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Introduction

What is the Healthy Weight Initiative?

The Healthy Weight Initiative is a whole of government approach with a focus on systemic improvements to the food and active living environments to make the healthier choice the easy choice. It is expected that these efforts will contribute to support a healthier Canberra and reduce the burden of chronic disease and demand on the health system in the long term.

The Healthy Weight Initiative continues to monitor and co-ordinate policy and program activity across government.

How is the Healthy Weight Initiative monitored?

The long term target of the Healthy Weight Initiative is to achieve zero growth in the rates of overweight and obesity. There is acknowledgement that this will require significant changes in the food and active living environments to reverse the trend of increasing rates of overweight and obesity and improve population health outcomes.

The Progress Report to June 2016 outlines progress made under the Healthy Weight Initiative from when it was established until June 2016. The report is available at www.act.gov.au/healthyliving.

This 2016-17 Progress Report focuses on the implementation of policy and program level activities in the 2016-17 financial year across the whole of government settings and themes of schools, workplaces, urban planning, food environment, and information and data. This year, the report also includes a number of snapshots to provide greater insight into the policies and programs being implemented.

Figure 1 shows the evaluation approach used. At this stage of implementation, monitoring continues to be focussed on following progress in implementing policies and programs along with tracking progress towards achieving medium and long-term targets.

Implementation progress

The following sections outline the progress against activities under the Healthy Weight Action Plan and additional initiatives under each theme that contribute towards achieving the Healthy Weight Initiative targets.

Social inclusion was a theme included in the initial Healthy Weight Action Plan. The ACT Government has not implemented specific policies or programs under the theme of social inclusion in 2016-17. The Community Services Directorate has instead focussed efforts on embedding the principles of healthy eating and active lifestyles through its existing programs such as the Growing Healthy Families and Freshen It Up programs.

A review and future contract arrangements for the Emergency Material and Financial Aid Program will provide an opportunity for providers to explore sourcing healthier choices for disadvantaged groups, so that improved health outcomes can be achieved for the most vulnerable in our community.
Figure 1: Healthy Weight Initiative actions and evaluation of expected outcomes over the short, medium and long-term

Healthy Weight Initiative actions and expected outcomes

<table>
<thead>
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<th>Whole of Government implementation of HWI actions</th>
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**Healthy Weight Initiative actions and expected outcomes**

- **Improve the food and active living environments, population knowledge and attitudes**
  - Improvements to food environments and active living environments
  - Increased knowledge of the benefits of active living and healthy eating

- **Improve the ACT’s population health behaviours**
  - Physical activity
  - Healthy eating

- **Reduce the incidence of overweight and obesity in the ACT population**
  - Zero growth
  - Reverse the trend

- **Improve population health**
  - Reduce rates of chronic disease
  - Other outcomes e.g. increased productivity and improved learning

**WE ARE HERE**

- Short-term progress on actions and changing environments
- Medium-term targets
- Long-term targets
- Anticipated future outcomes (not included in evaluation)

**Improving food environments**

**Improving active living environments**

**Zero growth in overweight and obesity**
Schools

It is recognised that early development of healthy habits, particularly within the school environment, can last a lifetime. Improving nutrition and increasing regular physical activity within schools has been identified as a high priority which is strongly supported by the community. There are many additional educational benefits to eating well and being active including improved concentration and positive mental health.

Under the Healthy Weight Initiative, the ACT Government is supporting the growth of active travel to school, improving the healthiness of food and drinks for sale at school canteens, building physical activity into the school day and encouraging students to get involved in healthier behaviours.

Progress highlights in 2016-17

**ACTION: Implement an ACT Public School food and drink policy with supporting resources that mandate the implementation of the National Healthy School Canteen Guidelines in ACT Government schools.**

- School canteens have continued their concerted effort to make changes to meet the guidelines and policy requirements.
- The ACT Nutrition Support Service completed 70 canteen menu assessments in ACT public schools across 2015-16 and 72 to date in 2016-17.
- **GREEN** food and drinks now represent 49 percent of all the food and drinks available across public school canteens. The proportion of **RED** food and drinks has dropped from 23 percent to only 3 percent of all food and drink items (further details in the snapshot on page 8).

**ACTION: Improve the measurement, capacity to deliver, and curriculum support for physical education in all ACT schools.**

- **PE Pulse**, managed in partnership with the Physical Activity Foundation, aims to enhance the delivery of physical education in the classroom. It continues to support an increasing number of primary schools in the ACT to access resources, services and professional development opportunities related to physical education, sport and recreation.
- The **Action Research Report on Building Teacher Capability to Deliver Physical Education in ACT Primary Schools** report was released which provides teachers with valuable support to build quality, structured and developmentally appropriate physical education programs.
- All ACT teachers have access to **Curriculum into the Classroom** resources to support curriculum delivery.
- ACT Schools have begun assessing and reporting student achievement to parents and carers using the Australian Curriculum: Health and Physical Education. There is an increased focus on this aspect of curriculum delivery. Professional learning is being delivered and resources developed to upskill teachers in their use of the Australian Curriculum for planning, teaching and assessing student learning in health and physical education.
Activities in schools to improve healthy eating:

✓ The online professional learning course Food&ME Kindergarten to Year 6 was piloted in January 2017. As of May 2017, 37 educators had completed the online professional learning course to support their delivery of appropriate nutrition education to primary students. Seven Preschool and Kindergarten to Year 6 Food&ME face to face professional learning network sessions were delivered in 2016-17, reaching 282 teachers.

✓ Fresh Tastes has expanded to 80 ACT primary schools (consisting of 63 public schools), reaching 31,500 students. Of these schools, 46 are focusing on the ‘Growing Food’ action area, providing students with hands-on opportunities to grow, harvest and taste vegetables and fruit. For more information see the snapshot on page 9.

Activities in schools to improve active living:

✓ Ride or Walk to School encourages students to travel actively and is managed through the Physical Activity Foundation. Ride or Walk to School has expanded to 64 schools, reaching over 27,000 children in 900 classrooms. For more information see the snapshot on page 10.

✓ Safe Cycle Years 7 and 8 was launched in October 2016. The program is delivered by the Physical Activity Foundation which manages bookings and delivery of bikes to allow schools to offer practical lessons within the curriculum. The curriculum was piloted with three schools in Term 4, 2016.

✓ The Active Streets program was piloted in four Belconnen schools to trial changes to existing roads and footpaths and provide information to families to support active travel. Funding has been committed to expand Active Streets to 25 schools by 2018. For more information see the snapshot on page 10.

✓ A new Schools Transport Co-ordinator has been appointed to implement Active Streets for Schools and act as a central point of contact for principals, parents and local residents.

✓ It’s Your Move focuses on student-led innovation in ACT high schools and encourages students to develop creative solutions for health promotion at school. From the beginning of the 2017 school year, six high schools are implementing “Entrepreneurs: It’s Your Move” to year 9 and 10 students to improve health and embed It’s Your Move into the curriculum. For more information see the snapshot on page 11.

✓ 64 services have participated in the Kids at Play program in 2016-17, with 59 leaders and 107 educators attending program training. This program promotes active play and teaches fundamental movement skills to children aged three to five years.

“We have seen a huge shift in the availability of healthy choices in school canteens.”
- ACT Nutrition Support Service
School canteen menu assessments

There has been substantial improvement to the food environment across ACT public schools through the efforts of school canteen managers, with support from the ACT Nutrition Support Service and the Collaborative Working Group on Food at School. This partnership effort has seen an increase in healthy food and drinks and a decrease in unhealthy food and drinks available from canteens across ACT public schools. It is hoped the implementation of similar policies in the Catholic and Independent schools in the ACT will achieve equally positive outcomes.

The ACT Public School Food and Drink Policy, which was introduced in February 2015, highlights guidelines for the types of menu items available in school canteens. The policy uses the traffic light system set out in the National Healthy School Canteen Guidelines to classify food and drink items as GREEN (always on the canteen menu), AMBER (select carefully) and RED (not recommended on the canteen menu). Under the policy, the majority of food and drink items must be GREEN, and no RED items should be available.

As shown in Figure 2, the most recent round of canteen menu assessments conducted by the ACT Nutrition Support Service found that GREEN food and drinks now represent 49% of all the food and drink items available across ACT public school canteens, up from 32% in the previous assessment period. Furthermore, the proportion of unhealthy RED food and drinks has dropped from 23% to only 3% of all food and drink items. This represents a considerable effort by school canteens and is a positive outcome for students.

A favourable change can also be seen in schools meeting the policy requirements. Among the 72 ACT public school canteens completing assessments during the 2016 - 2017 round:

- 56% of canteens met the criteria for a majority of GREEN items (up from 10% pre-policy),
- 57% of canteens met the criteria for phasing out RED items completely (up from 16% pre-policy), and
- 42% of canteens met both of the above criteria (up from 8% pre-policy).

Further canteen site visit assessments will be undertaken next year to continue to monitor changes in menus and further support schools to meet the policy requirements and increase healthy food and drinks available in canteens.
Fresh Tastes

*Fresh Tastes* is a free ACT Government service for Canberra primary schools to make healthy food and drinks a bigger part of everyday life at school. The goal is to take a population approach to decrease rates of overweight and obesity while increasing the fruit and vegetable consumption by children in the ACT. *Fresh Tastes* is an evidence-based initiative that uses models of best-practice for health behaviour change. It supports schools using a whole school approach over three years to influence their food and drink culture.

As at April 2017, 80 ACT primary schools are involved in *Fresh Tastes* on a voluntary basis. This equates to 75 percent of ACT primary schools reaching approximately 31,500 students. The majority are ACT public schools which has been partly driven by the introduction of the *ACT Public School Food and Drink Policy* in 2015. Many of Canberra’s primary schools already promote healthy food and drink choices, teach students about nutrition, add healthier options to their canteen menus, and give students hands-on food growing and cooking experiences. *Fresh Tastes* helps schools build on these activities and strengths.

For each year of involvement, schools write and implement a simple 12-month action plan which includes choosing from the action areas of: classroom learning; food for sale; growing food; cooking food; food from home; and healthy food and drink guidelines.

Action plans feature activities that will involve everyone in the school community including students, parents, teachers, the local community and business partners. Schools have access to financial grants, curriculum resources, professional learning, communication materials and individualised assistance from ACT Health’s *Fresh Tastes* team, as well as networking opportunities with other schools to share ideas.

**Isabella Plains Early Childhood School**

Isabella Plains Early Childhood School is one of the schools that has taken the ‘Food from Home’ and ‘Growing Food’ action areas and expanded it to the wider community. The school has a group of inspired parents who offer lunchbox workshops where parents share creative ideas about what a healthy lunchbox looks like, and how easy and affordable this can be. The school has a community partnership with the local retirement village, whose residents volunteer to maintain the school garden alongside the students. The approach has effectively engaged the wider school community to be involved in supporting students to learn about healthy eating messages as well as fostering a sense of community and belonging.

Since joining *Fresh Tastes*, the major changes at Isabella Plains Early Childhood School include the full implementation of the *ACT Public School Food and Drink Policy*, widespread use of the school garden, full consistency between the school canteen and classroom messages about nutrition, and improved teacher confidence to teach nutrition to students.

SNAPSHOT

RIDE or WALK to school

Ride or Walk to School

There are currently 64 schools with 27,000 students participating in the ACT Government’s Ride or Walk to School program. The program encourages active travel particularly increasing the number of children riding and walking to and from school. To date, the program has included assisting schools to develop active travel plans and guidelines, safe route maps, professional development to teachers, provision of bikes, helmets and maintenance kits, assistance with bike storage, self-defence to enhance student safety and BMX workshops to increase confidence and skills.

The program was designed in consultation with the ACT Children and Young People’s Commissioner and with input from over 550 students from Kindergarten to Year 12 across nine schools. Stakeholders were also consulted to address barriers to active travel.

A recent evaluation of the Ride or Walk to School program found that it has been successful in increasing the rates of active travel amongst primary school students participating in the program. Notably, when compared to non-participating schools:

- Children enrolled at a school participating in Ride or Walk to School were more likely to use active travel at least once a week with an average of 67% of students in participating schools using active travel at least once a week, compared to 44% in non-participating schools.
- Children attending a participating school were more likely to use active travel as their usual mode of travel, with 51% of participating school students using active travel as their usual mode of transport (five or more trips a week to or from school), compared to 30% in non-participating schools.

A key component of Ride or Walk to School is the development of Safe Cycle education units aligned to the Australian Curriculum: Health and Physical Education. The Safe Cycle curriculum educates students in safe cycling techniques and bike maintenance and increases their confidence to ride to school. Newly developed online versions of the Safe Cycle resources for both primary and high schools are imminent.

The ACT Government’s Active Streets program is an extension of Ride or Walk to School and aims to create supportive environments around schools that are safer and more conducive to active travel. Active Streets was piloted in four Belconnen schools to trial changes to existing roads and footpaths and provide information to families to support active travel. Results from the pilot indicate early signs of success in reducing the volume and speed of traffic around pilot schools. Overall, the percentage of students using active travel to and from school was higher following the installation of Active Streets infrastructure. In 2016 funding was announced to expand Active Streets to 25 schools by 2018.
Entrepreneurs: It’s Your Move

*It’s Your Move* is an ACT Government initiative that encourages high school students to develop creative solutions to improving school health. The pilot ran from 2012-14 and the program has evolved into a new iteration known as *Entrepreneurs: It’s Your Move* which commenced in the 2017 school year. Eleven Canberra high schools have participated in *It’s Your Move* to date.

*Entrepreneurs: It’s Your Move* aims to create health and social entrepreneurs of the future, and embeds *It’s Your Move* into the high school curriculum through a new subject on offer to year 9 and 10 high school students. Students participate in hands-on, engaging activities that are project based and solution focused. Students are given the opportunity to contribute to the health and wellbeing of their school community.

The curriculum draws on a problem solving approach called design thinking, which takes students through five stages of concept development: Imagine, Empathise, Ideate, Prototype/Test and Launch. The curriculum also includes systems theory and project management to provide students with skills that are highly transferrable and relevant in today’s workforce. Students have the opportunity to create and implement a real project to improve school health. They pitch their ideas to a panel of Canberra entrepreneurs for seed funding, in the style of the ‘Shark Tank’ television show. *It’s Your Move* has established partnerships with local business people for this pitch event and also matches a relevant business mentor with each class to coach students.

The curriculum was created by a team of experts including representatives from the health and education directorates, ACT high school teachers, and ThinkPlace, a Canberra based company that uses design thinking to create public good. The ThinkPlace Foundation has sponsored the development of comprehensive and engaging teacher and student toolkits that include hands on and digital resources. ThinkPlace were a finalist for a Good Design award for their work on the curriculum. *Entrepreneurs: It’s Your Move* includes engaging and interactive student and teacher toolkits for 60 lessons, online teacher professional learning, project seed funding and inter-school networking opportunities.

The curriculum is flexible and can be delivered by schools in a variety of ways, including:

1. a full semester (20 week) elective unit,
2. a component of a school leadership program, or
3. a component of an existing subject.

Six Canberra high schools, both government and independent, are trialling the new subject in Semester 1, 2017.

Written and video how-to guides have been developed to help schools implement a previous successful *It’s Your Move* idea as an alternative to the *Entrepreneurs: It’s Your Move* curriculum. Project funding and planning support is also available for schools to implement how-to guide projects.

The aim is for 24 high schools (out of a total of 41) to be involved by 2020. Early feedback from the six schools indicates that the subject sessions are highly engaging and the students are really enjoying the design thinking process.
Workplaces

A Newspoll survey conducted in March 2015 indicated that Canberrans strongly support the ACT Government taking active steps to reduce levels of overweight and obesity. Of those surveyed, more than 90 percent supported an increase in the availability of healthier food and drink options in workplaces. Evidence shows that healthier workplaces enjoy the benefits of higher productivity, lower absenteeism and better staff morale.

The ACT Government continues to lead by example through improving the health and active culture of its own workplaces and facilities. This includes encouraging active travel through its e-bike fleet and offering appropriate end of trip facilities in government workplaces, as well as offering healthy food and drink options in government vending machines, cafes and workplace catering.

Through the Healthier Work service, the ACT Government is also delivering new incentives, recognition and support for the private sector to create healthier workplaces.

Progress highlights in 2016-17

**ACTION: Implement an award scheme that rewards healthy workplaces.**

✓ **Healthier Work** was established in 2012 to support employers to develop health and wellbeing initiatives within their workplace. Workplaces continue to receive Healthier Work certificates at quarterly breakfast events. In 2016-17, a total of 106 workplaces have 12 month health and wellbeing plans in place, covering 4,880 Canberrans.

✓ The **Healthier Work Recognition XL** program was launched which includes health and wellbeing plans customised to each venue, site or work area in large workplaces with over 200 employees. Three large organisations are currently registered.

**ACTION: Improve the availability of healthy food and drink choices and reduce unhealthy choices at ACT Government workplaces, facilities and government-funded events.**

✓ The **ACT Public Sector Healthy Food and Drink Policy** was launched in July 2016 with the aim of increasing the availability of healthier options for ACT public service staff members. It applies to catering, fundraising and food outlets which predominantly provide food and drink to ACT public service staff members.

✓ As part of the policy, the Healthy Choices Catering Providers List provides staff with a list of menus that meet policy requirements, making it easier to order catering for functions and meetings. There are currently eight providers on the list.

✓ The second phase of the **ACT Public Sector Healthy Food and Drink Policy** is under development.

✓ 124 vending machine assessments were undertaken in 2016 (further details in the snapshot on page 14).

4,880 Canberrans benefit from workplace health and wellbeing plans.
Healthy Weight Initiative 2016-17 Progress Report

**ACTION: Implement a program of health risk assessments.**

✓ The ACT Online Employee Health and Wellbeing Survey is continuing to be offered through *Healthier Work*. It provides public, community and private sector workplaces with an easy to use online survey to help identify and monitor the current health status, and health and wellbeing program preferences, of staff.

**ACTION: Provide incentives for ACT workers and/or workplaces to participate in physical activity or active travel.**

✓ The ACT Government has introduced a number of electronic bikes (e-bikes) which staff can choose to use for short trips instead of cars or taxis. The introduction of the e-bikes is designed to encourage staff to be more active and environmentally friendly. As at March 2017, the e-bikes had clocked up 25,000 kilometres.

✓ The physical activity and lifestyle modification program has been reviewed and a new program commenced in June 2017 with further programs planned for 2017-18.

✓ *Healthier Work* is assisting ACT workplaces to develop new incentives for ACT workers and workplaces to participate in physical activity or active travel. For more information see the snapshot on page 15.

**ACTION: Update requirements for new commercial buildings to contain facilities that encourage physical activity, and improve access to these facilities for existing buildings.**

✓ The End-of-Trip Facilities General Code has been developed to replace the current Bicycle Parking General Code. The code aims to maximise the potential to promote walking and cycling as healthy transport options in the Territory Plan by providing secure bike parking, change rooms for people commuting to work or exercising at lunch, and storage for their gear. A community and industry consultation on the proposed Territory Plan variation concludes in June 2017. This will inform the development of the final code which applies to new buildings, major alterations or extensions to existing buildings, or changes of use...
Healthy Weight Initiative 2016-17 Progress Report

Healthy food and drink policies

As part of the whole of government approach to improving the availability of healthy food and drink at ACT Government workplaces and facilities, the *ACT Public Sector Healthy Food and Drink Choices Policy* commenced in July 2016. This policy was introduced following the commencement of the *ACT Health Healthy Food and Drink Choices Policy* and the *ACT Public Sector Healthy Food and Drink Choices Vending Machine Policy* in 2014. Food and drink items are classified using the traffic light system as follows:

- **GREEN** food and drinks offer a wide range of nutrients and are generally low in saturated fat, sugar and salt.
- **AMBER** food and drinks contribute some valuable nutrients, but contain more saturated fat, sugar and/or salt than **GREEN** foods and also may provide excess kilojoules.
- **RED** food and drinks are low in nutritional value and may be high in saturated fat, added sugar, excess energy and/or salt, and do not contribute positively to the diet.

The policies set the following targets for food and drink items available in ACT Government facilities:

- at least 50 percent of items are **GREEN**, and
- no more than 20 percent of items are **RED**.

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**SNAPSHOT**

Vending machines in ACT Government facilities

In 2016, the ACT Nutrition Support Service assessed 124 vending machines in ACT Government workplaces and facilities.

Of these machines, 34 vending machines (27 percent) were identified as having met both the **GREEN** and **RED** targets. Since the 2014 baseline assessments, there has been an increase in both **GREEN** and **AMBER** items and a decrease in **RED** items (see Figure 3 below).

**SNAPSHOT**

Healthy food and drink in the Canberra Hospital staff cafeteria

The Canberra Hospital staff cafeteria is working towards meeting the targets of ACT Health’s *Healthy Food and Drink Choices Policy*. At the time of the last assessment in 2016:

- 39 percent of items available in the staff cafeteria were **GREEN**, and
- **RED** items were down to 28 percent which is very close to achieving the target of 20 percent.

The Canberra Hospital staff cafeteria has also been a leader in the provision of healthy food and drinks in ACT Health. They have provided training about the traffic light system to other food services.
Healthier Work

*Healthier Work* is a free ACT Government service established to support employers to develop workplace health and wellbeing initiatives.

Since its inception in 2012, *Healthier Work* has engaged with 493 ACT workplaces and supported them in developing health and wellbeing programs. In the 2016-17 year, approximately 4,880 employees have access to health and wellbeing plans developed as part of this service.

The number of workplaces involved in *Healthier Work* continues to increase. The recognition program now has a number of levels:

- **recognised workplaces** have signed up to a 12 month health and wellbeing plan,
- **recognition XL workplaces** are large workplaces with a 12 month health and wellbeing plan,
- **silver status workplaces** have completed their 12 month health and wellbeing plan, have evaluated their plan and committed to another 12 months, and
- **gold status workplaces** have completed the implementation of two year health and wellbeing plans, evaluated these and committed to a third year while showing which health and wellbeing initiatives they have embedded into their work environment.

In 2016-17, 106 workplaces have 12 month health and wellbeing plans in place. This consists of:

- 38 workplaces being recognised for embracing their commitment to 12 months of health and wellbeing activities, which brings the total number of ‘recognised’ workplaces to 59,
- 20 workplaces receiving ‘silver’ status, bringing the total silver status workplaces to 35, and
- 12 workplaces receiving ‘gold’ status.

Four workplaces joined the *Recognition XL* program. This is a new program introduced in 2016-17 and involves having 12 month health and wellbeing plans for each different venue/site/work area within a large workplace.

*Healthier Work* has conducted 127 workplace visits and 17 presentations to a combined 316 people.

*Healthier Work* has hosted two networking breakfasts in October 2016 and March 2017, reaching 240 participants with another breakfast in June 2017.

Healthier Work Day was held in October 2016. A photo and video competition was held, calling for people and workplaces to show how they can be healthier at work. Winning entries from the Heart Foundation ACT, Springbank Rise Early Learning and ACT Housing were featured on an ACTION bus promoting healthier workplaces across Canberra.

*Healthier Work* engages with employers to encourage innovative strategies to implement health and wellbeing in the workplace, recognising that the needs of staff vary between organisations. Some examples of new and innovative strategies implemented this year in *Healthier Work* workplaces include seated massages, hula hoop classes, workplace mental health action plans, and the StairWELL Challenge for staff to climb the most stairs at the workplace in the month.

For more information, including the 2016-17 Case Study booklet, visit [www.healthierwork.act.gov.au](http://www.healthierwork.act.gov.au).
Good urban planning has been shown to improve health outcomes by creating local environments which encourage physical activity. One way to do this is by offering accessible walking and cycling infrastructure to build physical activity into daily routines.

The ACT Government is incorporating active living principles into the Territory Plan through draft variation number 348 and the master plan process. There are also ongoing programs of infrastructure maintenance and installation to improve walking and cycling paths, as well as park amenities and outdoor fitness equipment.

**Progress highlights in 2016-17**

**ACTION: Promote and prioritise active travel through the implementation of the Transport for Canberra plan and master planning processes.**

- Under the Active Living Program, the Heart Foundation hosted a series of six professional development workshops for ACT Government staff to build capacity and confidence in understanding the benefits of active living principles and how they can be implemented through their work.

- The ACT Government engaged with the community from April to June 2017 on draft variations to the Territory Plan for Woden and Mawson. The variations proposed to use the recommendations from the master plans to, amongst other things, improve pedestrian and cycle connections, enhance public spaces, improve sports and recreational facilities and improve connections to active travel such as light rail.

**ACTION: Incorporate active living principles into the Territory Plan Codes and the Territory and Municipal Services Standards for public realm design and development works.**

- Construction of improved active travel facilities in Ainslie and Watson. Further works to make facilities more age friendly will be complete at Monash and Kaleen later in 2017.

- The ACT Government engaged with the community on incorporating active living principles into the Territory Plan from December 2016 to February 2017. See the snapshot on page 17 for more information.

**ACTION: Create car parking and other incentives that encourage active travel (work/cycle/bus) and discourage private transport for entire journeys into town centres.**

- A Parking Fee Determination took effect on 1 July 2016 to increase the price of public parking by six percent. This was made to encourage more sustainable travel behaviours and support people to exercise more and live active lifestyles through the use of public transport and active travel modes to get to work or move around the city.

- Canberra’s first Park & Pedal scheme commenced in February 2017, closely followed by Stage 2 in April 2017. Park & Pedal makes it easier for Canberrans to drive part way to work, park their car for free, and pedal their bikes the remainder of the journey.

- By the end of June 2017, 92% of the ACTION bus fleet will be fitted with bike racks.
Additional activities include:

- Outdoor fitness equipment in Yarralumla was upgraded.
- The *Nature Play* website promoting active recreation spaces and parks was launched in July 2016. As of April 2017, the *Nature Play* website had nearly 300 registered users and its Facebook page had nearly 2,000 followers. The website includes the CBR Passport to an Amazing Childhood which encourages kids to get outside and be active by completing outdoor missions and activities. Since the passport launch in January 2017, approximately 340 passport orders have been received through the website and a total of 10,000 passports have been distributed (primarily through the visitor’s centre, Tidbinbilla and the National Arboretum).
- A marketing campaign was carried out in June 2017 which featured a bus wrap promoting *Bike & Ride*, *Park & Ride* and *Park & Pedal*.
- The first Canberra Walk and Ride Week was held in March 2017 with approximately 150 participants across 25 events throughout the week. Activities encouraged Canberrans to walk, ride and catch public transport as often as possible to show the benefits of active travel such as improved health and wellbeing. The week also included use of the customised ACTiveLog smartphone app, with GPS tracking to monitor participants walking and bike riding behaviour. A total of 451 activities were recorded, with the youngest participant being 21 years old, and the oldest participant being 77 years old.

SNAPSHOT

Engagement on incorporating active living principles into the Territory Plan (known as DV348)

Following a pre-consultation process with industry and key stakeholders in late 2016, the ACT Government held a formal engagement process with industry and the public on incorporating active living principles into the Territory Plan. A total of 39 submissions were received during the public consultation. The results are currently being analysed and are expected to be released in late 2017.

The six active living principles, proposed for inclusion in the Territory Plan variation, are:

- Connected places - providing connections between major uses and activity centres.
- Open space - good quality open spaces, parks and places.
- Mixed land use and density - encouraging diversity in activities, land uses and development densities.
- Safe and attractive places - ensuring places are safe and attractive to everyone using that place.
- Supportive infrastructure - providing supportive infrastructure that encourages regular physical activity
- Environments for all - ensuring places are inclusive and have equitable access for all Canberrans.

DV348 will help Canberrans meet the National Physical Activity Guidelines on a regular basis by ensuring future developments consider the six active living principles.
Active Living Program Evaluation

In June 2016 the Centre for Research and Action in Public Health at the University of Canberra commenced an independent evaluation of the ACT Government funded Active Living Program 2012-15.

The Active Living Program is an initiative that aims to:

- undertake and facilitate independent research that can be used by the ACT Government and others to inform and implement changes to the built environment to improve the health and wellbeing of the community,
- educate professionals working in the built environment about the importance of their work in promoting a healthy built environment, and
- advocate for changes to the built environment that support opportunities for physical activity.

A desktop review of four planning policies was undertaken to evaluate the extent to which active living principles were evident. These policies were the Territory Plan, the Statement of Planning Intent, the Belconnen Master Plan and Woden Master Plan. This analysis found that three out of the four documents considered active living principles due to the influence of the Active Living Program. While this is positive news, at the time of the analysis, no conclusive findings could be determined as to whether the Territory Plan had been influenced by the Active Living Program. Further analysis over a longer period of time would be beneficial.

The second part of the evaluation involved interviews with ten participants across the ACT Government. These interviews found that the Active Living Program had a positive impact on the participant’s work and their workplaces. However, there was a consensus that the implementation of the active living principles into daily practice and into the built environment was an ongoing process and that there was a need for some form of ongoing implementation and professional support.

Bike & Ride, Park & Ride and new Park & Pedal

In February 2017, the ACT Government launched the first Park & Pedal scheme from Lindsay Pryor National Arboretum. The scheme enables Canberrans to drive part of the way to work, park their car for free, and pedal their bikes the remainder of their journey. Located on main commuter roads and only a 30 minute ride from the City and Woden, it offers off-road paths to ensure a pleasant, stress-free ride to work.

Locations at Glenloch Interchange and in Hackett and Evatt were launched in April 2017.

Surveys continue to identify that some Canberrans do not ride to work because it is considered ‘too far’. Park & Pedal overcomes this barrier, making it easier for all to incorporate part-way active travel. Some Park & Pedal users find this option convenient when they need the car for errands to or from work, but also want to combine with a ride.

Canberrans continue to use Park & Ride facilities which offers allocated parking spaces for passengers to park their car before catching an ACTION bus to complete their journey. A network of express buses service the facilities to reduce congestion and demand for parking in business centres.

Requests for Park & Ride permits increased 17.9 percent from 2014-15 to 2015-16, following a promotional campaign carried out in July-August 2015. Service improvements have also been introduced at selected facilities, and the Park & Ride scheme will continue to be promoted via bus advertising and improved signage in 2017.
Food Environment

Our food and drink choices and kilojoule (energy) intakes are influenced by the environment around us which includes our shops, restaurants, sport and recreation venues, and through the media. Unfortunately food and drinks that are high in kilojoules, saturated fat, added sugars and salt tend to dominate these settings, making healthier choices harder and harder to make.

The ACT Government is committed to improving the food environment, and in September 2016 released its response to the community consultation on food and drink marketing. The response includes supporting businesses, sporting clubs and event organisers to offer and promote healthier food and drink options, and limit the marketing of unhealthy food and drinks, particularly to children. In its response, the ACT Government has emphasised the need to work collaboratively with stakeholders in the first instance. The introduction of a mandatory code for supermarket checkouts is not being pursued at this time.

Progress highlights in 2016-17

**ACTION: Improve the availability of free drinking water in public places and food outlets.**

✓ Water station installation continued in 2016-17, with fountains installed at Spence Shops, Kambah Village shops, Kambah District Park, Diddams Close in Belconnen and Weston Creek dog park.

**ACTION: Restrict the advertising of unhealthy foods within the government’s regulatory control.**

✓ The ACT Government introduced arrangements with its bus advertising provider, Go Transit, to ensure that ACTION bus advertisements promote healthier choices consistent with the Australian Dietary Guidelines and associated Australian Guide to Healthy Eating.

**ACTION: Regulate the sale of sugar-sweetened drinks.**

✓ Under the ACT Public School Food and Drink Policy all vending machines have been removed from ACT public schools. Public school canteens have removed the sale of sugar-sweetened drinks.

✓ Under the ACT Public Sector Healthy Food and Drink Choices Policy and ACT Public Sector Healthy Food and Drink Choices Vending Machine Policy apply to food and drinks supplied for sale in ACTPS workplaces and facilities. The policies require that at least 50 percent of available products are GREEN, and that no more than 20 percent of items are RED. Refer to the snapshot on page 14 for more information. Work is underway to assess the costs and benefits of expanding the policies to other ACT Government settings.
Additional activities to improve the food environment include:

✓ A pilot project was conducted in 2016 with five local businesses to trial voluntary actions aimed at encouraging customers to make healthier food and drink choices. The pilot showed that consumers want choice and that businesses can introduce healthier food and drinks without damaging their bottom line. The ACT Government is now working with the Canberra Business Chamber and other providers to scale up the initiative. See the snapshot on page 21 for more information.

✓ In June 2016 ACT Health commissioned a review to assess the impact of the ACT’s mandatory kilojoule display laws in guiding consumers towards healthier (lower kilojoule) food and drink choices. Findings will be synthesised and tabled in the Legislative Assembly, as part of a broader review of the operation of the laws.

✓ Work is underway to inform a 12 month trial of ways to encourage healthy sponsorships in junior sporting clubs and to reduce the exposure of children to unhealthy food and drink sponsorships and promotion in junior sport.

✓ ACT Health commissioned a study to explore the commercial feasibility of using caterers or other food service providers to supply healthier food and drinks for sale through local sporting club canteens. The next steps will be to trial and evaluate preferred options.

✓ The ACT Government is working collaboratively under the Council of Australian Governments’ Health Council to consider collective action that could improve children’s health by limiting the promotion and availability of unhealthy food and drinks.

Good Habits for Life

✓ Continued implementation of Good Habits for Life, which is a social marketing campaign targeting families with young children to engage parents in healthier lifestyle behaviours. For the period 1 July 2016 to 30 April 2017, there were 63,359 unique page views of the Good Habits for Life website. In March 2017, the first e-newsletter was delivered successfully to 1,781 subscribers.
SNAPSHOT

Encouraging healthier food and drink in local businesses

A three month pilot was undertaken in 2016 to support local businesses in providing and promoting healthier food and drink choices to the Canberra community. Four ACT businesses, across five settings, trialled innovative solutions to increase the promotion of healthier food and drinks, and reduce unhealthy marketing.

The pilot was delivered by the ACT Government in partnership with the Canberra Business Chamber and supported by the ACT Nutrition Support Service. It concluded in July 2016 and the implementation of an expanded program is currently underway.

The pilot businesses each found ways to encourage healthier choices without damaging their bottom line. A snapshot of the participating businesses is outlined below.

The Hellenic Club, Woden

With assistance from the ACT Nutrition Support Service, the Hellenic Club developed a range of new healthier choice meals for children. The Club promoted the meals by displaying colourful signs throughout its Woden facility and highlighting the healthier meals on menus. Each meal came with a colour-in place mat that taught children about the benefits of fruit and vegetables. Customers responded well to the new healthier options which, by the end of the pilot period, made up 25% of all kids’ meals sold.

IGA Supermarkets, Nicholls and Drakeford

Healthier food and drink items were promoted at the two participating IGA Supermarkets through shelf signage and targeted in-store messaging, such as ‘Eat vegetables everyday’ and ‘Choose treats carefully’. Each store also introduced a free fruit basket for kids. The initiative was well received by IGA customers. During the pilot, when faced with similar product choices – type and price – customers were more likely to choose the option marked as healthier.

Tommy and Me Cafe, Macgregor

Tommy and Me Cafe introduced healthy snacks for young children, which were promoted in a reusable snack pack box, and highlighted healthier options on menus. Overall, cafe sales picked up during the pilot period and, by providing healthier snacks for toddlers, the cafe owner was better able to manage the problem they had experienced of customers buying a coffee for themselves, but bringing containers of food from home for their children.

Limelight Cinema, Tuggeranong

Limelight Cinema introduced a frozen yoghurt which had fewer kilojoules than ice cream alternatives. The frozen yoghurt was offered as part of a combo deal with a bottle of water and sold at a competitive price. Marketing materials were placed in high traffic areas with prime visibility. The frozen yoghurts sold well, becoming the cinema’s second best ice cream seller by the end of the pilot period.
Information and Data

The ACT Government relies on population health data to improve our knowledge base and support better evidence-based decision making. Accurate and timely data is crucial for planning and evaluating progress towards decreasing overweight and obesity.

Progress highlights in 2016-17

**ACTION:** Develop and maintain a web-based information resource for workplaces, primary care providers and the community about opportunities to improve physical activity and nutrition levels.

- ✓ The Live Healthy Canberra website, a directory of information on community based lifestyle modification programs and services, was launched in May 2017. The website allows users to search for health programs categorised as physical activity, weight loss and nutrition. It features evidence based programs relevant to the ACT region, is easily accessible by the community and is an effective tool for Canberrans seeking to improve their health outcomes. The website has received over 800 visits.

- ACTION: Improve the collection and assessment of biometric data in General Practice.

- ✓ Forty-two general practices across Canberra are providing basic biometric data such as height and weight measurements to the ACT Government. This will help provide a detailed understanding of obesity in the ACT and help monitor the effect of population level interventions over time. ACT Health will commence analysis on this data in the second half of 2017.

**SNAPSHOT**

**Canberra Walk and Ride Week**

The first annual Canberra Walk and Ride Week ran from 17-24 March 2017. It encouraged Canberrans to walk, ride and catch public transport as often as possible, so people realise how easy it is to incorporate regular physical activity into daily routines.

The week also promoted the use of the new ACTiveLog smartphone application which uses GPS to track walking and cycling activities. This information will inform future infrastructure and facility investments by showing popular routes and how the infrastructure is used. The application recorded 451 journeys covering more than 3,000 kilometres over the week. It included users aged from 21 to 77 and covered a variety of activities ranging from dog walking to mountain biking and commuting to work. The majority of the users used the ACTiveLog smartphone app to track their commute to work (23%) and for recreational activities (43%).

Across Canberra Walk and Ride Week there were 25 events hosted by a range of organisations and attended by over 150 participants, despite poor weather.

The rising rates of overweight and obesity reflect lifestyle changes which have gradually built up over the last few decades. It will take time to address and reverse these trends. The ACT Government recognises this and is focusing on the first step of the process which involves implementing evidence-based policy and programs which influence food and active living environments.

A number of outcome targets have been set for 2018 and are measured yearly to track progress towards these goals. It is envisioned that a combination of these policies and programs, over time, will result in healthier behaviours and subsequently reduce the levels of overweight and obesity across Canberra in the longer term.

The main health outcomes are being monitored under three categories: healthy weight, healthy eating and active living. These health outcomes are defined as follows:

**Healthy weight**: Achieving zero growth in the proportion of the population who are classified as overweight and obese.

**Healthy eating**: Increasing the proportion of the population who are consuming adequate daily serves of fruit and vegetables, and reducing children’s consumption of sugar-sweetened drinks.

**Active living**: Increasing the proportion of the population who are participating in adequate levels of physical activity and participating in active travel to and from work or school.

**Results**

Figure 4 on page 24 outlines specific targets and the status of the ACT population before the Healthy Weight Initiative commenced in 2013 as a baseline measurement. Progress towards these targets is being tracked using the best available local and national data sets. Tracking of these outcomes will continue as data becomes available, however not all data sets are collected yearly. The final evaluation report will use data collected over the time period 2010-18, and will be reported in 2019. Refer to Figure 5 on page 26 for a detailed description of the targets and data sources.

Targets were established for each health risk indicator based on previous national partnership targets, national guidelines (Australian Dietary Guidelines, Physical Activity and Sedentary behaviour Guidelines) and other ACT Government policies (e.g. Transport for Canberra). These targets and the data sources are also outlined in detail in the Progress Report to June 2016.

This year progress updates are available for 9 of the 14 indicators.

Progress against the targets remains positive and shows we are moving in the right direction for all but one indicator. The key results from the updated data show:

- no growth in obesity and overweight in ACT kindergarten children,
- a continued reduction in the proportion of children regularly drinking sugary drinks,
- on average children are eating enough fruit, and
- some progress in the proportion of children walking and cycling to school.
Figure 4: Healthy Weight Initiative targets and preliminary indication of progress

<table>
<thead>
<tr>
<th>Target description</th>
<th>Baseline 2010-2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>Target 2018</th>
<th>Preliminary indication of progress</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Healthy weight</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zero increase in proportion of overweight and obese adults</td>
<td>63</td>
<td>63</td>
<td></td>
<td></td>
<td></td>
<td>≤63</td>
<td>✔</td>
</tr>
<tr>
<td>Zero increase in proportion of overweight and obese children</td>
<td>26</td>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td>≤26</td>
<td>✔</td>
</tr>
<tr>
<td>Zero increase in proportion of overweight and obese kindergarten children</td>
<td>16</td>
<td>15</td>
<td>15</td>
<td>16</td>
<td>16</td>
<td>≤16</td>
<td>✔</td>
</tr>
<tr>
<td><strong>Healthy eating</strong></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase daily serves of fruit consumed by adults</td>
<td>1.8</td>
<td>1.7</td>
<td>1.8</td>
<td>1.9</td>
<td>1.7</td>
<td>2</td>
<td>=</td>
</tr>
<tr>
<td>Maintain daily serves of fruit consumed by children</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>✔</td>
</tr>
<tr>
<td>Increase daily serves of vegetables consumed by adults</td>
<td>2.5</td>
<td>2.6</td>
<td>2.6</td>
<td>2.5</td>
<td>2.6</td>
<td>5</td>
<td>=</td>
</tr>
<tr>
<td>Increase daily serves of vegetables consumed by children</td>
<td>2.3</td>
<td>2.3</td>
<td>2.3</td>
<td>2.3</td>
<td>2.3</td>
<td>4.5</td>
<td>=</td>
</tr>
<tr>
<td>Reduce regular consumption of sugar-sweetened drinks by children</td>
<td>36</td>
<td>29</td>
<td>30</td>
<td>25</td>
<td>23</td>
<td>27</td>
<td>✔</td>
</tr>
<tr>
<td><strong>Active living</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase adults meeting physical activity guidelines</td>
<td>59</td>
<td>52</td>
<td>60</td>
<td>64</td>
<td>59</td>
<td>67</td>
<td>=</td>
</tr>
<tr>
<td>Increase primary school children meeting physical activity guidelines</td>
<td>19</td>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td>21</td>
<td>✗</td>
</tr>
<tr>
<td>Increase adults using walking and cycling to get to work</td>
<td>7.7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12.5</td>
<td>?</td>
</tr>
<tr>
<td>Increase children using walking and cycling to get to school</td>
<td>34</td>
<td>37</td>
<td>35</td>
<td>35</td>
<td>39</td>
<td>39</td>
<td>✔</td>
</tr>
<tr>
<td>Increase adults using public transport to get to work</td>
<td>7.8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10.5</td>
<td>?</td>
</tr>
<tr>
<td>Zero increase in children exceeding screen time guidelines**</td>
<td>44</td>
<td>43</td>
<td>35</td>
<td>42</td>
<td>45</td>
<td>≤44</td>
<td>✔</td>
</tr>
</tbody>
</table>

- ✔ Early signs of progress towards the target
- = No change towards or away from target
- ? No census data as yet
- ✗ Trend away from target
- Refer to Figure 5 for a detailed description of the targets and data sources.
- The proportion of children exceeding screen time guidelines was slightly higher in 2016 but has not significantly increased from the baseline figure.
Conclusion

The Healthy Weight Initiative has set a long-term goal of zero growth in the rates of overweight and obesity across the ACT population.

While 63 percent of adults in the ACT are overweight or obese, only 20 percent believe that overweight or obesity is a major or critical problem for themselves or their immediate family*. This shows there is more work to be done to raise awareness and support Canberrans to engage in healthier behaviours and experience the health benefits that result. As many of the factors that contribute to overweight and obesity lie beyond the scope of the health sector, these efforts require collaboration across our community.

While preliminary results appear promising, the success of the Healthy Weight Initiative relies on continued efforts to meet and maintain the long term target of zero growth.

In 2016, the ACT Government reaffirmed its commitment to tackle overweight and obesity and reduce the impact of preventable and chronic illness more broadly. Central to this was an election commitment to develop a comprehensive Preventative Health Strategy. The Strategy will promote healthy choices and behaviours, with a specific focus on addressing the risk factors of smoking, harmful alcohol consumption, obesity, poor nutrition and physical inactivity. The insights of community groups, health experts and key innovative thinkers are being sought to assist the ACT Government in refocusing its prevention efforts.

The ACT Government is committed to keeping Canberrans healthy. Through the implementation of a comprehensive Preventative Health Strategy, the Government will work together with its partners to create a city that supports people to be active, eat well and maintain a healthy lifestyle.

*Reference: Canberra Omnibus Survey March 2015
Figure 5: Explanatory notes for Healthy Weight Initiative outcome targets

<table>
<thead>
<tr>
<th>Topic</th>
<th>Target detailed description</th>
<th>Data sources</th>
<th>Preliminary indication of progress</th>
<th>If there is:</th>
<th>Then:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy eating</td>
<td>Increase the mean number of daily serves of fruit consumed by adults from 1.8 serves at baseline to 2 serves in 2018. The target is aligned with the 2 serves of fruit recommended for adults in the Australian Dietary Guidelines.</td>
<td>ACT General Health Survey (ACT GHS) using self-reported serves of fruit and vegetables by adults. Baseline is 2010-2012 pooled ACT GHS data.</td>
<td>No significant change from baseline</td>
<td>No significant change from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td>Maintain the mean number of daily serves of fruit consumed by children at 2.0 serves from baseline to 2018. The children’s fruit consumption targets are aligned with the recommended serves for children in the Australian Dietary Guidelines.</td>
<td>ACT General Health Survey (ACT GHS) where parents/carers report their child’s fruit consumption. Baseline is 2010-2012 pooled ACT GHS data.</td>
<td>No significant change from baseline</td>
<td>A significant decrease from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td>Increase the mean number of daily serves of vegetables consumed by adults from 2.5 serves at baseline to 5 serves in 2018. The target is aligned with the serves of vegetables recommended for adults in the Australian Dietary Guidelines.</td>
<td>ACT General Health Survey (ACT GHS) using self-reported serves of fruit and vegetables by adults. Baseline is 2010-2012 pooled ACT GHS data.</td>
<td>No significant change from baseline</td>
<td>A significant increase from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td>Increase the mean number of daily serves of vegetables consumed by children from 2.3 serves at baseline to 4.5 serves by 2018. The children’s vegetable consumption targets are aligned with the recommended serves for children in the Australian Dietary Guidelines.</td>
<td>ACT General Health Survey (ACT GHS) where parents/carers report their child’s vegetable consumption. Baseline is 2010-2012 pooled ACT GHS data.</td>
<td>No significant change from baseline</td>
<td>A significant increase from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td>Reduce the proportion of children aged 5-15 years that consume 2 or more cups of sugar sweetened drinks per week from 36% of children at baseline to 27% by 2018. The target is to relatively reduce the proportion of children aged 5-15 years consuming 2 or more cups of sugar sweetened drinks per week by 25% (one quarter) of the baseline proportion.</td>
<td>ACT General Health Survey (GHS) where parents/carers report their child’s consumption of soft drink, cordials and sports drinks. Baseline is 2010-2012 pooled ACT GHS data.</td>
<td>No significant change from baseline</td>
<td>No significant change from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td>Topic</td>
<td>Target detailed description</td>
<td>Data sources</td>
<td>Preliminary indication of progress</td>
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<td>--------------------------------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Active living</td>
<td>Increase the proportion of adults meeting physical activity guidelines from 59% of adults at baseline to 67% by 2018. The target is to relatively increase the proportion of adults meeting the minimum amount of physical activity recommended in the 2014 Australia's Physical Activity &amp; Sedentary Behaviour Guidelines for Adults (participating in at least 30 minutes of moderate physical activity on five or more days of the week) by 15% of the baseline proportion.</td>
<td>ACT General Health Survey (GHS) using self-reported physical activity data. Baseline is 2010-2012 pooled ACT GHS data.</td>
<td>If there is:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>No significant change from baseline ➔ no change</td>
<td></td>
<td>A significant decrease from baseline ➔ movement away from target</td>
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<tr>
<td></td>
<td>A significant increase from baseline ➔ on track to meeting target</td>
<td></td>
<td>A significant decrease from baseline ➔ movement away from target</td>
<td></td>
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</tr>
<tr>
<td>Increase the proportion of year 6 school children meeting physical activity guidelines from 19% of year 6 children at baseline to 21% of year 6 children by 2018. The target is to relatively increase the proportion of children meeting the 2014 Australia's Physical Activity &amp; Sedentary Behaviour Guidelines for Children (participating in at least 60 minutes of moderate physical activity every day) by 15% of the baseline proportion.</td>
<td>ACT Physical Activity and Nutrition Survey (ACTPANS) collects data on physical activity in year 6 children in the ACT. Baseline is pooled ACTPANS data from 2006, 2009 and 2012 surveys.</td>
<td>If there is:</td>
<td></td>
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<tr>
<td></td>
<td>No significant change from baseline ➔ no change</td>
<td></td>
<td>A significant decrease from baseline ➔ movement away from target</td>
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<tr>
<td></td>
<td>A significant increase from baseline ➔ on track to meeting target</td>
<td></td>
<td>A significant increase from baseline ➔ no change</td>
<td></td>
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<tr>
<td>Increase the proportion of adults using walking and/or cycling to get to work from 7.7% of adults at baseline to 12.5% of adults. This target is a combined target of the Transport for Canberra plan 2016 mode share targets for 2016 (6.5% using walking, 6% using cycling i.e. 12.5% using walking or cycling).</td>
<td>Based on Australian Census data which asks the respondent their method/s used to get to work on the day of the Census. Baseline is from 2011 and progress data will be analysed using the 2016 Australian Census data when it becomes available.</td>
<td>If there is:</td>
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<td></td>
<td>No significant change from baseline ➔ no change</td>
<td></td>
<td>A significant decrease from baseline ➔ movement away from target</td>
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<tr>
<td></td>
<td>A significant increase from baseline ➔ on track to meeting target</td>
<td></td>
<td>A significant increase from baseline ➔ no change</td>
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</tr>
<tr>
<td>Increase the proportion of children using walking and/or cycling to get to school from 34% at baseline to 39% in 2018. The target is to relatively increase the proportion of children using walking or cycling to get to school by 15% of the baseline proportion and is aligned with the adult physical activity target for walking and cycling to work.</td>
<td>ACT General Health Survey (GHS) where parents/carers report their child's usual method of transport to school. Baseline is 2010-2012 pooled ACT GHS data.</td>
<td>If there is:</td>
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<td></td>
<td>No significant change from baseline ➔ no change</td>
<td></td>
<td>A significant decrease from baseline ➔ movement away from target</td>
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<tr>
<td></td>
<td>A significant increase from baseline ➔ on track to meeting target</td>
<td></td>
<td>A significant increase from baseline ➔ no change</td>
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<tr>
<td>Increase the proportion of adults using public transport to get to work from 7.8% of adults at baseline to 10.5% of adults. This target is consistent with the Transport for Canberra plan 2016 mode share targets for 2016 (10.5% of adults using public transport to get to work by 2016).</td>
<td>Based on Australian Census data which asks the respondent their method/s used to get to work on the day of the Census. Baseline is from ACT residents in 2011 and progress data will be analysed using the 2016 Australian Census data when it becomes available.</td>
<td>If there is:</td>
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<td></td>
<td>No significant change from baseline ➔ no change</td>
<td></td>
<td>A significant decrease from baseline ➔ movement away from target</td>
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<tr>
<td></td>
<td>A significant increase from baseline ➔ on track to meeting target</td>
<td></td>
<td>A significant increase from baseline ➔ no change</td>
<td></td>
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</tr>
<tr>
<td>No increase in the proportion of children exceeding screen time guidelines The target was set to align with zero growth in weight status and associated health risk factors.</td>
<td>ACT General Health Survey (GHS) where parents/carers report their child’s screen time. The measure is the proportion of children that exceed screen time guidelines i.e. using electronic media for entertainment purposes for 2 hours or more a day.</td>
<td>If there is:</td>
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<tr>
<td></td>
<td>No significant change from baseline ➔ no change</td>
<td></td>
<td>A significant decrease from baseline ➔ movement away from target</td>
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<tr>
<td></td>
<td>A significant increase from baseline ➔ on track towards meeting target</td>
<td></td>
<td>A significant increase from baseline ➔ no change</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A significant decrease from baseline ➔ movement away from target</td>
<td></td>
<td>A significant increase from baseline ➔ no change</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>