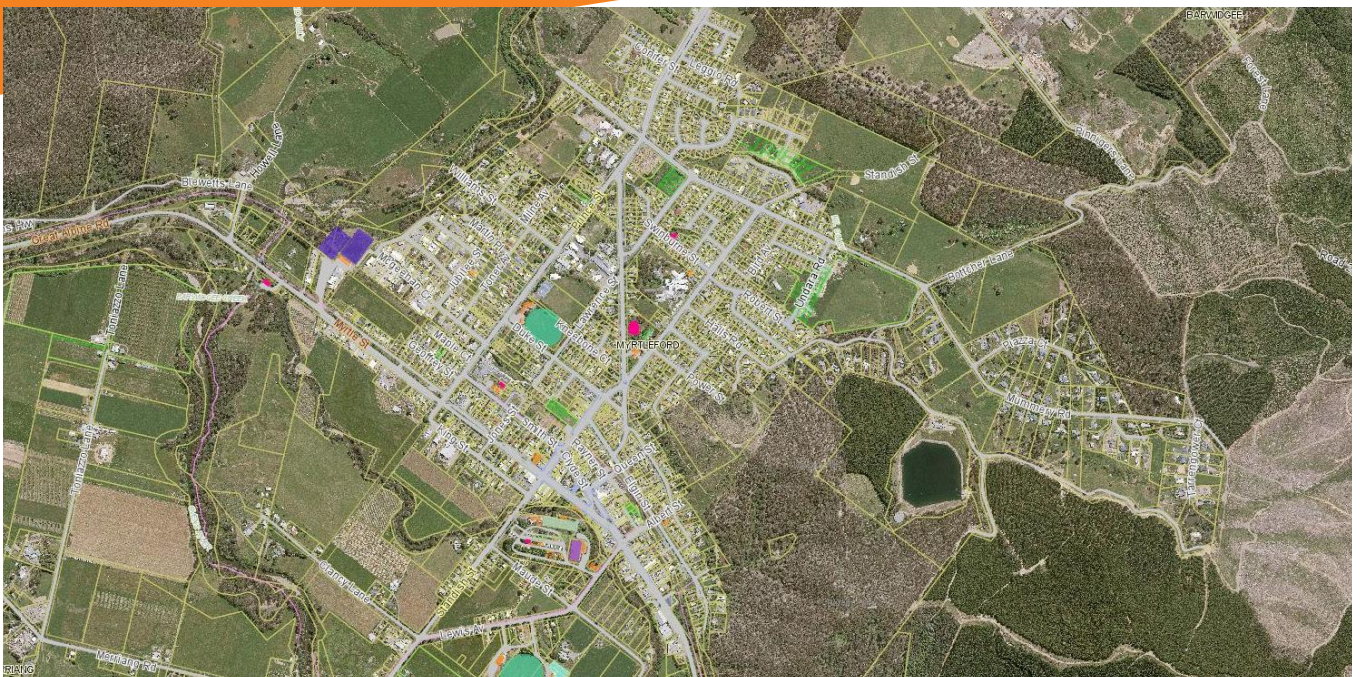
OBSERVATIONAL AUDITS & GIS MAPPING FINDINGS

ALPINE SHIRE AS A WHOLE

- Public transport across the Shire is an issue, a regional bus exists that connects the towns of Myrtleford, Mt Beauty, Bright and Porepunkah. There is not, however, any public transport networks in the townships themselves and therefore getting around in town on public transport is not an option. Of the limited bus services that do exist, there is only one pick up/drop off location in each town.
- A number of road rides and the connecting Rail Trail throughout the municipality offer great opportunity for recreational bike riding.

MYRTLEFORD

Figure 4: Myrtleford Aerial Map



- Myrtleford residents make up 26% of the total Alpine Shire population
- Location of destinations, for example, schools and parks/reserves, are in a relatively convenient location in relation to residential areas. However, access to shopping facilities involves travelling a much further distance for most residents.
- Paths and cycle routes are mostly tourism-focused as opposed to interacting these paths in to residential areas. Cycle routes are lacking in the township of Myrtleford more so than foot paths, particularly for connecting schools with residential areas.
- In terms of programs and groups- Myrtleford has launched their U3A program for senior citizens and this includes physical activity opportunities such as bush/mountain walks, gardening workshops, Finska and LifeBall.
- In January 2018, the Alpine community directory listed 22 clubs and facilities available in Myrtleford for active living opportunities. These activities range from golf, soccer and tennis to fishing, volleyball and a pony club (refer to Appendix 5A).

BRIGHT

Figure 5: Bright Aerial Map



- Bright residents make up 19% of the total Alpine Shire population
- Bright is the most well connected town in the Alpine Shire in relation to shared pathways and foot paths. While some cycling infrastructure could be improved, it is not a priority when comparing to other areas in the Alpine Shire.
- Access to shopping facilities is an issue in Bright, given that every outlet is bundled together in the town centre, and residential properties go as far out as 2.5km from the centre of town.
- Pedestrian crossings in Bright could be improved
- Bright U3A offers bird watching, bush walking, casual cycling and pole walking.
- In January 2018, the Alpine community directory listed 18 clubs and facilities available in Bright for active living opportunities. This ranged from bowls, cricket and basketball to hang gliding, calisthenics and fly fishing (see Appendix 5B).

MOUNT BEAUTY & TAWONGA SOUTH

Figure 6: Mt Beauty & Tawonga South Aerial



- Mount Beauty and Tawonga South residents make up 14% of total Alpine Shire
- From direct observation it is clear that services within the township of Mt Beauty are well connected and within close proximity to one another. Information provided at the Information Centre explained that this may have been due to the history of Mt Beauty, in that it started as a hydro-electric town and needed to accommodate for the families of those working here. Identified opportunities for participating in physical activity includes a kindergarten, primary school and secondary school all well connected with each other by green spaces, ovals, playgrounds, tennis courts, netball court, Neighbourhood centre, Men's Shed, library and walking trail. It is also a short walk, particularly from the secondary school and Neighbourhood centre, to the centre of town, which included shops, supermarket and a community centre.



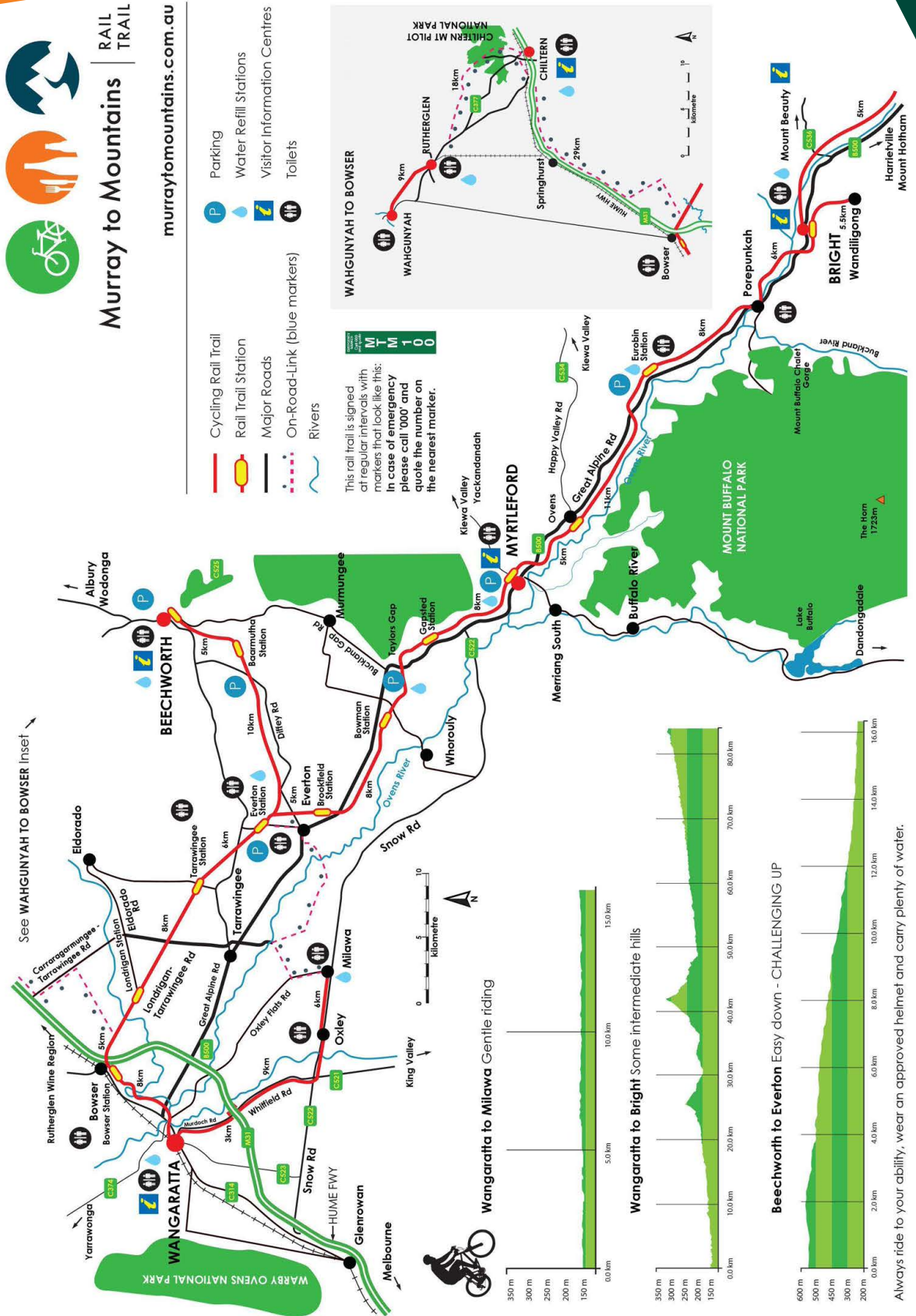
- While Mt Beauty does have a shared path surrounding the 'pondage' to encourage recreational activity, disconnected areas exist between some foot paths and shared paths. For example, the shared paths finish before reaching the town centre or residential areas and footpaths are lacking in residential areas. This suggests that active travel is not strongly supported in Mt Beauty. On the other hand, the towns of Mt Beauty and Tawonga South are well-connected by a shared path.
- The residential area most distant from the main open space area in Mt Beauty does have a small open space in the heart of the residential area; however this facility has been poorly maintained and is currently not an engaging space.

- Mt Beauty Neighbourhood Centre has physical activity programs such as Muay Thai kick boxing, boxercise, ballroom dancing, swing dancing, yoga, strength training, Tai Chi, and a community gardening project.
- Alpine U3A offers physical activity opportunities such as walking groups, strength and fitness, a 'Get Physical' program and table tennis.
- The outdoor pool offers learn to swim programs for all ages, aqua fit and seniors' hour.
- The Alpine Shire Council has plans to refurbish the current toddler pool; refurbishment plans are out for comment and the works will be undertaken once the consultation process has closed.
- An All-Terrain Wheelchair is located at the Visitor Information Centre for those with limited mobility issues to borrow.
- Encouragement of active travel (connection of paths with residential areas through foot paths and bike paths) and access to open spaces could also be improved in Tawonga South.
- In January 2018, the Alpine community directory listed 14 clubs and facilities available in Bright for active living opportunities. These range from basketball, football and bowling, to karate, Nordic skiing and parkrun (see appendix 5C).

OUTLYING AREAS

- Outlying areas make up the remaining 41% of Alpine Shire population
- Community Directory- typically the outlying villages in the Alpine Shire range from 0 to 3 recreational facilities. These include football ovals, cricket facilities, tennis courts, bowling greens and golf courses, with the odd karate or fishing group (see Appendix 5).
- The Rail Trail that exists in the Alpine Shire is the main, and mostly the only active transport connector for outlying areas to main towns (see Figure 7).
- Given that the outlying areas are of small populations and consist of villages or farming regions, as opposed to towns, access to facilities and shops is limited, making car travel and reliance on a car the only option for most residents.

Figure 7: Murray to Mountains Rail Trail, Alpine Shire



(source: www.murraytomountains.com)



DISCUSSION

PHYSICAL ACTIVITY AND SOCIAL CONNECTION

There are some clues in survey responses that indicate level of connection and activity amongst respondents. For example, 72.2% of respondents rated physical activity as being of high importance, which may indicate that this proportion of people are less vulnerable to being physically inactive. Only one respondent reported undertaking no physical activity in question eight of the survey (Appendix 2), suggesting that most respondents at least did some form of physical activity, whether this was walking to and from their destination, doing housework or going to the gym. The majority of respondents reported being socially connected in some way through clubs or events. The remaining 18.8% that did not report being a part of any club or event may be socially isolated and therefore at higher risk of being physically inactive. 23.3% of respondents identified cost as a barrier to being active. This may suggest financial vulnerability of these respondents.

ACTIVE TRAVEL

For modes of transport, most survey responses included the use of a car compared to other modes, suggesting that for most people the car is the primary use of transport. As active forms of transport were not strongly highlighted compared to the use of a car, it could be theorised that most respondents are at high risk of inactive transport on a day-to-day basis.

BARRIERS TO PHYSICAL ACTIVITY PARTICIPATION

Poor health, weather, cost and time were the biggest barriers to being physically active for most respondents. This highlights the need to make it more convenient to be active than not, by incorporating infrastructure to accommodate and prioritise pedestrians and cyclists, as opposed to cars. While there are a range of opportunities for Alpine Shire residents to get involved in physical activity in all weathers, the respondents still identified seasons and weather being a barrier to being active.

GROUPS/EVENTS FOR SOCIAL CONNECTION

The Alpine Shire has high levels of social engagement among community members, and has residents who are more likely to participate as a volunteer and belong to a community group than others. It could be theorised that with this high level of engagement, there are opportunities for creating programs to promote, deliver and assist active living but that are marketed for social connection.

RECOMMENDATIONS

The recommendations provided align with both the Alpine Shire Municipal Public Health and Wellbeing Plan and the Alpine Health Service Plan, specifically the strategies outlined below:

Alpine Shire MPHWP Annual Action Plan

Priority 1 Physical Activity and Healthy Eating

Strategies:

Promote opportunities for people to be physically active in the community

Enhance the built environment and council assets to enable people to be physically active

Priority 4 Socially Connected and Supported Communities

Strategies:

Advocate for public and community transport options within the shire

Promote and support health and wellbeing activities in the community

Create opportunities for social connection through infrastructure and community facilities

Key projects from Alpine Shire Council plan to be considered in implementing recommendations:

- Myrtleford Indoor Stadium Expansion
- Alpine Better Places Project - Myrtleford
- McNamara Reserve Netball & Tennis Facility
- New Land Development Strategy

Alpine Health Service Plan

2.2 Community Services- Health Promotion and Primary Intervention

Identify opportunities for social connectedness which may lead to the involvement in more physical activities

RECOMMENDATION 1: PARTNERSHIP APPROACH

The Heart Foundation's Healthy Active by Design Master Checklist notes that 'the best outcomes for encouraging and supporting physical activity come from working collaboratively with government agencies, land developers and the community as each stakeholder group has an important role to play in the delivery of healthy communities' (Heart Foundation 2017). Based on this evidence, along with the success of the partnership approach that underpinned this project, it is recommended that there is commitment from partner organisations and key stakeholders in delivering interventions to promote active living, including, but not limited to, the recommendations outlined in this report. It is encouraged that membership of the partnership represents multiple sectors, such as health, education, transport, planning, sports associations, community members, professional associations, government agencies, academic and research institutes along with private businesses. A multisector approach promotes diversity in opportunities to be active, in multiple settings. Further, implementation of recommendations demands partnership as the agenda is beyond the scope of any single agency. Also, by working together to achieve these recommendations and improve the health of the Alpine Shire, partners meet shared objectives as well as achieve their own agency goals (WHO 2018). The first step of this partnership commitment involves the development of an 'Active Living Partnership Group' that creates an action plan (including timeframes and evaluation methods) to deliver the below recommendations.

RECOMMENDATION 2: POLICY

Policies that improve road safety, promote compact urban design and prioritise access by pedestrian, cyclists and public transport use to destinations and services such as educational, public open spaces, sport and leisure facilities

can reduce the use of vehicles, while boosting the health, wellbeing and quality of life in communities (WHO 2018). Investment in council policies to increase physical activity through for example, walking, cycling, active recreation, sport and play can contribute to increased participation in physical activity. It is recommended that policies are developed, implemented and reviewed with support from the Active Living Partnership Group.

RECOMMENDATION 3: WALKING AND CYCLING PATH IMPROVEMENTS

The greatest amount of feedback from the Active Living Survey surrounded improvements to physical activity opportunities, specifically, to incorporate more walking and cycling paths. Key areas for this included the towns of Mount Beauty, Porepunkah, Tawonga/Tawonga South and outlying areas. The mapping of Mount Beauty and Tawonga South also showed some disjointed areas. It is therefore recommended that this work begins with connecting existing paths, with cycling and walking as modes of recreation and transport kept in mind. GIS map analysis highlights that the Alpine Shire has a strong foundation of walking and cycling paths and the survey results suggest that people are actively using these (see Table 3). Improvements to these mean connections would be made, allowing existing infrastructure to be strengthened and therefore more utilised as they would provide better connections to places where people live, work, learn and play improving the liveability of the shire (WHO 2018).

RECOMMENDATION 4: PARKRUN

parkrun has recently been introduced in the towns of Bright (as of January 2018) and Mt Beauty (as of May 2017). The Bright parkrun has an average of 51 participants per week (UKTT Limited 2018) and the Mt Beauty parkrun has an average of 22 participants per week (parkrun 2018). There was strong support from survey respondents for a Myrtleford parkrun to be initiated suggesting that further investigation for the introduction of this takes place. There may also be scope for a Porepunkah parkrun and further exploration of this is also recommended. parkrun, a not for profit organisation was established in the United Kingdom in 2004 to provide a free, weekly, timed 5km running event to increase participation in running, promoting a healthy lifestyle and improving social connection in local communities (Appendix 9).

RECOMMENDATION 5: PROMOTION OF EXISTING EVENTS AND FACILITIES

Initially, the need for promotion and education of existing events and facilities came out of consultation with Alpine Shire Council, namely the need to update and promote the Alpine Shire Community Directory. In order for this to be sustainably kept up to date, there needs to be an ongoing role allocated to this task. This could be in the form of a voluntary or paid position. If this were up to date it could be a useful resource to promote service clubs to community members so that they know what is on offer.

Further, both the meetings with stakeholders and survey responses provided strong feedback regarding the need for promotion and delivery of free and family-oriented activities. Participation in existing events and use of facilities can be promoted through local involvement in state-wide campaigns such as Premier's Active April that aim to get more Victorians moving, more often (Department of Health & Human Services 2018), commitment to this is listed in Alpine Shire's MPHWP annual action plan. It is recommended that community events that align with this month, or physical activity events throughout the year, can be incorporated into a community calendar of events, similar to, for example the Rural City of Wangaratta's Summer in the Park calendar (Appendix 10).

RECOMMENDATION 6: INFORMAL RECREATION PROMOTION AND MULTI-USE SPORTING FACILITIES

Discussion with key stakeholder, Sport North East, highlighted VicHealth's evidence behind the increase in demand for social sport (i.e., no competition, no skill set requirements, opportunities for social connection) is becoming a nationwide trend.

Based on the increasing demand for participation in individual and unorganised recreational activities it is recommended that organisations not traditionally associated with the sport and active recreation system facilitate opportunities to be active and socially connected. For example, organisations such as Move (Arthritis Victoria) delivers physical activity courses such as nordic walking (using poles) that offers a low stress total body work out. Move also offers courses to train physical activity leaders and volunteers to take back to their community-based groups (Department of Health and Human Services 2016).

Older people can be an untapped resource for expanding club membership. Evidence shows that older adults are more likely to volunteer and have a wealth of experience

and skills to assist clubs with administration, events, coaching, umpiring and mentoring and leadership. Drawing on this evidence, it is recommended that there is development and/or promotion of existing opportunities regarding physical activity for older adults that suit their needs, for example that are scheduled during the day when there is low demand by other community groups for facilities (Department of Health and Human Services 2016).

RECOMMENDATION 7: BUILDING HEALTHY ENVIRONMENTS; A SETTINGS APPROACH

Sports Clubs

Cost concerns, as reported by survey respondents as a barrier to physical activity, may also be addressed with the provision of community grants. An example is a recently launched grant program in the Rural City of Wangaratta, a neighbouring Local Government Area, which allows clubs to apply for funding with the aim to increase participation, and also allows the opportunity for individuals to be financially supported to participate in athletic competitions and programs (Rural City of Wangaratta 2018). Grants directed at businesses may also allow local gyms and clubs to provide subsidised costs for those who cannot afford full membership. Also, based on information provided by stakeholders, it is recommended that clubs are supported to become grant ready in order to take up opportunities like this that arise. Other work in Wangaratta supports sports clubs to become more family friendly. This support from a range of local organisations could potentially bring more people in to local clubs, and address the recognised need to have more family friendly opportunities.

Workplaces

For many adults, the workplace is a key setting to be physically active and reduce sedentary behaviour. The survey responses showed that many people in the Alpine Shire report to be active in their work role through, for example, 'being on their feet during the day'. The Victorian Healthy Workplaces Achievement Program provides support for workplaces to build healthy environments for their employees. There are a number of health priorities in which workplaces complete requirements for as part of this program. Physical activity is one of these health priority areas, for this workplaces are supported to, for example, develop an 'Active at Work' policy that supports staff to be active during their working day, promote active travel to and from work, provide information on the health



benefits of physical activity and promote staff participation in community events such as fun runs. The Alpine Shire Council and Alpine Health have committed to building a healthy workplace through registration with the workplaces Achievement Program. Support from Gateway Health, Health Promotion staff is available for these workplaces as well as others within the Shire to undertake this program. It is recommended that, with support, the Alpine Shire Council and Alpine Health progress with this program and that other workplaces are engaged and supported too.

LIMITATIONS

One of the original proposed methods for community engagement was to hold community forums. After discussion with key stakeholders, it was found that the community could be reached by more effective methods. One of these methods was to host focus groups by tapping in to already existing groups, gatherings or meetings. Unfortunately, these focus groups were not completed due to time restraints of the project for project lead, Gateway Health employees, committing 0.4 EFT for 7 months, as well as partnering organisations and this did not go ahead.

The idea of the focus groups was to first identify key community champions who represent a range of vulnerable/sedentary groups from a range of towns within the shire, and who could tap in to their networks to hold informal discussions around active living. Because the project lead staff did not have pre-existing relationships with the local community, engagement and direct conversations with community champions was going to take a long process, something which the project did not have.

Given the lack of pre-existing relationships with the local community, it was very difficult to reach the vulnerable target group. It is inconclusive as to whether this target group was reached through completion of the survey. A large proportion of respondents reporting some form of physical activity and ways that they connect with their community could mean two things; 1. the target population was not strongly represented and/or 2. majority of the Alpine Shire community is already strongly connected.

Unfortunately, the amount of people not meeting the recommended physical activity guidelines was not captured in the survey so the comparison between self-report of physical activity levels and recorded levels of the shire could not be made, as intended. It was decided

that this question would not be asked on the basis that recall difficulties often mean unreliable and inaccurate responses. This information however, can to some degree be reflected in answers to other questions, for example, what activities they are involved with.

Time restraints as well as level of expertise meant that the mapping analysis aspect of the research was unable to be a thorough process. It also meant that there was not capacity to scope areas outlying the major towns within in the shire. The principal researchers summarised the findings to the best of their ability with the time and resources that were at hand.

Future research

In order to conduct focus groups effectively with the time restraints that exist, it is suggested that external partners are employed to manage the organisation of these. Likewise, an external consultant who specialises in the analysis of landscapes and the physical environment can provide more detailed mapping analysis on those included in this report along with outlying area of the shire. Previous projects that have done this can be seen in council masterplans, for example, the Alpine Shire Dinner Plain Masterplan 2008 (Alpine Shire Council Strategic Services Department 2008).

In collecting information, other stakeholders and community members to engage with that may have been missed include Anglicare, welfare services, more schools and other community that were provided as part of the stakeholder engagement phase. Also, if funds allow, it is suggested that the surveys are mailed out to residents with reply paid envelopes in order to increase the response rate. Further, it is important to ensure questions find out if target groups are met for the purpose of analysis. Question six of the Active Living Survey regarding modes of transport for example (Appendix 2), would have provided valuable information about active transport vulnerability if the primary mode of transport was highlighted, instead of just any mode of transport used. It cannot be assumed that the respondents are at most risk of not taking active transport based on the fact that they use a car as a means of transport. The use of a car may not necessarily be the primary use of transport for those who also answered other forms of transport. Only being able to select one option instead of 'all that apply' would give more clarity on primary mode of transport. Or, asking respondents to state the percentage of trips that they drive, ride, walk etc. would ensure the percentage amounts to one hundred.

CONCLUSIONS

Physical inactivity and sedentary behaviour are primary risk factors for chronic disease. Increased participation in physical activity contributes to prevention and treatment of disease as well as promotion of health and wellbeing (WHO 2018). Data highlights that Alpine Shire residents are not meeting the recommended guidelines for physical activity. This project took a focus on opportunities and barriers that exist that influence physical activity levels. Information was gathered through consultation with stakeholders, a community survey and analysis of GIS maps. Results highlighted key barriers as cost, time and weather. To address barriers and build on opportunities to be physically active, recommendations surrounding existing services and infrastructure have been provided including policy development, walking and cycling path improvements, creation of parkrun, promotion of existing events and facilities and a settings approach to building healthy environments in sports clubs and workplaces. It is important that these recommendations are delivered through a collaborative approach between organisations involved in this project as well as others representing multiple sectors. It is important that a range of organisations are committed to improving the health and wellbeing of Alpine Shire residents through participation in physical activity.



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Alpine Shire Recreation and Open Space Plan

Alpine Shire Bicycle Strategy

Age Friendly Checklist

VicHealth, 'Physical Activity Plan 2018-23'

VicHealth, 'Physical Activity Strategy 2018-23'

Getting There Network: <http://www.gettingthere.net.au/home-2/alpine/>

Public Transport Victoria- <https://www.ptv.vic.gov.au/>

Sport & Recreation Victoria- Active Victoria: A strategic framework for sport and recreation in Victoria 2017-2021

Transport for Victoria 2018, <https://transport.vic.gov.au/ways-to-travel/walking-and-cycling/>

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Appendix 1
Healthy Active by Design
Master Checklist



**HEALTHY
ACTIVE**
BY DESIGN

MASTER CHECKLIST

October 2017
Version 1.4

HEALTHY ACTIVE BY DESIGN MASTER CHECKLIST

Strategies for creating healthy active developments

The following master checklist has been prepared as a tool to provide developments that encourage and support physical activity and health outcomes including healthy eating. The greater the number of checklist items provided within a project area or area influenced by the project the more likely there will be healthy outcomes. The best outcomes will come from working collaboratively with government agencies, land developers and the community as each stakeholder group has an important role to play in the delivery of healthy communities. The checklist items should be considered to fulfill the objectives of the strategies listed under each design feature.

Note: All distances and catchments refer to measurements using actual distances (service areas along the street network) rather than linear calculations (as the crow-flies).

Strength of evidence base:

The HABD design strategies are rated according to the strength of the supporting research evidence. It distinguishes between strategies based on theory and existing practice and those grounded in evidence-based research on the relationship between the built environment and physical activity. Strategies with strong underlying research / evidence base are known to likely increase physical activity. Recommendations supported by emerging evidence or best practice may be just as effective as measures grounded in strong evidence, but have not yet been researched or quantified to the same degree. An icon system is used to assist the user in identifying the strength of evidence underlying each strategy.

*** Strong Evidence

Indicates strategies supported by a pattern of evidence from cross-sectional studies and review level evidence. The strength of the research allows us to conclude there is a strong relationship between the suggested environmental intervention and the behavioural outcome.

** Emerging Evidence

Indicates design strategies supported by an emerging pattern of research. Existing studies have given reason to believe that the suggested environmental intervention will likely lead to increased physical activity, but the research is not yet definitive. (Perhaps no longitudinal studies and/or review level data).

* Suggested Practices

Indicates design strategies without a formal evidence base. However, theory, common understandings of behaviour and experience from existing practice indicate that these measures will likely increase physical activity.



DESTINATIONS

Objective:
PLANNING NEIGHBOURHOODS WITH A DIVERSE RANGE OF DESTINATIONS AND FACILITIES PROVIDES A VARIETY OF FOCAL POINTS AND CREATES OPPORTUNITIES FOR ACTIVE LIVING ACROSS THE DAY AND NIGHT.

Principle	Considerations	Strength of evidence	Yes	No	N/A
Diversity An interesting choice of local destinations positively influences neighbourhood walkability and encourages residents to enjoy physical activity and social connections.	Does the destination offer a mix of uses that will encourage consistent attendance and use?	***			
	Are activities offered across both day and night?				
	Would usage be enhanced through the provision of community and cultural facilities, open spaces or sporting activities?				
Access A selection of destinations that are a walkable distance from home makes active transport, such as walking, cycling or use of public transport more viable and makes it easy to reduce car use.	Are the destinations within a safe and easy (400m to 800m) walking distance?	***			
	Are there paths and cycle routes connecting the destination to the surrounding community?	***			
	Has public transport been considered? Where are the stops located and do they connect to other movement networks?	***			
	Does the design put the pedestrian first, and is it at a comfortable scale?	**			
Design The design of the public realm is important in determining how people reach the destination, as well as how they move and interact with it.	Does the destination have a space that encourages activity and interaction across the community?	**			
	Does the design encourage people to linger? Does it offer shade, seating, lighting, planting, artwork and the use of high quality materials?	**			

Process considerations:
 Is there a mechanism and /or incentive to encourage the development of a mixed-use destination early in the development stage been put in place? Consider a range of initiatives such as a place manager, local policy and contractual agreements, density bonuses, plot ratio bonuses cash in lieu contributions.



HOUSING DIVERSITY

Objective:
PROVIDING DWELLING CHOICES THROUGH VARYING PRODUCTS AND OCCUPANCY TYPES TO MEET THE DWELLING NEEDS OF A DIVERSE COMMUNITY CONTRIBUTES TO ACTIVE AND VIBRANT PLACES.

Principle	Considerations	Strength of evidence	Yes	No	N/A
Diversity A mix of dwelling types can increase density and attract a broad demographic, creating a resilient neighbourhood that caters for a diverse range of household structures, ages and tenures.	Does the neighbourhood offer a range of dwelling choices that are suited to the needs and character of the area?	***			
	Does the neighbourhood offer dwelling choices that provide for a diverse community and enable residents to remain within their community across each stage of life?	***			
Design The design of a dwelling can have a positive influence on its surroundings and inhabitants, and can lead to safer and more engaged communities and healthier lifestyles.	Are the dwellings designed to engage with the street and/or adjacent open space?	***			
	Do they provide passive surveillance by locating active spaces such as living areas and balconies overlooking streets and open spaces?	*			
	Are the dwellings designed or oriented to maximise natural light, ventilation, heating and cooling and to address noise management?	***			
	Are the dwellings sited on the lot so as to allow for future intensification?	**			

Process considerations:
 Are appropriate incentives in place to encourage innovative land development that promotes higher residential densities within existing mixed-use centres?



MOVEMENT

Objective:
AN ACCESSIBLE, CONNECTED MOVEMENT NETWORK INTEGRATES WALKING, CYCLING AND PUBLIC TRANSPORT ROUTES, FACILITATES SAFE AND CONVENIENT TRAVEL WITHIN NEIGHBOURHOODS, AND ENCOURAGES USE OF DESTINATIONS.

Principle	Considerations	Strength of evidence	Yes	No	N/A
Connections Movement can be enhanced through the provision of safe, connected, convenient, continuous, easily navigated and attractive links.	Do the streets, footpaths and cycle ways connect to each other and to destinations? Are these connections well lit, with shade and shelter, as well as directions or signposts, to encourage their use? Is there more than one route between destinations to provide variety in active transport options and experiences?	*** *** ***			
Infrastructure The inclusion of safe, functional and highly visible infrastructure encourages a range of travel options.	Are facilities such as bike racks, drinking fountains, change rooms and lockers provided at destinations? Are public transport stops provided within suitable proximity to dwellings and destinations? Have stops along routes been provided offering shade/ shelter, seating and lighting? Have facilities been designed for all users including the young, the elderly and those with disabilities?	*** *** *** ***			
Streetscape Design Streets that have been designed to accommodate all transport users encourage more movement.	Does the street design work for all users, including pedestrians, cyclists, public transport and cars? Have the streets been designed in response to their surrounds? Do roads narrow near schools with footpaths becoming wider? Are there crosswalks and pedestrian crossing points to connect movement networks?	*** *** ***			

Process considerations:
 Consider prioritising walking as the preferred means of travel. Think about wait times at traffic lights, the size of footpaths compared to roadway widths and prioritising pedestrian crossing points. Modes of transport have evolved over time. Have future transport needs been accommodated in the street design?



PUBLIC OPEN SPACE

Objective:
PROVIDE A RANGE OF PUBLIC OPEN SPACES THAT CONTRIBUTE TO THE RECREATIONAL, PHYSICAL AND SOCIAL NEEDS OF ALL MEMBERS OF THE COMMUNITY.

Principle	Considerations	Strength of evidence	Yes	No	N/A
Access: Public use of open spaces can be improved by ensuring that they are easily accessible to, and by, all members of the community	Do all community members have at least one open space within a 400m - 800m walk?	***			
	Are there clear pedestrian and cycle routes, designated crossings, and suitable ramps to, and within, the open space?	***			
	Are the public open spaces accessible to people of all ages, genders and cultures; including those with disabilities and limited mobility?	***			
Function: Open spaces assist in meeting the physical, recreational and social needs of a community.	Have the open spaces been designed to meet the diverse needs of the community? How were those needs identified?	***			
	Are there a range of uses that promote physical activity and community interactions? How do these uses generate activity throughout the week and day and night?	***			
	How are the open spaces and supporting infrastructure managed and maintained?	***			
Design: Open space designs that respond to their surrounds can enable a strong connection to the community and the environment.	Does the open space reflect the cultural heritage and identity of the site, and the character of the surrounding community?	***			
	How well do the surrounds contribute to safety? Do nearby buildings and streets overlook the space? Is there adequate lighting within the space?	***			
	How does the open space respond to existing environmental conditions such as drainage, slopes and retaining trees?	***			
Process considerations: Establish linear connections and access along the coast, public foreshores, wetlands and waterbodies to enhance opportunities for physical activity. Undertake a community needs assessment to identify open space needs. Consider roles and functions within public open spaces holistically to resolve needs across the open space network.					



SENSE OF PLACE

Objective:

MEETING THE NEEDS OF THE COMMUNITY, PRESERVING PLACES OF INTEREST, USING LOCAL BUILDING MATERIALS, HIGHLIGHTING LOCAL STORIES AND HISTORY, AND RESPONDING TO THE LOCAL CLIMATE, CAN ALL CONTRIBUTE TO DEVELOPING AND ENHANCING A SENSE OF PLACE AND ENCOURAGES PHYSICAL ENGAGEMENT WITH THESE SPACES.

Principle	Considerations	Strength of evidence	Yes	No	N/A
Heritage and Culture Understanding the built and cultural heritage of a place can provide insights for designs that strengthen ties to the community.	Is the heritage of the place evident through the use of local building materials, colour schemes and vegetation choices?	*			
	Have design choices been informed by the cultural identity of the place, based on the social, economic, environmental and indigenous history?	*			
Consultation Encouraging both current and future communities to participate in design and development decisions contributes to a sense of place and builds ownership and respect.	Have heritage and cultural features been acknowledged, integrated or protected?	*			
	Has community consultation been employed to determine infrastructure needs and desires?	*			
	Has the community been engaged and involved in the design of the public realm, civic buildings and public art?	*			

Process considerations:

Consider undertaking heritage assessments and community consultation to identify a sense of place and then use this to inform design guidelines and project briefs for local projects.



COMMUNITY FACILITIES

Objective:
CO-LOCATING COMMUNITY FACILITIES HELPS TO MAXIMISE THE EFFICIENCY OF TRAVEL NETWORKS, ENHANCE SERVICE PROVISION AND PROMOTE PASSIVE SURVEILLANCE WHICH ENCOURAGES PHYSICAL ACTIVITY.

Principle	Considerations	Strength of evidence	Yes	No	N/A
Composition The layout or position of community facilities that enable multiple uses can provide health and socio-economic and economic benefits.	Have community facilities been co-located with amenities of a similar or complementary nature? (e.g. schools with libraries, sport and recreation centres and day care facilities)	***			
	Does the design of community facilities allow for the public and independent operators to access communal spaces and services (e.g. parking, toilets and function halls)?	***			
Flexibility Facilities that can accommodate multiple functions may better serve the community and encourage greater use.	Has the positioning of facilities been planned to enable passive surveillance?	***			
	Do the facilities provided offer a range of activities that meet the needs of the community?	***			
	Does the range of activities ensure activation through the day and night, and across all days of the week?	**			
	In developing areas, has the community facility been organised to allow for interim uses while the area is established?	*			

Process considerations:

Ensure shared use agreements are in place early, establishing clear demarcation of ownership, liability, maintenance costs and responsibilities, as well as scheduling of use.



BUILDINGS

Objective:

BUILDINGS DESIGNED TO PROMOTE INCREASED PHYSICAL ACTIVITY STIMULATE INCIDENTAL MOVEMENTS, ENHANCING SOCIAL AND EMOTIONAL WELLBEING, FACILITATING NATURAL SURVEILLANCE AND IMPROVING ENVIRONMENTAL CONDITIONS.

Principle	Considerations	Strength of evidence	Yes	No	N/A
Context Well-designed buildings can improve health outcomes by engaging with their surrounds.	Has the building been designed to contribute to street activation and allow natural surveillance of the surrounding community?	***			
	Are street level pedestrian and cycle entries visible, well-lit and connected to the street?	***			
	Has walking and cycling been prioritised over vehicle access?	***			
Interior The provision of specific services and facilities within a building, and the overall design of the building itself, can encourage a healthier lifestyle.	Where appropriate, have awnings or verandahs been provided on the exterior of the building to provide shade and shelter over footpaths?	***			
	Have facilities that promote and support physical activities, such as a gymnasium, exercise classes and end of trip facilities (lockers/showers/change rooms) been provided?	***			
	Has the building been designed to promote incidental physical activity and laid-out to encourage movement and social interactions (e.g. choosing stairs over elevators)?	***			
	Does the design accommodate all users, including those with mobility issues?	***			
	Has the building been designed to provide for the comfort of the occupants?	***			

Process considerations:

Consider using health promotion campaigns to inform building users about the benefits of physical activity.
 Consider slowing elevator speeds to encourage walking as a faster option or locking elevator use to dedicated floors.



HEALTHY FOOD

Purpose:

This advocacy prompter is designed to highlight research-based considerations and opportunities for the delivery of Healthy Built Food Environments (HBFE) for a range of community and built environment professionals and decision makers. It can be used when:

- formulating policy to guide development decisions relating to Healthy Built Food Environments
- designing new or adapting existing neighbourhoods, park systems, street networks, centres and places
- promoting community awareness as to the benefits of Healthy Built Food Environments
- assisting community based organisations to establish Healthy Built Food Environments
- considering governance arrangements for public spaces used for Healthy Built Food Environment outcomes

Objective:

NEIGHBOURHOODS THAT ENCOURAGE HEALTHY FOOD CHOICES, THROUGH THE PLANNING AND DESIGN OF FOOD RETAIL FACILITIES AND COMMUNITY AMENITIES, PROMOTE AVAILABILITY AND ACCESSIBILITY TO HEALTHY FOOD, MAKING FOR HEALTHIER COMMUNITIES.

The Healthy Food design feature complements the existing Healthy Active by Design framework. It advocates for change to the standard planning approach. To achieve a successful Healthy Built Food Environment, implementation is required across a range of stakeholder and decision maker types. The Healthy Food element is different to other Healthy Active by Design elements as its primary audience and capacity for implementation goes beyond a town planning regulatory environment. For this reason, advocacy guidance has been prepared, as opposed to a checklist, which is found in the other Healthy Active by Design elements.

The current town planning regulatory framework does not enable the enforcement of many Healthy Built Food Environment initiatives, however by working collaboratively with all stakeholders in the development industry and local community, some positive change could be supported by considering the following concepts proposed below.



HEALTHY FOOD

Principle	Have you considered...	Strength of evidence	Comment / Response
ACTIVITY CENTRES			
<p>Access to fresh and healthy food Activity centres that provide fresh and healthy food opportunities to promote healthier diets.</p>	<p>Can governance processes and policies be put in place to ensure the provision of a diverse range of retailers, inclusive of fresh and healthy food options? If so, how? If not, how can the barriers be minimised?</p> <p>Does the centre or neighbourhood design facilitate healthy food stores being provided and prioritised in terms of location prominence as part of the land use / destination mix within the activity centre?</p> <p>Does the land owner or activity centre manager (such as the local authority, shopping centre operator or other institution) have in place organisational or governance measures to coordinate the use of infrastructure/land for occasional use by local food producers, such as farmers' markets?</p> <p>How can the activity centre include flexible spaces that can accommodate a range of temporary healthy food activities, such as farmers' markets?</p> <p>How can the activity centre include community or public open space that can be used for local food production, such as a community garden?</p> <p>What mechanisms / strategies can be put in place to restrict unhealthy fast food takeaway restaurants in close proximity to schools and day care centres?</p>	<p>**</p> <p>**</p> <p>**</p> <p>*</p> <p>*</p> <p>**</p>	
MOVEMENT NETWORKS			
<p>Safe and connected street networks Inclusion of safe, convenient, attractive and continuous path and cycle networks that allow pedestrians and cyclists to access healthy food destinations.</p>	<p>Does the design of pedestrian and cycling networks optimise walkable access to healthy food outlets and local food growing opportunities (such as community gardens)?</p> <p>Do residential streets enable the planting of street verges by the community for local food production?</p> <p>How can the determining authority have governance arrangements in place to enable approval of and guide design of residential street verges for local healthy food production?</p>	<p>**</p> <p>**</p> <p>**</p>	



HEALTHY FOOD

Principle	Have you considered...	Strength of evidence	Comment / Response
PUBLIC OPEN SPACE			
Functionality for local food production Providing space for production of healthy food which promotes healthy food intake.	Whether public spaces have been provided that enable each neighbourhood to have access to community gardens?	**	
	If use of spaces has been made or encouraged, or new space and resources allocated (e.g. water, soil, access to sunlight) for the establishment of community gardens with community access?	**	
	Whether residential streets enable the planting of street verges by the community for local food production?	**	
NEIGHBOURHOOD DESIGN			
Suitable amenity Ensure that neighbourhoods have a suitable level of amenity through access to healthy food.	Does the centre zoning, town planning scheme, structure plan or land-use planning policy provide / promote a mix of healthy food stores and local food growing opportunities?	**	
	Are all schools, community facilities, recreation areas and housing located within close proximity (within an 800m walk) of healthy food outlets and local food growing locations?	**	
	Are mechanisms in place to encourage the use of public open space or school grounds for fresh healthy food production?		
	Does the attractiveness of the neighbourhood, centre or place encourage access to and prioritisation of healthy food choices?	**	
REGIONAL / METROPOLITAN PLANNING			
Local Food Supply Planning systems and places support local commercial and community food systems.	Is the urban environment or regional area supported by food growing areas in close proximity, accessible by good supply-transport links?	**	
	At a regional scale, how can the city be designed to encourage distribution of locally-grown food to markets or other fresh food services within the local community?	**	



Alpine Active Living Survey

Introduction

Thank you for completing this survey. It should only take around 5 minutes. To complete this survey you:

- MUST live in the Alpine Shire
- can be any age or gender

The aim of this survey is to find out about active living in the Alpine Shire, specifically:

- what is limiting people to be physically active; and
- what could be done to improve opportunities to be active.

Win a Prize!

When you complete this survey you will go in the draw to win one of 3 prizes! These include a 10 visit gym/swim pass, a sports shop voucher and a food hamper, all from local businesses in the Alpine Shire. We are excited to share our findings with you and you will have the opportunity to include your contact details for either the prize or findings.

Please note, your contact details will not be linked to your responses, you will remain confidential.

Project Background

The Alpine Active Living Mapping Project aims to understand the current state of active living in the Alpine Shire. This will be done by:

- speaking with organisations and groups to understand active living barriers and opportunities;
- distributing this survey to learn from community members about active living; and
- mapping services, groups, facilities and parks to understand opportunities for being active and to determine how connected they are by paths etc.

These steps will provide the background to understanding active living which will help to inform recommendations to improve health and wellbeing in the Alpine Shire.

Definitions

Active living and being physically active means moving your body and using energy to do this, for example, playing, working, walking, bike riding and gardening.

Active travel is any transport that involves physical activity such as walking or riding.

Being socially connected means frequently seeing others and involves the quality and the number of interactions people have with their community.

Thank you!

Felicity Kennedy and Monique Hillenaar
Health Promotion Coordinators, Gateway Health
felicity.kennedy@gatewayhealth.org.au, (03) 5723 2067



Alpine Active Living Survey

* 1. Where in the Alpine Shire do you live?

* 2. What is your age in years?

- 0-14
- 15-24
- 25-44
- 45-64
- 65-84
- 85+

* 3. What is your gender?

- Male
- Female
- Other

* 4. Do you have kids living in the Alpine Shire?

- Yes
- No- Please go to question 6

5. How old are your kids?

Child 1:

Child 2:

Child 3:

Child 4:

Other Children:

* 6. How do you and/or your family get from home to a usual destination? For example work, school, shopping, community group. Please tick all that apply.

	Always	Sometimes	Never
Drive / motorbike	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bicycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scooter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public Transport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

* 7. How important is being physically active to you?

Not important

Moderately important

Very important

*** 8. Please explain what you do to be physically active? In answering this question think about all activities, including sport, play, work, active travel, house work and recreational activities.**

Exercise and organised sport:	<input type="text"/>
Recreation and play:	<input type="text"/>
Active travel:	<input type="text"/>
Work:	<input type="text"/>
House work:	<input type="text"/>
Other:	<input type="text"/>

*** 9. What makes it hard for you and/or your family to be physically active? Please tick all that apply.**

- Time
- Cost
- Seasonal changes (e.g., lack of daylight, too hot/cold)
- Lack of paths
- Lack of opportunities
- Health condition(s)
- Concern for my safety or my kids' safety
- Not interested
- Not motivated
- It is too painful
- I don't find it hard to be physically active
- Other (please specify)

*** 10. What do you think would help people in your town to be more physically active? For example, free activities such as parkrun.**

*** 11. What groups or events do you attend that help you to connect with others?**

12. Please provide your name and email address if you would like:

- a copy of the project report that includes recommendations to help people to be more physically active in Alpine Shire

- to go in the draw to win one of 3 prizes



ALPINE ACTIVE LIVING SURVEY

Everyone living in the Alpine Shire is invited to complete the Alpine Active Living Survey.

This survey is being distributed by Gateway Health as part of a research project that aims to understand active living opportunities that exist and how barriers can be overcome to being physically active.

The survey will only take 5 minutes to complete. Complete the survey by following this link

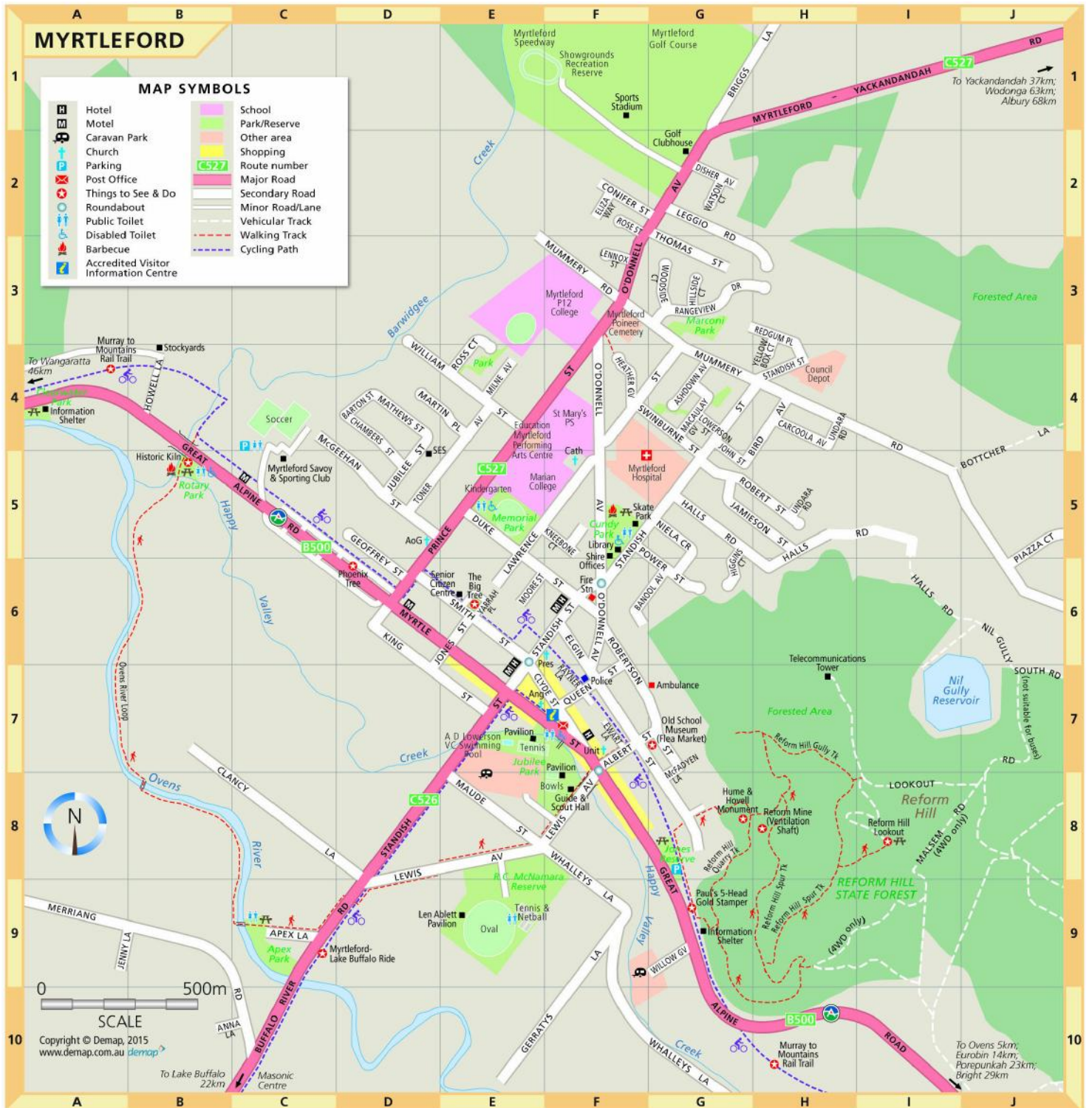
www.surveymonkey.com/r/Alpine_Active_2018

**FOR HARD COPIES
PLEASE GET IN CONTACT:**

Felicity Kennedy
Health Promotion Coordinator
Gateway Health
Ph. 57232067
felicity.kennedy@gatewayhealth.org.au



Appendix 4
a) Myrtleford map

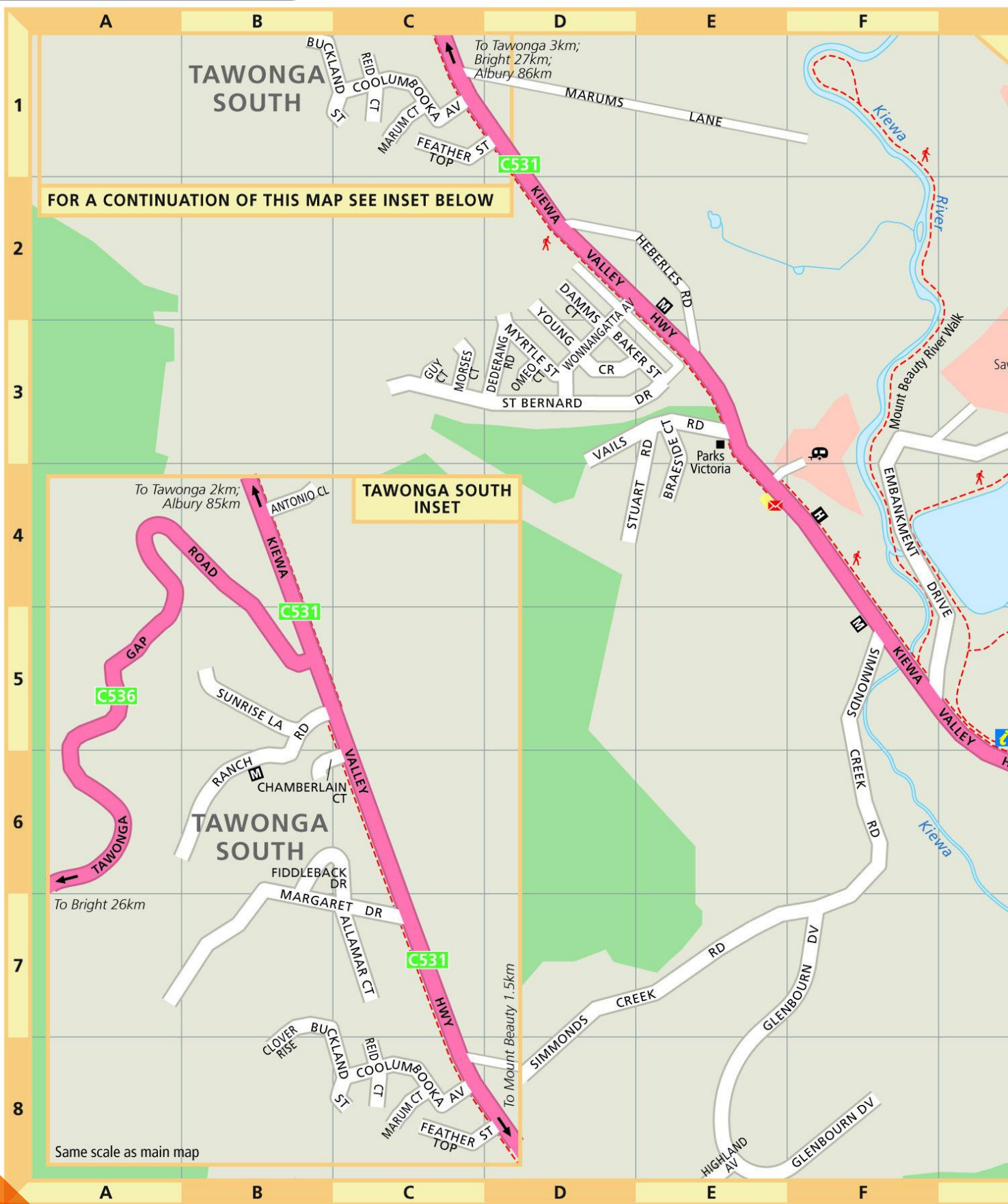


Appendix 4
b) Bright map





Appendix 4
c) Mt Beauty and Tawonga South map





OUTLYING AREAS

Group	Location	Contact Name (Presidents)	Contact Number	Email (President)	Description of Activities
Dederang Golf Club	Dederang	George Barel	03 5754 4196	george.barel@bigpond.com	Mens days and ambrse events. Visiting golf professional to teach students at Dederang Primary and Yackandandah Primary along with other interested parties. Various days.
Dederang Tennis Club	Dederang	Glen Creek	02 6027 0905	pkjones@iinet.net.au	Junior tennis, Monday night social tennis
Falls Creek Race Club	Falls Creek	Lachlan Bowes	03 5758 3667/ 0418 313 979	ski@frcr.com.au	Ski & snowboard training to be technically competent to race and other related activities
The Australian School of Shotokan Karate	Freeburgh		0417 526 549	ciolli.katrina.m@edumail.vic.gov.au	
Harrierville Cricket Club	Harrierville	Jason Williams	0418 971 778	harriervillecricketclub@gmail.com	Provision of Cricket facilities for Harrierville & surrounding region
Kiewa Valley Fishing Club	Kiewa Valley	Derek Hutton	03 5754 4522	huttondw@albury.net.au	Recreational fishing
Dederang Mount Beauty Football/Netball Club	Kiewa Valley	Stephen Ozolines	02 6027 5203	rjclutterbuck@gmail.com	Football & Netball
Porepukah Panthers Baseball	Porepukah	Rod Pack	03 5756 2564		Senior and Junior - T ball
Alpine Shinkyokushin Karate	Porepukah	Sensei Geoff Miller	0421 562 248	alpinedojo@gmail.com	Karate Martial Arts training for adults and children, 5-80 years
Porepukah Tennis Courts	Porepukah	Carol Martin	03 5756 2335	maxcar5@bigpond.com	
Tawonga Bowls Club	Tawonga	David McDonough	03 5754 1080/ 0418 488 601		Lawn Bowls
Tawonga Tennis Club	Tawonga	Nola Skey	03 5754 4324	trishacross@bigpond.com	Social tennis - 8.00am Tuesdays
Mount Bogong Clay Target Club	Tawonga South	Gary Evans	0412 271 856		Clay target shooting

Information collected from community directory and Sport North East



MYRTLEFORD

Group	Location	Contact Name (Presidents)	Contact Number	Email (President)	Description of Activities
Myrtleford and District Sports Fishing Club	Myrtleford	Eddie Costenaro	03 5727 1236	china@netc.net.au	Actively involved with the stocking of local streams and lakes
Myrtleford Golf Club	Myrtleford	Michael Buckley	03 5752 2286	myrtlefordgolf@bigpond.com	Mens's and Ladies Golf Club
Myrtleford Golf Club Ladies Members	Myrtleford	Sandra Piazza	03 5752 2286	myrtlefordgolf@bigpond.com	
Myrtleford Indoor Soccer	Myrtleford	Joanne McKibbin	03 5752 2593	perkins.darrell.e@edumail.vic.gov.au	Social indoor soccer winter competition (April - Sept)
Myrtleford Savoy Soccer Club	Myrtleford	Zac Miirt	0438 403 068	secretary@myrtlefordsoccer.com.au	Albury Wodonga Football Association (AWFA) League. We have teams in all age groups including Small Sided Football (SSF) up to U9's at home ground, U10's nine vs nine matches (travel involved) and U11's through to Senior Men and Women.
Myrtleford Squash Club	Myrtleford	Peter Ahne	0499 982 384	myrtlefordsquash@westnet.com.au	Competitions year round for junior & senior players
Myrtleford Swimming Pool	Myrtleford	Lois Beggs	03 5752 1381	myrtpool@alpineshire.vic.gov.au	
Myrtleford and District Volleyball Association	Myrtleford	Rory Hazeldine	03 5751 1187	rehazeldine@gmail.com	Winter competition (May to Sept), mixed social indoor volleyball
Savoy Bocce Club	Myrtleford	Jim Rebuffo	03 5752 1839		
Myrtleford Football/Netball Club	Myrtleford	Bill O'Donohue	03 5752 1134	mfnfnc@alpinevalleysports.com	To promote Australian Rules football & netball at the highest level
Myrtleford Pony Club	Myrtleford	Darryl Symons	03 5752 1986	gasperotti1@bigpond.com	Youth organisation, horse mastership, horse care and riding. New members always welcome.

R.D.A.V (Riding Develop Abilities Victoria)	Myrtleford	Hugh Jones	03 5756 2565	monicak@netspace.net.au	Teaching living skills through equestrian activities
Myrtleford Ski Club	Myrtleford	Chris Bacon	03 5752 2280/ 03 5758 3283	myrtsec@gmail.com.au	
Myrtleford Amateur Swimming Club	Myrtleford	Tony Cuskelly	0402 540 444	aliciacrossley1@gmail.com	To train/coach swimmers of school age upward and to participate in the Southern Division of Ovens/Murray pennant meets.
Myrtleford Savoy Table Tennis Association	Myrtleford	Andrew Sylwestrzak	03 5752 2937	brankossteelsales@hotmail.com	
Myrtleford Lawn Tennis Club	Myrtleford	Peter Ternes	03 5752 2141	info@myrtlefordtennis.com.au	Tennis competition and social coaching available for all ages.
Myrtleford and District Basketball Association	Myrtleford and surrounds	Andrew McKerral	0427 512 061	a.mckerral@westnet.com.au	Local basketball competition and Aussiehoops
Ovens Valley United Cricket Club	Myrtleford and Whorouly	Tony Cuskelly	0428 059 792	ovucc.mail@gmail.com	3 Senior grades, 3 Junior grades and Milo cricket. The major provider of cricket in the Ovens Valley.
Myrtleford and District Badminton	Myrtleford	Darren Kneebone	0414 344 579		Badminton
Myrtleford Boat Club	Myrtleford	Grant Gilbertson	03 5751 1360	malibu974@jprimus.com.au	Water skiing, wave boarding & other water activities
Myrtleford Bowls Club	Myrtleford	Ian Keat	0418 994 782	gypsy1971@hotmail.com	Lawn Bowls
Myrtleford Saints Cricket Club	Myrtleford	Brad Piazza	0414 294 263	msaintscc@gmail.com	To promote cricket within the Alpine Shire for midgets juniors and seniors. All newcomers welcome

Group	Location	Contact Name (Presidents)	Contact Number	Email (President)	Description of Activities
Bright Bowls Club	Bright	Julie Ellis	03 5755 2052	je133140@bigpond.net.au	Lawn Bowls
Bright Wanderers Cricket Club	Bright	Jason Dodd	0419 869 876	shellnjase@bigpond.com	Cricket - Juniors, Seniors & Milo Cricket Victoria regional representatives.
Alpine Cycling Club	Bright	Aaron Smith	0407 226 446	president@alpinecyclingclub.com.au	Road and mountain bike riding both recreational and racing. Cycling advocacy. Construction and maintenance of mountain bike tracks. Promoters and organisers of Tour of Bright and Bright Enduro.
Bright Garden Club	Bright	Rosemary Withers	0439 717 750	bml@people.net.au	Power point presentations with guest speakers on a variety of gardening topics, including sales and home give-aways. Day trips to local places of interest plus annual 3-5 day extended coach trips visiting some beautiful gardens. Monthly gift voucher and plant to be won.
Bright Country Golf Club	Bright	Peter Malkin	03 5755 1773	info@brightgolf.org.au	
North East Victorian Hang Gliding Club	Bright	John Chapman	0412 159 472	chappo252@gmail.com	Administer all hang gliding and paragliding sites in NE Victoria
Bright Soccer Club	Bright	Joshua Hoare	0409 501 465	brightsoccerclub@gmail.com	Soccer for 5 to 14 years
Bright Squash Club	Bright	Chris Photis	0414 691 922	cphotis@bigpond.com	Social and pennant squash
Bright Sports Centre	Bright	Barbara Bright	03 5755 1049	barbarab@alpineshire.vic.gov.au	The Centre offers a fully equipped gymnasium, squash courts and a 4-lane x 17m indoor pool
Bright Basketball Association	Bright	Andrea Jordan	03 5755 2356		
Ovens Valley Calisthenics College	Bright	Joyce Pack	03 5756 2654	rjspack@hotmail.com	To perform at local events, regional competitions & annual concert
Bright Croquet Club	Bright	Joan Thompson	03 5750 1437	johnhart6@bigpond.com	Association, Ricochet & Golf Croquet
United Bright Football/Netball Club	Bright	Peter Ricardi	0419 153 996	ubfnc@outlook.com	Football/Netball

Alpine Adult Riding Club	Bright	Joy Paola	5755 1060	alpineadultriding@hotmail.com	Instructional & social types of riding including dressage, show jumping & eventing
Bright and District Pony Club	Bright	Trudi Kinder	0478 053 578	brightponyclub@hotmail.com	Safe handling and riding of horses for children and young adults Rallies 3rd Sunday monthly
Bright Tennis Club	Bright	Ian Ellen	03 5755 2011	sno-lin@bigpond.net.au	Provision and promotion of tennis in local area
Bright parkrun	Bright			brightoffice@parkrun.com	A free weekly timed 5k Run or walk
Alpine Flyfishers	Bright/ Myrtleford	Dennis Smith	03 5752 1543	denjsmith@bigpond.com	Fishing trips, casting schools, river management, fly tying

MT BEAUTY

Group	Location	Contact Name (Presidents)	Contact Number	Email (President)	Description of Activities
Mount Beauty Bowling Club	Mount Beauty	Gary Woods	0413 648 739	jillgaz@bigpond.com.au	Bowls and Carpet Bowls
Mount Beauty United Cricket Club	Mount Beauty	Kevin Vale	0439 620 990	mtbeauty@club.cricketvictoria.com.au	Senior, Junior and Milo Cricket
Team Mount Beauty (Mountain Bike Club)	Mount Beauty	Liam Panozzo	0411 377 863	president@tmb.org.au	To promote cycling & mountain biking in Mount Beauty including events, skills clinics, social rides and trail building.
Mount Beauty Golf Club	Mount Beauty	Stephen Short	03 5754 4002	president@mtbeautygolfclub.org	Golf Club
Mount Beauty Soccer Club	Mount Beauty	Ron Crawford	03 5754 4886	csigns01@bigpond.net.au	Soccer
Mount Beauty Sports Centre	Mount Beauty	Lisa Townsend	03 5754 1181	lisat@alpineshire.vic.gov.au	Stadium available for hire - netball, basketball, soccer, badminton, volleyball, indoor cricket, gymnastics, table tennis & roller derby
Mount Beauty Basketball Association	Mount Beauty	Mark Roffey	0437 131 778	markelly@vegas.com.au	Basketball
Takahashi-ha no Ryukyu-Shuri-Te Traditional KarateDo	Mount Beauty	Garry O'Connor	03 5756 2775	alpinemoods@bigpond.com.au	The Takahashi-ha no Ryukyu - Shuri-te Karate-Do, was established in 1953 by Takahashi Kentsu 10th Dan Hanshi in Japan, Sharing and teaching the philosophies of; OSensei Chosin Chibana and OSensei Kentsu Yabu, who were two most notable Shuri Te Masters of Okinawa. The traditional art was first introduced into Australia in 1980. We "Welcome," new members who wish to train with spirit and meaningful purpose. Our aim is to preserve our traditional lineage, through honest and dedicated instruction and commitment to training."Yokoso - Welcome."
Birkebeiner Nordic Ski Club	Mount Beauty	Ronice Goebel	03 5754 1826	weegie@live.com.au	Cross country skiing including junior squad social skiing racing social events and 'Kangaroo Hoppet'

Mount Beauty Amateur Swimming Club	Mount Beauty	Kiona Best	0427 544 870	mtbeauty@bakery.net.au	Swimming training, Interclub & interdistrict for children aged 8yrs onwards including adults. From November - March - 33 metre pool
Mount Beauty Tennis Club	Mount Beauty	Hugh Skey	03 5754 1323/ 0418 147 801	mountbeautytennisclub@gmail.com	Courts available to public for hire. Competitions - Mixed Wednesday evening, Ladies day time Thursday. Over 50 Tuesday & Friday mornings, Juniors Saturday mornings, Saturday evenings social tennis - once a month
Mount Beauty parkun	Mount Beauty			mountbeautyoffice@parkrun.com	A free weekly timed 5k Run or walk

ALPINE SHIRE'S SMALL AREAS AND BENCHMARK AREAS		
Area	2016 Index	Percentile
Tawonga and Kiewa Valley	1,028.1	63
Harrietville - Porepunkah and District	1,023.1	60
ASC Upper Ovens	1,015.7	54
Buffalo River - Gapsted and District	1,014.5	54
• ASC Kiewa Valley	1,012.3	53
Victoria	1,010.0	51
Bright	1,007.6	50
Australia	1,001.9	46
Mount Beauty - Tawonga South	1,000.5	45
Alpine Shire	994.0	41
Alpine Resorts and Dinner Plain	990.3	40
Regional VIC	977.0	32
Hume Region	975.2	32
ASC Lower Ovens	959.3	25
Myrtleford	935.8	17

Source: Australian Bureau of Statistics, [Census of Population and Housing 2016](#).
Compiled and presented in profile.id by .id, the population experts.

(Usual residence data)



SURVEY TO PROVIDE LOCALS WITH ADVICE ON HOW TO IMPROVE LIFESTYLE

By TATE SPITERI

COLLATED data from an active health survey will be used to provide recommendations on how Alpine Shire residents can improve their lifestyle.

The Alpine Active Living Project being undertaken by Gateway Health in partnership with Alpine Health and the Alpine Shire Council will look into residents' physical health and how it can be improved across the region.

Gateway Health's health promotion

coordinator Felicity Kennedy said that most people in Victoria were not meeting the recommended guidelines for physical activity.

"We are looking at what is happening in the Alpine Shire in terms of opportunities to be physically active, we want feedback on how people are active and what opportunities or barriers they face," she said.

"We want to increase those opportunities, so we can get people physically active to improve their overall health."

Government bodies and groups can create opportunities through organised sport and by encouraging playing, working, riding and gardening but generating room for active travel is an area Gateway Health is keen to focus on.

"We will use that (survey) information from the community and also some GIS mapping to look at the green spaces that exist, so sporting spaces and parks in Bright, Myrtleford and Mt Beauty," Ms Kennedy explained.

"We will be looking at how connected those spaces are to general places in the CBD so if it's easy for people to get to and from them via active travel.

"We've also been talking to people in the community to find out what's going on, so all that information will be gathered and put into the report."

Ms Kennedy said that while she believed most people in the shire to be pretty active there was always room for more connections and better health.

"Lots of shops and businesses have been really open to having the poster out with a link to the survey and people have also printed hard copies," Ms Kennedy said.

"We have had quite a few responses and there's still today to go so hopefully we get lots more in."

When completed, the report will be available to all community members.

If you would still like to be involved and take the survey visit www.survey-monkey.com/r/Alpine_Active_2018.

Appendix 8
Stakeholder engagement

STAKEHOLDER/ PARTNER	EXISTING PHYSICAL ACTIVITY OPPORTUNITIES	POINTS OF INTEREST	COMMUNITY CONTACTS
<p>Alpine Shire Council</p> <p>Economic Development</p> <p>Community Development</p>	<ul style="list-style-type: none"> • Parkrun (Bright and Mount Beauty) • ‘Ninja Warrior’ • ‘Spartan’ annual events • Bright Bootcamp • Yoga • Bright indoor pool; older group activities on offer • Trail runners, goat track • Wandiligong Paragliders Club • Electric bikes, bike hire by the river in Bright • Alpine cycling club - all types of cycling • Walking groups • Senior citizen Centres • Mystic Mountain Bike Park 	<ul style="list-style-type: none"> • People less likely to commute between towns in the shire • There are many exercise opportunities in the shire – which means the gym is not as popular as it could be • Chamber of Commerce could act a as resource • Small population in the Alpine Shire, not diverse in culture • High proportion of people that do not drive, community transport is an issue, also has flow on effect for social connection • ‘Positive ageing staff member’ (formerly employed through council) set up exercise group in Dederang hall • Harrierville; keen to do something in their hall • Murray to Mountains Rail Trail – better in Myrtleford and Bright, organised cycling usage, safe • Green spaces - don’t require any formal booking; Bright Centenary and Howard Parks are used (e.g., dog obedience) • Consider Dinner Plain; it has 70 residents, closest town is Omeo (South Gippsland Shire), • Community directory requires updating and maintenance of details. 	<ul style="list-style-type: none"> • Facilities and Recreation Officer • Maternal Child Health Nurses • Asset Development, Asset Maintenance at Alpine Shire Council • North East Catchment Management Authority (NECMA) • Department of Water Environment Land and Planning; mapping; managing tourism areas, recreational use of state parks • Murray Primary Health Network (PHN) • GP clinics – programs advertised here, e.g., Zumba • Lions Club • Rotary Club • Chamber of Commerce • Alpine Community Plantation Group

Alpine Health Health Promotion	University of the Third Age (U3A)	Mapping of physical activity initiatives took place 5 years ago	Consumer Health Advisory Group (CHAG)
<ul style="list-style-type: none"> • University of the Third Age (U3A) • Men's sheds • Life ball • Pole walking • AFL and Netball Clubs • Tennis Clubs • Roller Derby • Bright Fun Run – annual event • Swimming clubs; Myrtleford, just leisure, not competition • Belly dancing academy • Tai Chi • Active Leisure Groups (ALG) • WASP, Gateway Health • Myrtleford community garden; • Alpine Health – community health groups • Mudgeonga physical activity group • Walking groups • Community Groups regarding (e.g., Life diabetes, heart disease, stroke, prevention programs) • 'Healthy and Wise' run by Albury Wodonga Health 	<ul style="list-style-type: none"> • Mapping of physical activity initiatives took place 5 years ago • Alpine Health currently undergoing service planning phase, consultation process part of this • No gym in Myrtleford – an issue, farmer is running a gym out of his shed, some sporting clubs have gym equipment 	<ul style="list-style-type: none"> • Consumer Health Advisory Group (CHAG) • Alpine Aged Care Advocates – independent but supported by Alpine Health with administration • Personal trainers in parks • Alpine Allied Health • Ovens Valley Physio • Alpine Shire Youth Development Officer • Landcare • CFA • SES • Youth worker • Probus Club, • Anglicare • Into Our Hands Foundation • Maternal Child Health • Thinks there was a university that conducted similar kind of research between 2-4years ago • Contact dr surgeries, namely the nurse practitioner/practice manager • Alpine Health receptionist in Bright • Case managers 'Alpine at Home', Julie Ryley, Team Manage • Private providers (e.g., gyms) what's their contribution to the community – could they provide a 'senior's discount' for use during off peak times for example middle of the day/week 	

<p>Department of Health and Human Services</p>			<ul style="list-style-type: none"> • Bright, Mount Beauty Neighbourhood Houses • food relief agencies • King Valley and Myrtleford Neighbourhood Houses • Child Youth Area Partnership • Disability, Housing, Child Protection
<p>Community Participation</p>			

LIBRARIES

- libraries are community hub facilities
- multiple user groups
- a place for social connection
- physical activity and social connection groups run out of here

VISITOR INFORMATION CENTRE

- A resident working at the Visitor Information centre explained that the residents of Bright on a whole are very active, with cycling being a big part of that. An example of this demand was that the local school recently expanded their bike shed due the number of students riding their bikes to school. The introduction of a local Parkrun has also recently been established. She believes there is an increasing number of families in Bright.
- A resident living in Mt Beauty and volunteering her time at the Information Centre informed us that there is a broad range of physical activity opportunities in Mt Beauty and if you were out and about you would get connected in with these opportunities. This highlighted the importance of social connectedness to get involved in physical activity opportunities.

SPORT NORTH EAST

- The outdoor pool in Myrtleford is currently under-utilised. There is potential for more activities here, including those for the aged such as water aerobics, Bumpa ball and adult learn to swim (Sports North East, 2018).
- Bright has a strong cycling culture with a well- connected trail (Sports North East, 2018)
- The Bright Community Centre is used for activities such as various levels of Zumba (Sports North East, 2018)
- Bright Sports Centre has a fully equipped Gym Three squash courts and offers classes such as circuit, power step, power bar, tai chi, simply weights, exercise classes for over 50's, spin and more (Sports North East, 2018)
- Consider ageing populations and how these groups can be supported e.g., walking soccer, groups could use facilities during the week when they are not normally utilised
- Informed of the Age Friendly Checklist – WHO
- Determine potential for Women's Football League to fit in with men's league (i.e., flexibility in fixtures so that women play when men have an away game and vice-versa)
- Consider whether there is potential for:
 - Women's football/soccer/cricket
 - junior football
 - mixed football team
 - modified social support for seniors

BEECHWORTH HEALTH SERVICE

- Provided direction to the Indigo Shire Health and Wellbeing Plan
- Informed of Indigo Recreational Plan, which a consultant wrote after engaging with the community
- Provided feedback that local groups have contacted Beechworth Health Service to let them know that active living is easier when there are onsite facilities available, for example mountain bike tracks don't always have toilets, water, seating, shade. Identifying this in the community will mean that organisations are grant ready.

PARKRUN INFORMATION

The objective of parkrun is to empower as many members of the community to get involved in parkrun, either by volunteering or running but ideally both. parkrun events are free and open to people of all standards and ages, both as volunteers and as runners. People of every ability are encouraged to take part, from those taking their first steps in running to Olympians, from juniors to those with decades of experience. All runners receive encouragement and enjoy being part of a community event open to all standards. Equally, volunteer teams come from a huge variety of backgrounds and everyone is encouraged to get involved in organising their local events at least 3 times per year. In 2015 there were over 440 parkrun events around the world with over 1,300,000 registered parkrunners and this has since skyrocketed. Here in Australia parkrun launched in April 2011 and now have 93 parkrun events every Saturday morning with over 137,000 registered parkrunners. parkrun offers free, weekly events with low barriers to participation and in doing so drives participation in all sports. It fosters an attitude towards improving ones health and for some to join a formal club structure

Gender: many parkrun events have become very popular with groups of local women and mothers. The proportion of female participants at parkrun events is considerably higher than many other running events (47.5% of all parkrunners are female, and 36.5% of all runs were by women - as in July 2012).

- **Socio-economic:** parkruns are free and based in parks that are easily accessible by foot, bike and public transport, making them attractive to those on lower incomes. Increasing participation from these groups requires locating parkrun events in places easily accessible with the backing of local Councils, combined with marketing the events to local community groups and organisations.
- **Age:** parkruns are open to all ages and standards. Runs are age graded so that young and old can compare their performance against adults in their prime. Older athletes can focus on maintaining or beating their age graded best rather than a time PB set when they were younger. We also welcome younger runners 5 years and older whilst recognising the need to protect their welfare.

BENEFITS

- help people increase their levels of physical activity
- encourages people of all ages to become more active and look to build strong, co-operative partnerships with private sponsors and all levels of government in order to support this
- an opportunity to take part in an organised form of physical activity at the weekend which complies with most recommendations that adults take part in at least 30 minutes of moderate physical activity on 5 or more days of the week
- advocates the shared use of physical activity facilities, enabling the wider community to use local facilities, such as local park areas.
- Open to all ages, cultures and genders – enabling everyone to get active and improve their health and wellbeing.
- free of charge this opens the accessibility of physical activities to everyone in the community and therefore include those that cannot afford to join local gyms or pay for activities at the local leisure centres.
- opportunity to take part and become active on a regular basis, in order to improve health and fitness.
- encourages children to see the benefits of being active and therefore help to reduce the number of adults in the future who will chose sedentary behaviour.
- Encourage families to become active together, by being a family orientated initiative.



SUMMER in the parks

December '16
To
January '17



Wangaratta
Performing Arts Centre



Mr Stink

Tuesday 14 March, 6.30pm
Wednesday 15 March, 10am
All tickets \$20, Group 4+ \$15ea
Suitable for children 6+

David Williams' award-winning book comes to life on stage for children 6-12... and their adults! "Mr Stink stank. He also stunk. And if it was correct English to say he stinked, then he stinked as well..."

Slplash Galaxy

Wednesday 29
March, 6.30pm
All tickets \$20,
Group 4+ \$15ea
Suitable for children
aged 5+

Using the contents of your cleaning closet, Bunk Puppets conjures up astonishing lo-fi wizardry with old boxes, bubble wrap, drinking straws, tennis balls, ping pong bats and old toys. It's a shadow puppet universe, all made up from bits of rubbish.



Wangaratta Performing Arts Centre
33-37 Ford Street Wangaratta

P: 5722 8105
E: boxoffice@wangaratta.vic.gov.au
W: www.wangarattapac.com.au



Summer events to make your heart sing!

If you're looking for some great stuff to do in our rural city this summer, then look no further - this program offers it all! From song and dance, arts and laughs, celebration and meditation, outdoor spaces and painted faces, fireworks and artworks, story time and early exercise, chances to indulge and opportunities to get involved, plus the flickering glow of outdoor films - all designed to keep you, your family and your friends entertained throughout the warmer months.



See you in
The sunshines!

The Summer in the Parks program is presented by the Rural City of Wangaratta Council. All events are free to attend or participate in, unless otherwise indicated.

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pre-Xmas events



MONDAY 5 DECEMBER

WPAC Season Launch
 > featuring Debra Byrne
 6.00pm at Alpine MDF Theatre
 Wangaratta Performing Arts Centre



Come along and hear about all of the wonderful shows that are being presented throughout 2017 as part of the Wangaratta Performing Arts Centre program!

SUNDAY 11 DECEMBER

Wangaratta Lions Club Carols by Candlelight
 Mernwa Park



6.30pm - Pre Carols Entertainment
 7.30pm-9.30pm - Carols followed by fireworks

A popular family event, the Wangaratta Lions Club Carols by Candlelight promises an array of vibrant talent.

The magic of Christmas will be celebrated in song with more than 24 acts by acclaimed entertainers and local performers including Rod Vincent, Sing Australia Choir and a performance by primary school students from Wangaratta. Santa will be paying a visit to say hello and the grand finale, a spectacular fireworks display, will close the evening.

Pack your own rug and picnic or simply enjoy the wide variety of food available for purchase - Lions BBQ, drinks, ice-creams and coffee.

Inclement Weather Venue: Holy Trinity Cathedral, Wangaratta.

pg 4

THURSDAY 15 DECEMBER – WEDNESDAY 4 JANUARY

Enjoy shopping locally this festive season with free parking in Wangaratta's CBD. Time limits are enforceable.

free parking



THURSDAY 15 DECEMBER

Christmas Late Night Shopping Celebration
 Wangaratta's Central Business District
 5pm-8pm

Enjoy the Christmas spirit and complete any last minute Christmas shopping with a huge range of local shops on-board with special offers and superb gift ideas.

Shop local, soak up the sounds of local performers and see Santa as he pops into town to collect any last minute wishes. To help make it even easier to finish your shopping, drop by the gift wrapping stall to have everything wrapped.



THURSDAY 22 DECEMBER

'Community Food for All' Twilight Christmas Market
 Holy Trinity Cathedral
 4.00pm-9.00pm

There is a lot of planning and running around just before Christmas - so it's the perfect combo that the Community Food for All Network has brought a mix of artisan grocers, providers and purveyors of local food and entertainment all in the one location for Wangaratta's first Christmas Twilight Market.

With local seasonal produce, plus a handful of local makers for any last minute presents, both your table and tree will be complete.

This is your chance to see the beginnings of Wangaratta's first Urban Community Food Garden project.

pg 5

ROCK POOL

Join Us

WEDNESDAY

21 DECEMBER

4PM AT OLYMPIC POOL

SWAN STREET, WANGARATTA

FILM TO BEGIN AT DUSK

Free, all ages music event with some of Wangaratta's hottest musicians. Come down for a dip in the pool, a ride on the waterslide, a dance and then kick back poolside or grab a tube to enjoy a film on the big screen.

BBQ provided by *YMCA's Open Doors*

freeze
 www.freeze.vic.gov.au



(This is a drug, alcohol and smoke free fully supervised event with no pass outs.)

pg 6

Outdoor Movies

Catch a movie in the great outdoors!

Each year different venues throughout the rural city are chosen to view a range of the latest movies under the stars. Grab your family and friends and pack your own chair, blanket or beanbag and settle in for a great show on the big screen.

FRIDAY 13 JANUARY

Tarrangee Recreation Reserve
1010 Great Alpine Road, Tarrangee
7.00pm - Activities and BBQ,
Film to begin at dusk -
KUNG FU PANDA 3 (PG), 95 minutes



Featuring the voices of Jack Black, Bryan Cranston and Dustin Hoffman, this legendary adventure of awesomeness continues Po's story and Po faces two hugely epic, but different threats - one supernatural and the other a little closer to his home.

THURSDAY 26 JANUARY

Whorouly Recreation Reserve
Whorouly River Road
5.00pm - Australia Day Celebrations (see page 15)
7.00pm - Activities and BBQ
Film to begin at dusk - ODDBALL (G), 95 Minutes



Celebrate Australia Day with the Whorouly community before sitting back to enjoy the story of Allan "Swampy" Marsh and his dog Oddball. Swampy convinced local authorities to allow Oddball to protect a colony of penguins on Middle Island from wild cats and dogs.



IS COMING TO
WANGARATTA
 JANUARY 18 - 22 2017

Merriwa Park
Ryley Street Wangaratta



BUY ONLINE AND SAVE
CINEMAPOPUP.COM.AU
 KIDS \$5 ADULTS \$10



New Year's Eve

SATURDAY 31 DECEMBER

New Year's Eve Celebration
Apex Park, Wangaratta
7.00pm - Entertainment and activities
9.15pm - Fireworks
Film to begin at dusk
12.00am - Fireworks

Wangaratta's biggest and best New Year's Eve party returns this year with a bang!

There will be an array of interactive entertainment before the sun goes down to keep the kids amused with the first fireworks to commence at a child-friendly 9.15pm. For night owls, stick around as the live music starts and the big screen goes up, and check out the movie that will take you through to the midnight fireworks show, welcoming in 2017.

Incident Weather Venue: Ovens Riverside Precinct

SUMMER in the parks 2016

CALENDAR OF EVENTS

DATE	EVENT	TIME	VENUE	COST
Mon 5 Dec	WPAC Season Launch	6.00pm	Alpine MDF Theatre, WPAC	FREE
Sun 11 Dec	Carols by Candlelight	6.30pm-9.30pm	Merriwa Park	FREE
Thurs 15 Dec	Christmas Shopping Celebration	5.00pm-8.00pm	Wangaratta CBD	FREE
Wed 21 Dec	Rock Pool	4.00pm	Olympic Pool, Swan St, Wang	FREE
Thurs 22 Dec	Twilight Christmas Market	4.00pm - 9.00pm	Holy Trinity Cathedral	FREE
Sat 31 Dec	New Year's Eve Celebration	7.00pm-12.00am	Apex Park	FREE
Tues 3 Jan	Kanga Training	10.00am - 11.00am	King George V Gardens	FREE
Wed 4 Jan	Body Balance	7.00am-7.50am	King George V Gardens	FREE
Fri 6 Jan	Yogalates	7.00am-7.50am	King George V Gardens	FREE
Mon 9 Jan	Book Chat	1.30pm	Wangaratta Library	FREE
Tues 10 Jan	Fire Twirling	7.30pm-8.30pm	King George V Gardens	FREE
Wed 11 Jan	Body Balance	7.00am-7.50am	King George V Gardens	FREE
Fri 13 Jan	Yogalates	7.00am-7.50am	King George V Gardens	FREE
Fri 13 Jan	Moonlight Movie - Kung Fu Panda	7.00pm	Tarrangingee Rec. Reserve	FREE
Tues 17 Jan	Kanga Training	10.00am - 11.00am	King George V Gardens	FREE
Tues 17 Jan	Fire Twirling	7.30pm-8.30pm	King George V Gardens	FREE
Wed 18 Jan	Body Balance	7.00am-7.50am	King George V Gardens	FREE
18-22 Jan	National Cinema Pop Up	7.00pm	Merriwa Park	FREE
Fri 20 Jan	Yogalates	7.00am-7.50am	King George V Gardens	FREE
Tues 24 Jan	Fire Twirling	7.30pm-8.30pm	King George V Gardens	FREE
Wed 25 Jan	Body Balance	7.00am-7.50am	King George V Gardens	FREE
Thurs 26 Jan	Australia Day	8.00am-11.00am	King George V Gardens	FREE
Thurs 26 Jan	Moonlight Movie + Australia Day	5.00pm	Whorouly Rec. Reserve	FREE
Fri 27 Jan	Yogalates	7.00am-7.50am	King George V Gardens	FREE
Sat 28 Jan	Outdoor Ball	7.00pm-11.00pm	Merriwa Park	FREE
Tues 31 Jan	Fire Twirling	7.30pm-8.30pm	King George V Gardens	FREE



See you in the sunshine!

pg 11

The garden series

Wangaratta's crown jewel comes to life this summer with activities for everyone. King George V Gardens will not only play host to an abundance of events during January, but garden furniture will be rolled out every weekday to encourage and accommodate extra visitors.

You are welcome to enjoy the shade of the beautiful Plane Trees during your lunch break or spend some time with your children at the playground - grab yourself a beanbag, blanket or chair and make yourself comfortable.

TUESDAY 10, 17, 24, 31 JANUARY

Kangatraining

10.00am - 11.00am

Kangatraining is a unique dance, cardio & strength training postnatal workout with your baby.

Unlike traditional exercise classes, new mums need not worry about finding a babysitter or minding an unsettled baby during class because the babies are worn on them and get to be part of the action!

Meet other local mums in a fun, relaxed environment..

Note: new mums must be at least 6 weeks post-partum or 12 weeks post-partum caesarean to participate



TUESDAY 10, 17, 24, 31 JANUARY

Twirling Tuesdays

7.30pm-8.30pm

Fire twirling is about action and fun. It incorporates grace, movement and agility with participants taken through the tips and tricks of twirling. A professional twirling performance will close off each session.

Classes utilise an unlit poi stick.

pg 12

The garden series



WEDNESDAY 4, 11, 18, 25 JANUARY
Work Out Wednesdays - Body Balance
 7.00am – 7.50am

Yoga influenced pre-choreographed exercise program set to uplifting music. Each workout is structured to create harmony between breath and movement, action and relaxation, awareness and concentration.

BYO Mat



FRIDAY
6, 13, 20, 27 JANUARY
Feel Good Fridays - Yogalates
 7.00am – 7.50am

A blend of Yoga and Pilates that will stretch and streamline the body, calm the mind and improve postural and breathing habits.

Not suitable for pregnant women
 BYO Mat

Australia Day

On Australia Day we come together as a nation to celebrate what's great about Australia and being Australian. It's the day to reflect on what we have achieved and what we can be proud of in our great nation.

Australia Day is driven by communities throughout the Rural City of Wangaratta, and the celebrations held in each town are unified by the celebration of what's great about our communities and our country – this is the foundation of Australia Day's ongoing success.

Wangaratta



THURSDAY 26 JANUARY
King George V Gardens
 8.00am – 11.00am

Stay cool in King George Gardens this year, as we celebrate Australia Day. The official event will include a flag raising, awards, citizenship ceremony, followed by a FREE BBQ morning tea, proudly cooked by the Wangaratta Lions Club.

FREE TO ATTEND

The Wangaratta Australia Day Ceremony is an alcohol free event.

Rural Events

BOORHAMAN REC. RESERVE
 8.30am
 Free community breakfast, flag raising & presentation
i Barry Byrne 03 5726 9845

CARBOOR HALL - 6.30pm
 Community BBQ, activities and flag lowering
i Veronica Box 03 5729 5510

ELDORADO MEMORIAL HALL
 6.00pm
 Dinner, flag lowering, children's gold nugget hunt & classic car display
i Cheryl Bell 03 5725 1728

EVERTON HALL - 8.00am
 Breakfast, speeches, flag raising, presentation and games
i Julie Allen 0407 270 375

GLENROWAN, OLD POLICE STATION - 10.00am
 Breakfast, speeches and flag raising
i Linton Briggs 03 5766 2216

GRETA/ HANSONVILLE HALL
 10.00am
 Flag raising, presentation and morning tea
i Sally Arnold 0437 916 693

HAMILTON PARK, KURRAJONG LANE BBQ AREA - 9.00am
 BBQ breakfast, flag raising ceremony and award presentations
i Caroline Robinson 0434 885 099

MILLAWA, JOHN MCALEESE COMMUNITY PARK - 6.30pm
 Kids games, donut eating contest, presentation of local awards & BBQ
i Sally Rodgers 03 5727 3220

MOYHU - LIONS PARK 8.30am
 Breakfast, flag raising, speeches, award presentations
i Donna Handcock 03 5721 9911

MURMUNGEE, OLD MURMUNGEE HALL - 7.30am
 Community breakfast, flag raising, presentation and children's activities
i John Bradford 0437 271 480

NORTH WANGARATTA, VINE HOTEL, DETOUR ROAD - 11.00am
 Launch of Community Storyboards and celebration to follow
i Marg Pullen 03 5722 2718

PEECHELBA BUSHLAND RESERVE - 8.30am
 Flag raising, presentation and community breakfast
i Mrs. D. Lawrence 03 5726 9390

SPRINGHURST COMMUNITY HALL - FRI 20 JANUARY 5.00pm
 Games, BBQ and awards
i Kevin Atteridge 0427 265 250

TARRAWINGEE HALL - 7.30pm
 Breakfast, speeches and awards
i Alex McMillan 03 5725 1525

WHOROLY RECREATION RESERVE - 8.30am
 Flag raising, presentations, BBQ and activities, followed by a Moonlight Movie beginning at dusk
i Sue Bromilow 0432 028 316

See page 9 for more details...

Library activities

Wangaratta Library conducts a range of holiday activities for primary school aged children and young adults.

Story Time Sessions

Toddler Tales for 1-3 year olds: Monday at 11am
Tuesday at 10.30am
Pre-school Story Time:
Rhyme Time for Mums & babies up to 12months old: Thursday at 1.30am
Pre-school Story Time: Friday at 10.30am

Story Time is a chance for you to sit back and enjoy a fun, free activity with your children. Together we read stories, sing songs and have craft activities that are specially designed for our youngest visitors.

Summer Reading Club

1 December 2016 to 31 January 2017

Be the Hero. Be the Villain. Unleash your imagination and get ready for action this summer. Discover heroes, villains, sidekicks and more! Choose your own adventure from our library shelves with the chance to win prizes with our free Summer Reading Club from 1 December 2016 to 31 January 2017. Visit the library or join online at www.summerreadingclub.org.au

FOR THE ADULTS

Book Chat

Monday 9 January – 1.30pm

If you enjoy a good read and friendly conversation, drop into the Wangaratta Library for our monthly book chat. You can enjoy a cuppa and some good company while having the chance to talk about your favourite authors and titles, and be inspired to read something new. Unlike other book clubs, there is no set book to read or cost involved.

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Splash Park & Olympic Pool Seasons

Enjoy our aquatic facilities throughout the summer!

SPLASH PARK

26 November 2016 - 13 March 2017
10.00am to 8.00pm Daily

OLYMPIC POOL

26 November 2016 – 13 March 2017

Weekdays 3.30pm – 6.30pm

Weekends 1pm – 6.30pm all season

School Holidays 1pm – 6.30pm

Variations to these hours may occur due to weather, bookings and special events.

Sunday 27 November

2.00pm–4.00pm Pool inflatable & waterslide

Sunday 8 January

2.00pm–4.00pm Pool inflatable & waterslide

Sunday 22 January

2.00pm–4.00pm Waterslide

Sunday 5 February

2.00pm–4.00pm Pool inflatable & Waterslide

Sunday 19 February

2.00pm–4.00pm Waterslide

Sunday 5 March

2.00pm–4.00pm Pool inflatable & Waterslide
(Family Fundraiser YMCA Open Doors)

Regular entry and access fees apply

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gallery activities

FRIDAY 20 JANUARY & SATURDAY 21 JANUARY NGV KIDS ON TOUR

10 am – 1pm at Wangaratta Art Gallery

Bookings Required: 03 5722 0865 (limited spaces)
Age group: 4 and up. *Parents must accompany children.*

Wangaratta Art Gallery will host the NGV Kids on Tour 2017 which will feature activities and art workshops during the summer school holidays to encourage and unleash their creativity.

Children and families will have the opportunity to engage with summer exhibitions from the NGV including Atelier:Viktor&Polf for Kids and John Olsen's The You Beaut Country through a range of hands on activities and workshops. Take part in a range of free workshops at Wangaratta Art Gallery and discover the fun of contemporary art and design.

The free NGV Kids on Tour 2017 program takes place during the summer holidays and runs in conjunction with the NGV Kids Summer Festival from 16–26 Jan 2017.

Summer Holiday Workshop Feast

During the summer school holidays Wangaratta Art Gallery will host a feast of workshops lead by local artists to inspire and stimulate children of all ages.

The workshops will explore themes from the exhibitions running over the summer period ensuring heaps of fun and learning of new skills.

Further details: wangerattaartgallery.com.au or on facebook @WangarattaArtGallery

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The Outdoor Ball moves to a pretty new home - amongst the ducks and beautiful scenery in Merriwa Park.

SATURDAY 28 JANUARY

Merriwa Park

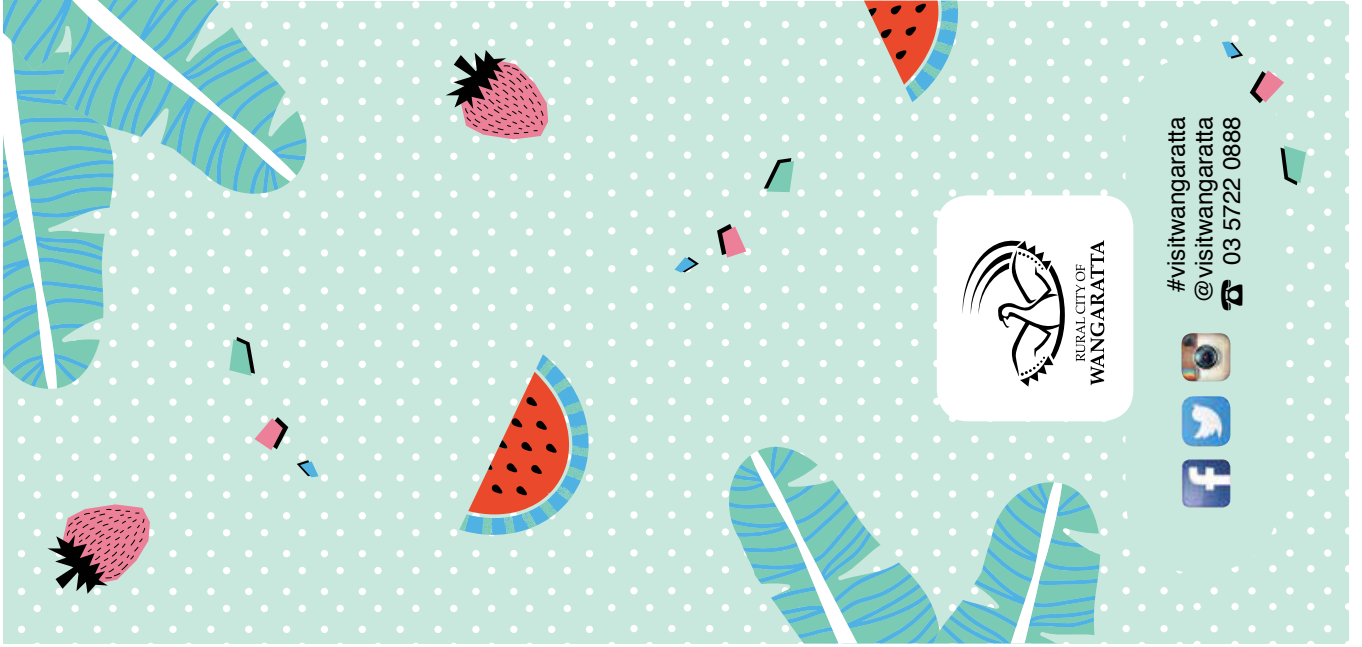
7.00pm – 11.00pm

Sit back and enjoy the sounds of summer as Nicky Bomba's Bustamento takes you away to enjoy the styles of early Caribbean music. The music reflects a passion for the exotic sounds of island music as well as energy and spontaneity.

Gather up your friends and family and head into Merriwa Park to enjoy a range of local beers, wines and gourmet food, all available for purchase on the evening.

Powerful rhythms, musical genius and just downright good fun..... There won't be a spare inch left on the dancefloor! Tables of 10 are available for \$55 – this allows you to reserve a prime spot in the park or simply bring a blanket and picnic and enjoy a FREE night's entertainment.

THIS EVENT IS FULLY LICENCED. STRICTLY NO BYO



#visitwangaratta
@visitwangaratta
03 5722 0888



