

# #27 ACTIVE, HEALTHY COMMUNITIES: A RESOURCE PACKAGE FOR LOCAL GOVERNMENT

## THE HEART FOUNDATION AND QUEENSLAND GOVERNMENT

Resource Package, 2010

**Topic for advocacy** HEPA - Physical Activity and Health and Local Clubs / Obesity and behavioural change / Cycling, transportation and active travel / Education and Active Schools

<https://www.heartfoundation.org.au/images/uploads/publications/Active-healthy-communities-Queensland.pdf>

### Description of the good example

Active, Healthy Communities is a resource package developed by the Heart Foundation in 2010 to assist Local Governments in creating supportive environments for physical activity and healthy eating. It contains toolkit to assist the councils of Queensland to create local environments that support active, healthy communities and lifestyles. The resource package builds on this by presenting useful ideas, practical information, and case studies based on the latest research.

### Target - Who can best use this example or document?

Local governments, local councils, not-for-profit organisations, local education organisations, curriculum coordinators, fitness leaders, physical education and health education teachers, school nutrition directors, school health councils.

*\*All information in this entry is sourced from the link above and contact mentioned in the document.*

### Highlights and outcomes

#### Why could it be useful for your organisation and advocacy?

The resource builds capacity in civil society organisations to engage in active, cross-sector advocacy for the implementation of the EU Physical Activity Guidelines. It is transferable to other countries, brings sustainable activation, and has a local community approach.

### Learning points - What can we learn from it?

The important role that councils have in shaping healthy local environments through their roles in planning and development, and the provision and management of facilities and services. How to implement policies to foster active and healthy communities into council's work practices within existing resources.

### Further information

The Heart Foundation and Queensland Government  
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