

#28 BLUEPRINT FOR AN ACTIVE AUSTRALIA

THE HEART FOUNDATION

Recommendations, 2009

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

<https://www.heartfoundation.org.au/images/uploads/publications/Blueprint-for-an-active-Australia-second-edition.pdf>

Description of the good example

Developed by the National Heart Foundation of Australia in 2009, the 'Blueprint for an active Australia' provides key information to help governments, organisations, associations and agencies formulate a national physical activity plan for action to increase population levels of physical activity. The document provides a summary of evidence and strategies to inform national policy and action plans to address physical activity and complement the Australian Government's recommendations for physical activity across the lifespan for all Australians.

Target - Who can best use this example or document?

Federal, state and local governments, public and private stakeholders.

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

The recommendations build capacity on governments, public and private stakeholders, and promotes the need to work together to create a long-term strategy to change current patterns of physical activity in Australia.

Learning points - What can we learn from it?

How to formulate a holistic national physical activity action plan and how to build environments and plan reforms to create spaces for walking and cycling; how to incorporate physical activity programs in schools and workplaces.

Further information

The Heart Foundation

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<https://www.heartfoundation.org.au/>

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