



# Community health and well-being planning

Communities throughout Australia are experiencing increasing levels of physical inactivity, a major factor leading to an increased demand on community resources such as infrastructure, transport and health care. These trends have seen a greater dependency on government and taxpayers. Community health, well-being and physical activity planning can assist decision-makers make informed choices in regard to policy, infrastructure provision and community funding.

Not all communities require the same level or type of well-being planning. Some examples of the different types of health and well-being services ROSS Planning offers are:

- community health planning
- physical activity planning
- plans for target demographics (such as older people, children or youth).

## Our approach

ROSS Planning will facilitate a tailored approach to developing active and healthy planning for your organisation.

Through extensive understanding, experience and skills in the health and well-being arena, we will provide a holistic, over-arching framework encompassing feasible recommendations that support environments for active and healthy living.

Investing in the long-term and empowering the community through strategy and vision, we can help assist in community capacity-building. This, along with a reliable evaluation framework, will drive continuous learning and improvement.

Working closely with your organisation and the community, we are confident we can highlight and reinforce the positive relationships between active and healthy communities and improved social, cultural, economic and environmental outcomes.

## Case studies

### Moreton Bay Regional Council — Active Living Plan

This Plan was a series of strategies, priorities and recommendations to improve and promote healthier communities within Moreton Bay. Importantly, the Plan recognised the capabilities of Council, key stakeholders and the community.

The Plan focussed on four key components; physical activity, built environment, active transport and nutrition. The recommendations were based on a whole-of-community approach to achieving “a lot with a little” by focussing on existing networks and already developed momentum to increase and improve the physical well-being and health of residents and visitors to the region.

### Redland City Council — Physical Activity Strategy

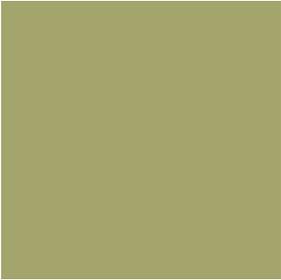
ROSS Planning developed a comprehensive physical activity strategy for the Redland City area that includes a policy framework incorporating a set of physical activity targets and a capacity building plan for the ongoing education, training and support for Council and its community members.

This Strategy has assisted Council present to the community its vision and allows the community to have an understanding of the importance Council places on opportunities for physical activity and well-being.

### Tweed Shire Council — Positive and Healthy Ageing Plan

Population growth and a high proportion of elderly residents continue to be major issues for the Tweed Shire, hence Council’s decision to commission ROSS Planning to develop the Positive and Healthy Ageing Plan. The Plan focuses on strengthening the coordination between Council, government agencies, local business and other service providers to create age-friendly communities, avoid service duplication and increase the cost effectiveness of programs and projects across the Shire.

These outcomes were achieved through a number of recommendations to maintain (and improve) health through physical activity, social interactions, mobility, access to health services and safety. Age-friendly communities are proposed that provide a range of inclusive and accessible services, with easy access to buildings, safe recreation spaces, legible signage and directions, with regular and reliable transport options.



# Community health and well-being



## Community well-being project list

- City of Palmerston - Physical Activity Strategy
- Ipswich City Council -
  - Analysis of Sport, Recreation and Physical Activity Levels and Trends
  - Needs Assessment for the Active and Healthy Lifestyle Ipswich Strategy
- Kilcoy Shire Council - Kilcoy Physical Activity and Nutrition Report
- Melton Shire Council - Active Participation Survey
- Moreton Bay Regional Council - Active Living Plan
- Redland City Council - Redland Physical Activity Strategy
- Tweed Shire Council - Positive and Healthy Ageing Plan



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