HEALTHY WEIGHT INITIATIVE
Progress Report to June 2016
Acknowledgements

This publication has been prepared by the Chief Minister, Treasury and Economic Development Directorate (CMTEDD) and ACT Health for the ACT Assistant Minister for Health and the ACT community.

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Introduction

In 2014, the Organisation for Economic Cooperation and Development (OECD) ranked Canberra as the ‘most liveable’ city in the world. The 2016 Chief Health Officer’s Report outlines the health status of the ACT population. Across a number of measures, including life expectancy, the ACT outperforms the rest of the nation.

However, like many populations around the world, increasing rates of overweight and obesity over recent decades threaten health outcomes by putting Canberrans at increased risk of developing chronic diseases including some cancers, cardiovascular disease, stroke and diabetes. This places pressure on the health system, increases health care costs, and has the potential to negatively impact economic productivity.

The Healthy Weight Initiative (HWI) is a whole-of-government approach to halt the rising rates of overweight and obesity across the ACT population. The HWI aims to make systemic improvements to the food and active living environments in order to support Canberrans to engage in healthier behaviours. In turn, the evidence suggests that these will have positive effects on waistlines, productivity, and in the long-term reduce the burden of chronic disease and demand on health services.

A whole-of-government approach is vital to the success of the HWI since many of the factors that contribute to overweight and obesity lie beyond the scope of the health sector. The HWI is led by the Chief Minister, Treasury and Economic Development Directorate (CMTEDD), through an overarching Steering Committee that monitors and coordinates policy and program actions across six key themes: schools, workplaces, urban planning, food environment, social inclusion, and information and data.

The Towards Zero Growth: Healthy Weight Action Plan (HWAP) was launched in October 2013. Funding to implement the actions described in the HWAP was committed in the 2014-15 Budget. Since then, other actions and programs have been instigated and funded which also contribute to improving food and active living environments in the ACT and are under the banner of the HWI.
Achieving zero growth in the rates of overweight and obesity is a long-term target and will require sustained shifts in the food and active living environments. In the long-term, it is anticipated that these shifts will translate into improvements in health outcomes of the ACT population. Progress of the HWI is being tracked over time, and the information gathered contributes to the evidence-base on the most effective ways to rein in and eventually reverse the incidence of overweight and obesity.

The evaluation approach is depicted in Figure 1. At this early stage of implementation, monitoring is focussed on tracking progress in developing policy and delivering programs. Hence, this report outlines progress in implementing the HWI through policy and program level actions to June 2016, across the six whole-of-government themes. The medium and long-term outcome targets are also being monitored and, where available, early measures of change in the environments and behaviours that drive overweight and obesity are reported. Trends in overweight and obesity are regularly surveyed across the ACT population and are reported here but changes in these rates take time to occur and to detect.

This report goes on to outline the challenges and areas for future focus to ensure momentum is maintained and evaluated over the long-term.

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>
<tr>
<th>Whole of Government implementation of HWI actions</th>
<th>Evaluating progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole of Government partnership</td>
<td>Policy action progress</td>
</tr>
<tr>
<td>Improve the food and active living environments, population knowledge and attitudes</td>
<td>Improvements to food environments, and active living environments</td>
</tr>
<tr>
<td>Improve the ACT’s population health behaviours</td>
<td>Physical activity</td>
</tr>
<tr>
<td>Reduce the incidence of overweight and obesity in the ACT population</td>
<td>Zero growth</td>
</tr>
<tr>
<td>Improve population health</td>
<td>Reduce rates of chronic disease</td>
</tr>
</tbody>
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Short-term progress on actions and changing environments

Medium-term targets

Long-term targets

Anticipated future outcomes (not included in evaluation)
Do we have the community’s support for the Healthy Weight Initiative (HWI)?

Yes: based on the results of three Canberra Omnibus Surveys using representative samples of ACT households conducted between February 2014 and March 2015. In each of the surveys, more than 90 per cent of the people surveyed strongly supported the ACT Government taking active steps to reduce overweight and obesity in the community.

The strongest support was for measures targeting schools and children including actions that promote physical activity and healthy eating, and reduce the marketing of unhealthy food and drinks. There was also strong support for measures that promote healthier choices in workplaces including increased healthy food and drink options, and for promoting physical activity.

Despite this level of strong support for Government action, there remains a perception gap with only 20 per cent (one in five people) believing overweight or obesity is a major or critical problem for themselves or their immediate families. This is in contrast to the population level statistics indicating that 63 per cent (or nearly two thirds) of the ACT population are overweight or obese.

Encouragingly, 40 per cent of respondents recalled having seen or heard an ACT Government announcement about the HWI. However, there remains an opportunity for the Government to continue the conversation with the ACT community and relevant stakeholders to increase the awareness of health and economic risks associated with the high levels of unhealthy weight across the population.

Community support for ACT Government actions in March 2015 Canberra Omnibus Survey

<table>
<thead>
<tr>
<th>Support</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support ACT Government to ensure school canteens offer a wide range of healthy food and drinks</td>
<td>96%</td>
</tr>
<tr>
<td>Support limiting the sale of unhealthy food and drinks in school canteens</td>
<td>90%</td>
</tr>
<tr>
<td>Support the promotion of active transport for children, such as riding or walking to school</td>
<td>95%</td>
</tr>
<tr>
<td>Support the promotion of physical activity in workplaces</td>
<td>94%</td>
</tr>
<tr>
<td>Support increasing healthy food and drink options in workplaces</td>
<td>93%</td>
</tr>
<tr>
<td>Support restricting advertising of unhealthy food, especially around child-oriented places</td>
<td>88%</td>
</tr>
<tr>
<td>Support reducing the amount of unhealthy food advertised and displayed around supermarket checkouts</td>
<td>87%</td>
</tr>
</tbody>
</table>

1. Canberra Omnibus Survey March 2015
Progress on implementing the HWI actions

The following sections present progress against actions described in the HWAP and additional HWI activities that contribute towards achieving the HWI targets. Progress is presented according to the six key themes: schools, workplaces, urban planning, food environment, social inclusion and information and data.

The contribution of the whole-of-government approach is being evaluated as it is considered to be central to the successful implementation of the HWI. In the future, this monitoring may inform other whole-of-government responses and is contributing to the international evidence on approaches to solve complex issues.

The whole-of-government approach is being evaluated via annual surveys and key informant interviews to identify barriers and facilitators. This evaluation is supporting quality improvements of HWI processes, and informing changes to HWI activities. For example, in response to earlier feedback, a Healthy Canberra Forum was hosted in October 2015 to engage and share with stakeholders information on actions to tackle overweight and obesity in the ACT.

In addition to the actions outlined in the HWAP, working as a whole-of-government partnership has supported additional activities to be incorporated in the HWI. The extent of the additional activities outlined in this report is testimony that the whole-of-government approach has generated significant co-benefits to date.
Schools

Implementing actions in schools is a high priority because healthy eating and exercise habits, if learned early, can make a lasting and positive contribution to good health throughout life. Research also shows that physically active children perform better in the classroom.²

Work is underway to increase the number of children using active modes of transport to school, to support ACT primary schools to improve children’s knowledge, access and consumption of healthy food and drinks, support school canteens to provide healthy food choices and to build physical activity into the school day.

Progress highlights against actions

**ACTION: Develop and implement an ACT Government school food and drink policy with supporting guidelines that will mandate the implementation of the National Healthy School Canteen Guidelines³ in ACT Government schools.**

- The ACT Public School Food and Drink Policy was launched in February 2015 to promote a whole-of-school approach to the provision of healthy food and drinks in schools which includes providing schools with support to align canteen menus to the traffic light system and the National Healthy School Canteen Guidelines.
- All vending machines were removed from ACT public schools in Term 1, 2014 (nine in total).
- 74 ACT public school canteens removed the sale of sugar-sweetened drinks in 2014.

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

- The PE Pulse website was launched in August 2015, to provide a portal for teachers to access accredited professional learning modules to support the delivery of physical education in ACT primary schools.
- Four sporting and physical activity organisations delivered pilot programs to improve primary teachers’ skill, knowledge and confidence to deliver physical education, across 11 ACT public primary schools. A written resource has been produced on good practice approaches to assist schools in identifying areas for improvement.

Additional activities in schools to improve healthy eating

- Almost 200 water refill stations were installed to ensure that a minimum of two water refill stations are available in each Canberra public school. Each student was given a re-usable water bottle to promote tap water as their drink of choice and to reduce plastic waste.
- 63 public, catholic and independent primary schools are participating in the Fresh Tastes program which provides support to schools to improve children’s access to, knowledge of, and uptake of healthy food and drinks through funding allocated in the 2015-16 Budget.
- 453 teachers were trained in providing nutrition education to primary and pre-school students through Food and ME professional learning sessions. An online learning package is also being developed.

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Activities supported by ACT Health, Healthy Canberra Grants:

• The Healthy Kids Association is providing a marketing and promotion education program in schools to increase students’ purchasing of healthy food and drinks.

• The YMCA is developing alternative viable food service models including the provision of healthy homemade lunch and snack items for ACT schools with the aim to increase consumption of healthy foods.

• Lyneham Primary School Pre-School Unit is implementing the Healthy Lunchbox project which utilises creative art activities to promote fresh food to pre-schoolers. The project saw an increase in fresh food and a decrease in processed foods in children’s lunch boxes and an increase in fruit and vegetable consumption.

Additional activities in schools to improve active living

• Over 21,000 students participated in the Active Kids Challenge in 2015, an eight week program offered annually to all ACT primary schools to inspire and encourage children to be active for at least 60 minutes a day.

• It’s Your Move is an educational program to engage students and teachers in identifying ways to improve student health. Results from the pilot (2012-14) showed a significant decrease in obesity in two of the three schools studied. The third school also showed a positive effect with no significant increase in obesity. Two of the three schools had a significant increase in the proportion of adolescents eating five or more serves of vegetables each day (one school achieved both a decrease in obesity and an increase in the serves of vegetables). In 2015, the program was expanded to nine high schools and will be offered to more high schools from 2017 with funding from the 2015-16 Budget.

• 99 early childhood education and care centres have participated in Kids at Play Active Play since it started in July 2014. This program promotes active play and teaches fundamental movement skills to children aged 3-5 years. Further funding to continue this program was made available in the 2015-16 Budget.

• 52 primary schools have been involved in the Ride or Walk to School (RWTS) program, reaching over 20,000 students. Two-thirds of the participating schools which responded to an outcomes survey reported an increase in active travel at their school. The Physical Activity Foundation has been funded to deliver RWTS through Healthy Canberra Grants. Additional funding has been made available in the 2016-17 Budget to implement a revised program.

• Four RWTS schools participated in the pilot Active Streets program. The program is being supported by new infrastructure to assist safe and active travel to and from school including signage, paths, parking bays, lighting and road crossings. This program is being extended to another 25 schools through funding in the 2016-17 Budget.
SNAPSHOT

Food and drink in ACT public school canteens

Since February 2011, ACT public schools have been supported to apply the National Healthy School Canteen Guidelines (NHSCG) traffic light system to food and drinks sold through school canteens. The traffic light system categorises food and drink choices as GREEN (always on the canteen menu), AMBER (select carefully) and RED (not recommended on the canteen menu) based on their nutritional value. It requires the majority (more than 50%) of menu items in school canteens to be GREEN; AMBER items should form a smaller proportion of the menu; and RED items phased out completely over time.

Menu assessments conducted between March 2013 and February 2015, across 51 ACT public school canteens provide a snapshot of school canteen progress towards meeting the NHSCG criteria:

- 10% (5 out of 51 canteens) met the NHSCG for a majority of GREEN items
- 16% (8 out of 51 canteens) had phased out RED items completely, and
- 8% (4 out of 51 canteens) met both of the above criteria.

Change in menu contents over time was measured in 31 of these canteens (those with at least two menu assessments, where the second was conducted between March 2013 and February 2015). This analysis provides insights into progress towards meeting the NHSCG. In addition to those canteens mentioned above that met the criteria:

- 17 of the canteens had increased the proportion of GREEN items on the menu;
- 20 of the canteens had reduced the proportion of RED items; and
- the average proportion of RED items in the 31 canteens had reduced from 26% at the initial assessment (ranging from 0% to 70% RED items) down to 15% at the follow-up assessment (range of 0% to 44% RED items).

Policy response

Application of the NHSCG became a requirement in all ACT public schools from 27 February 2015, with the launch of the ACT Public School Food and Drink Policy. It requires the majority (more than 50%) of menu items in school canteens to be GREEN; AMBER items to form a smaller proportion of the menu; and no RED items.

Work is underway through the ACT Nutrition Support Service to assess changes in the menus of ACT public school canteens since the implementation of the ACT Public School Food and Drink Policy, and findings will be included in future reports.
Workplaces

Most working adults spend half of their waking hours at work which means their workplace environment has a significant impact on them. The types of foods available in the workplace, the facilities that support physical activity as well as workplace culture can strongly influence people’s food and exercise choices. Evidence shows that healthier workplaces enjoy the benefits of higher productivity, lower absenteeism and better staff morale.

The ACT Government is committed to leading by example by improving the health and active culture of its own workplaces and facilities. The ACT Government is also delivering new incentives, recognition and support for the private sector to create healthier workplaces.

Progress highlights against actions

**ACTION:** Implement a Chief Minister’s Award scheme that rewards healthy workplaces and food outlets.

- 72 ACT workplaces have been recognised for implementing 12 month health and wellbeing plans since the Healthier Work Recognition Scheme commenced in June 2014. Eighteen have received further recognition for implementing their second consecutive 12 month plan and commenced their third year. An estimated 4,000 Canberrans are benefitting from the Healthier Work program.

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

- ACT Health introduced the ACT Health Healthy Food and Drink Choices Policy in March 2014.
- The ACT Public Sector Healthy Food and Drink Choices Vending Machine Policy was introduced in December 2014.
- The ACT Public Sector Healthy Food and Drink Choices Policy is under development.

**ACTION:** Implement a program of health risk assessments for ACT Government staff and explore options for extending this to the private sector.

- An ACT Online Employee Health and Wellbeing Survey was developed by ACT Health and is hosted by Healthier Work. It provides public 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:** Create new incentives for ACT workers and/or workplaces to participate in physical activity or active travel.

1,845 participants from 174 workplaces have taken part in the Get Active Workplace Challenge to encourage employees to reach the recommended requirements of 30 minutes of physical activity each day of the Challenge.

Approximately 225 ACT employees (including ACT Public Sector employees) participated in 11 physical activity and lifestyle modification programs since February 2014.

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

To promote cycling as a healthy and environmentally friendly transport option, a review has been undertaken to inform changes to the ACT Bicycle Parking General Code. An accompanying guide has been developed to provide consistent information on how end-of-trip facilities can be designed or upgraded to encourage cycling to and from the workplace.

**Additional activities in workplace environments**

- The Healthier Work Service has engaged with 367 ACT workplaces since the service commenced in 2012. Healthier Work supports ACT employers to incorporate health and wellbeing activities in their workplaces. Continued funding for the Healthier Work Service was allocated in the 2015-16 Budget.
SNAPSHOT
Whole-of-government vending machines and food outlets

Food and drinks available in 28 food outlets, 7 social clubs and 147 vending machines across ACT Government facilities were audited during 2013 and 2014 to assess the availability of healthy options in ACT Government workplaces. The audits assessed the food and drinks using the traffic light system. GREEN foods and drinks offer a wide range of nutrients and are generally low in saturated fat, sugar and salt. AMBER foods and drinks contribute some valuable nutrients, but contain more saturated fat, sugar and/or salt than GREEN foods. RED foods 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.

Preliminary analysis of these data is illustrated in Figure 2 and demonstrates the high proportion of available items that are classified as RED and the low proportion of GREEN items.

Figure 2: Proportions of the food and drink items available for sale at ACT Government facilities in 2013-14, according to traffic light classification

As part of the whole-of-government approach to improving the availability of healthy food and drinks at ACT Government workplaces and facilities, the ACT Public Sector Healthy Food and Drink Choices Vending Machine Policy was launched in December 2014. The Policy is based on the traffic light system and sets the following targets for food and drink items available in vending machines:

- at least 50% of items are GREEN; and
- no more than 20% of items are RED.

During the 2013-14 assessments (prior to implementing the policy), two vending machines were identified as having at least 50% of GREEN items and no more than 20% of RED items. Progress towards meeting the Policy is being tracked through periodic audits and the findings will be included in future reports.

The ACT Public Sector Healthy Food and Drink Choices Policy is under development following staff consultation and will apply to food service outlets at ACT Government workplaces and facilities.
Urban planning

The built environment influences levels of physical activity for both recreation and transport. Well planned urban spaces can encourage active recreation and active travel options of walking, cycling and public transport. The ACT Government is working towards embedding active living principles into its transport and urban planning processes as Canberra undergoes further development and urban renewal.

Progress highlights against actions

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

The *ACT Active Travel Framework*, launched in May 2015, outlines how the ACT Government can better integrate planning and delivery of active travel initiatives across Canberra’s urban planning, transport, health, environment and education systems.

The Active Travel Office (ATO) was established in 2015 as a single point of contact for walking and cycling issues, to ensure better integration of transport modes across the Territory.

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

Active living principles have been integrated within the Master Plan program. Initiatives for promoting the use of active travel have been integrated into the Woden Town Centre and Mawson Group Centre Master Plans, and the draft master plans for the Belconnen town centre, Calwell, Curtin and Kippax group centres. Active living principles have also been incorporated into roads and associated design standards.

Industry and built environment professionals have been consulted regarding incorporating active living principles into the Territory Plan.
**ACTION:** Create car parking and other incentives that encourage active travel (work/cycle/bus) and discourage private transport for entire journeys into town centres.

The Parking strategy, *Building an integrated transport network: parking*, was released in June 2015. The strategy is designed to make parking more accessible by improving the availability of different types of parking to support different needs, aligning short-term parking to better support access to businesses and services, and making parking easier to locate.

Two Parking Fee Determinations were 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 in order to get to work or move around the city. These are:

- increase in the price of public parking annually by 6%, from 1 July 2015; and
- introduction of after-hours pay parking in the City Centre from 1 September 2015.

The *Park & Ride* facility at Gungahlin town centre was opened with 345 parking spaces in October 2014. Construction of *Bike & Ride* facilities were also completed at Kippax (September 2014) and at North Weston (in December 2013).

**Additional activities to improve active living environments**

- Two new fitness stations were installed at Yerrabi Pond District in Gungahlin and Eddison Park in Phillip.
- *A Find Fitness Outdoors* website for the community has been released which hosts videos on how to use the outdoor fitness equipment. The website also contains a map to locate the nearest outdoor fitness facilities.
- A marketing campaign in October 2015 encouraged the community to utilise *Bike & Ride* and *Park & Ride* facilities, which included installation of improved signage and development of two demonstration videos. The videos were promoted through social media and are available on ACTION Buses’ YouTube channel. A direct link to the *Bike & Ride* instructional video is available on the Transport for Canberra website: [http://www.transport.act.gov.au/cycle_or_walk/bike_and_ride](http://www.transport.act.gov.au/cycle_or_walk/bike_and_ride)
  Bus wraps were installed on ACTION buses and *HerCanberra* ran advertising and promotional pieces during the campaign.
- ACTION hosted a special session in the Parliamentary Triangle on *Ride2Work Day* (14 October 2015) to promote *Bike & Ride*.
SNAPSHOT
Active transport and recreation

The March 2015 Canberra Omnibus Survey\(^1\) found:

- **88%** of adults had walked/ridden a bicycle for at least one exercise or active transport purpose in the previous two weeks.
- **60%** had walked/ridden a bicycle at least eight times in the previous two weeks.
- **23%** of respondents walked or had ridden a bicycle as a major part of travelling to or from work or study. This proportion increased to 48% in the 18 to 24 year age group.

Respondents affected by obesity were less likely to have walked/cycled in the previous two weeks and, if they had, were more likely to have done so fewer times than those with a healthy or underweight body mass index (BMI) of less than 25.

Increasing the uptake of active transport to work will be a challenge given that only 8% of respondents said the most convenient time for them to be active was whilst travelling to work.

The ACT Government will continue to work with the ACT community to identify actions to increase the use of active transport and recreation.

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1. Canberra Omnibus Survey March 2015
Food environment

Food choices are influenced by our environment which includes our shops, restaurants, sport and recreation venues and through the media. Unfortunately our environment often makes it too easy to choose unhealthy foods and can crowd out healthy food messages from other sources. The ACT Government is working towards improving our food environment to make healthier food choices easier for Canberrans.

Progress highlights against actions

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

- 34 water refill stations have been installed in public places between 2014 and 2016, supported by messaging to promote water as the drink of choice. Sites include sporting fields such as Manuka Oval, neighbourhood ovals and parks and Belconnen Town Centre, Gungahlin Town Centre and Civic Square. These are in addition to the water stations installed in schools.

- 33,000 litres of water have been distributed by ACT Health through eight portable Water on Tap units. These have been available for free public hire since 2014.

Additional activities to improve food environments

- 500 responses were received during a community consultation between September and November 2015. Respondents shared views and ideas to increase the availability and promotion of healthy food and drink choices and reduce the marketing of unhealthy food and drinks (particularly to children). Feedback from the consultation will be used to guide future activities under the HWI Food Environment theme.

- Continued implementation of Good Habits for Life, a locally developed social marketing campaign, targeting families with young children to engage parents in healthy lifestyle behaviours. Between July 2015 and April 2016 there were 42,793 unique page views of the Good Habits for Life website. Over 800 people signed up for the Good Habits for Life Sugar Swap Challenge in April 2016.

- Five local businesses are participating in the Choose Healthier pilot, delivered in partnership with the Canberra Business Chamber. Voluntary actions are being piloted to encourage customers to make healthier food and drink choices.

- The Heart Foundation audit on food and drink marketing to children4, released in March 2015, is being used to guide actions to reduce children’s exposure to food and drink marketing across a range of settings.

- Changes were made to ACTION’s marketing policy (announced in September 2015) to restrict the promotion of ‘junk’ food on buses, as well as promotion of alcohol, gambling, fossil fuels and weapons.

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Eat Fit on Game Day was introduced in 2015 at GIO Stadium and Manuka Oval to provide patrons with some healthier choices. The ACT Government has been working collaboratively with the master caterer for these facilities. This initiative involved:

- the introduction of healthier options, including lean and mean meat pies, fruit, salads and sandwiches;
- promotion of healthy options through signage, ‘voice over’ advertisements and social media; and
- increased water availability across the sites. A new water station has been designed and is being installed at Manuka Oval. The water station will improve the availability of drinking water at public events.

Activities supported by ACT Health, Healthy Canberra Grants:

- 68 Canberra sporting clubs have been accredited under the Australian Drug Foundation’s Good Sports program. The program aims to promote a healthy environment around sport, with a particular focus on reducing alcohol and tobacco in sporting clubs, and increasing healthy eating. Of these clubs, 21 have also received Good Sports Healthy Eating accreditation.
- One in three adults in the target group have been reached by the Heart Foundation’s LiveLighter healthy weight education campaign, with over 28,000 website visits and more than 2,300 people registering for the meal and activity planner to date.
SNAPSHOT
Food and drink marketing in the ACT

Food and drink marketing influences children’s food choices and purchase requests, and can contribute to poor diets, overweight and obesity. The marketing of unhealthy food and drinks can also undermine healthy eating messages, including from parents, schools and governments.

A report of 940 instances of food and drink marketing across 61 sites in Canberra, conducted during July and August 2013 revealed the extent of unhealthy food and drink marketing in the ACT.

Key findings include the following:

Social inclusion

Although overweight and obesity affects almost two thirds of the ACT population, obesity rates are highest in areas of socioeconomic disadvantage. By targeting better nutrition and physical health as part of its broader social equity agenda, the ACT Government is building on the wide range of programs already in place to assist those experiencing disadvantage.

Progress highlights against actions

**ACTION: Improve awareness, skills and capacity across the ACT in buying and preparing healthy food.**

- A Healthy Eating fact sheet was translated into 11 languages.
- 200 students in nine Community Language Schools participated in a healthy eating education session developed with Nutrition Australia.
- Cooking skills classes and education sessions have been delivered to targeted communities.
- *Project Dinnertime* at Bimberi Youth Justice Centre provided training in cooking skills for staff and young people.

**ACTION: Create incentives for targeted populations to increase the uptake of healthy food and/or active travel options.**

- The *Move it!* fitness program for adults living in low socioeconomic areas received positive feedback. Participants reported increased interest in healthy eating, greater social connectedness and increased levels of physical activity.
- Over 100 women from culturally and linguistically diverse backgrounds have participated in learn-to-swim classes since they began in January 2015. These classes are now being sustained and funded by the Muslim women’s community, without funding from the Government.
- The *Freshen It and Get Up* program focusing on healthy eating, goal setting and physical activity for young Aboriginal or Torres Strait Islander parents, was launched in May 2015 and have been delivered twice.

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Additional actions

- The Healthy Body Healthy Mind program focusing on increasing physical activity and improving nutrition for socially excluded or disadvantaged people was delivered to detainees in the Alexander Maconochie Centre.

Activities supported by ACT Health, Healthy Canberra Grants:

- OzHarvest is delivering a training program that equips people in need, those facing food insecurity and charitable agency staff with valuable skills and knowledge on nutritious healthy eating choices, low cost meal planning, budgeting, shopping, healthy cooking and ways to minimise food waste.

- The Wirrpanda Foundation is implementing the Wirra Club program which aims to increase the number of Aboriginal and Torres Strait Islander children and young people who make healthy lifestyle choices. The program has seen an improvement in positive nutrition knowledge and eating habits.

- The Winnunga Nimmityjah Aboriginal Health Service, Healthy Weight program aims to improve overweight and obesity levels in Aboriginal and Torres Strait Islander people, through an obesity management service.
Information and data

Accurate and timely information about the ACT population’s health, health risks and health services is crucial for planning and evaluating actions aimed at preventing overweight and obesity. Policy makers, planners, health practitioners and other community members can all benefit from information and evaluation tools that support better decision making at all levels.

Progress highlights against actions

**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 first phase of the *Lifestyle Modification Program Directory* (LMPD) project has been completed with the development of Business Requirements. This will inform the preparation of Systems Requirements to guide the technical development of an online portal that will outline a comprehensive list of evidence-based, relevant, up-to-date healthy lifestyle programs. The online portal will be called *Live Healthy Canberra*.

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

23 General Practices across Canberra are being supported by Capital Health Network, in collaboration with the ACT Government, to improve the collection and assessment of biometric data such as height and weight measurements.

**ACTION:** Collect and evaluate usage and demand data about walking and cycling infrastructure to guide actions that increase use.

A mobile application was developed and used for the first time in the 2015 annual cycling and walking counts. The cordon count application was trialled at approximately 95 sites across Canberra since early 2015, collecting data on gender, travel mode, travel direction and time of travel for approximately 41,138 users.

Additional actions

Activities supported by ACT Health, Healthy Canberra Grants:

- The *Connect Up 4 Kids* (CU4K) program implemented by Capital Health Network aims to prevent childhood obesity through delivery of an integrated referral pathway and resources to assist general practices to support ACT families with children aged three to seven. Many of the medical practices involved have utilised the support and resources provided through CU4K in innovative ways to suit the needs of their client groups. This ranges from weekly on site information clinics to outreach education and measurement sessions at community events.
SNAPSHOT

ACT Nutrition Support Service

The ACT Nutrition Support Service (ACTNSS), delivered by Nutrition Australia ACT, is a service to support healthy eating across the ACT and in so doing supports the aims of the ACT Government’s Healthy Weight Initiative. The service is part funded by Healthy Canberra Grants for three years from 2014-17. Funding is also provided under the Healthy Weight Initiative.

The ACTNSS provides a holistic nutrition support and advisory service for ACT Government settings, targeted community settings and organisations. These are key settings to increase access to healthy food and drink choices by creating healthy eating environments that make the healthy choice the easy choice. The settings include: early childhood services including outside school care, primary and secondary schools, public and private sector workplaces, ageing and senior support, disability support, non-government organisations and community organisations.

ACTNSS provides a range of services including online and telephone-based expert nutritional advice; provision of healthy recipes and food ideas; undertaking school canteen menu assessments; support and training for staff in targeted community settings; advice on implementing healthy food and nutrition policies, programs and education activities; access to a wide range of nutrition education tools; E-newsletters, fact sheets, menu planning resources and nutrition policy templates.

The ACTNSS website (www.actnss.org) has engaged with nearly 8,000 users, and the ACTNSS are active on social media with over 700 ‘likes’ on Facebook. The ACTNSS website also provides opportunities for subscribers to receive ongoing support and free access to a range of nutrition related resources.

The ACTNSS has, amongst other activities:

- over 600 subscribers; and
- delivered training to over 30 community based organisations.
Progress towards the HWI targets

The effort required to halt the rising rates of overweight and obesity is a marathon not a sprint. At this early stage of the HWI, the focus is on implementing policy and programs which are designed to influence food and active living environments at a system level. The previous sections have reported on the progress on delivering the HWI to June 2016.

Outcome targets for the HWI have been set and measurement of indicators of health risks at the population level are being monitored over the long-term. Only after policies and programs are in effect for a period of time would it be expected to measure a change in health behaviours and subsequently in population levels of overweight and obesity.

It is envisaged that if the HWAP actions are implemented at sufficient scale and coverage that the following outcomes will be met, which in turn will impact the rates of overweight and obesity across the ACT Population.

Outcomes are being monitored for:

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

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

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

Targets have been 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). Figure 3 outlines the specific targets and the status of the ACT population before the HWI commenced (baseline measures). Progress towards these medium and long-term outcome targets are being tracked throughout the HWI using the best available local and national data sets. Tracking of these outcomes will be continued as data becomes available, however, not all are collected every year. The final evaluation report will use data collected over the time period 2010-18, and will be reported in 2019. Refer to Figure 4 (pages 29-31) for a detailed description of the targets and data sources.
## Healthy Weight Initiative targets and preliminary indication of progress

<table>
<thead>
<tr>
<th>Target description</th>
<th>Baseline 2010-2012</th>
<th>Target 2018</th>
<th>Preliminary indication of progress (2014 data unless otherwise stated)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Healthy weight</strong>*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zero increase in proportion of overweight and obese adults</td>
<td>63 % of adults</td>
<td>≤63 %</td>
<td>✓ 63%</td>
</tr>
<tr>
<td>Zero increase in proportion of overweight and obese children</td>
<td>26 % of children</td>
<td>≤26 %</td>
<td>✓ 25%</td>
</tr>
<tr>
<td>Zero increase in proportion of overweight and obese kindergarten children</td>
<td>16 % of children in kindergarten</td>
<td>≤16 %</td>
<td>✓ 15%</td>
</tr>
<tr>
<td><strong>Healthy eating</strong>*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase daily serves of fruit consumed by adults</td>
<td>1.8 average daily serves of fruit</td>
<td>2</td>
<td>= 1.8 serves</td>
</tr>
<tr>
<td>Maintain daily serves of fruit consumed by children</td>
<td>2 average daily serves of fruit</td>
<td>2</td>
<td>✓ 2 serves</td>
</tr>
<tr>
<td>Increase daily serves of vegetables consumed by adults</td>
<td>2.5 average daily serves of vegetables</td>
<td>5</td>
<td>= 2.6 serves</td>
</tr>
<tr>
<td>Increase daily serves of vegetables consumed by children</td>
<td>2.3 average daily serves of vegetables</td>
<td>4.5</td>
<td>= 2.3 serves</td>
</tr>
<tr>
<td>Reduce regular consumption of sugar-sweetened drinks by children</td>
<td>36 % of children</td>
<td>27 %</td>
<td>✓ 30%</td>
</tr>
<tr>
<td><strong>Active living</strong>*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase adults meeting physical activity guidelines</td>
<td>59 % of adults</td>
<td>67 %</td>
<td>= 60%</td>
</tr>
<tr>
<td>Increase primary school children meeting physical activity guidelines</td>
<td>19 % of Year 6 children</td>
<td>21</td>
<td>× 15% (2015 data)</td>
</tr>
<tr>
<td>Increase adults using walking and cycling to get to work</td>
<td>7.7 % of adults</td>
<td>12.5 %</td>
<td>? Awaiting Census 2016 data</td>
</tr>
<tr>
<td>Increase children using walking and cycling to get to school</td>
<td>34 % of children</td>
<td>39 %</td>
<td>= 35%</td>
</tr>
<tr>
<td>Increase adults using public transport to get to work</td>
<td>7.8 % of adults</td>
<td>10.5 %</td>
<td>? Awaiting Census 2016 data</td>
</tr>
<tr>
<td>Zero increase in children exceeding screen time guidelines</td>
<td>44 % of children</td>
<td>≤44 %</td>
<td>✓ 35%</td>
</tr>
</tbody>
</table>

- ✓ Early signs of progress towards the target
- = No change towards or away from target
- ? No data as yet
- × Trend away from target
- Refer to Figure 4 for a detailed description of the targets and data sources.
Preliminary indications of progress

Based on the preliminary data available, progress against the targets is positive and shows we are moving in the right direction (Figure 3). This is early in the HWI implementation and this data supports the need for ongoing commitment to actions to improve healthy eating and active living across the ACT population.

In summary, these preliminary analyses show:

| 6/14 | Indicators are showing early signs of progress towards the targets | ✓ |
| 5/14 | Indicators are yet to show any change | = |
| 1/14 | Indicators show a trend away from the target | ✗ |
| 2/14 | Indicators are awaiting the 2016 Australian Census data becoming available | ? |

Healthy weight

Improving rates of overweight and obesity is a long-term challenge. It is important to maintain focus and momentum to achieve the ‘zero growth’ targets. While the proportion of adults and children living at a healthy weight in the ACT has remained similar over recent years, there is more to do. Further data will be collected to complete the evaluation and identify if the target of ‘zero growth’ has been met.

Healthy eating

The early indications of progress at the population level show that adults and children are eating enough fruit but they are not eating enough vegetables. There are signs that significantly fewer children are regularly consuming sugary drinks.

The food environment is a complex space with multiple stakeholders and priorities to consider. Changes to the food environment are likely to be the most effective in terms of tackling the obesity epidemic, but are often the most difficult to achieve and require ongoing collaboration between all partners.

Active living

Increasing the levels of active travel to work and school is challenging due to factors such as convenience and perceptions of safety. The recently announced increased investment by the Government in the Active Streets program that addresses both the infrastructure and skills to ride and walk to school aims to help tackle these challenges.

There has been significant ACT Government investment in active travel and there is strong synergy between the active travel agenda and the HWI targets. Again it will likely take more time to see an impact on active travel participation at a population level. It is of concern that the levels of physical activity for our children is the only indicator that has deteriorated and this will be a focus going forward to achieve the HWI targets by 2018.
Future commitment

To maintain progress towards the HWI targets and respond to the challenges described in earlier sections, sustained efforts from all stakeholders is critical. The ACT Government has further committed $1.05 million over two years to the Healthy Weight Initiative in the 2016-17 Budget. The funding will be used to:

- provide additional high school and young people programs, with 24 out of 41 high schools (60 per cent) implementing health promotion programs;
- increase the number of schools that have access to an active travel school program. An additional 56 schools will have access to the program based on the *Ride or Walk to School Program*, which will bring a total of 108 schools having access to an active travel to school program;
- increase the number of school-aged children meeting national physical activity guidelines and provide further support to teachers to deliver physical education through PE Pulse;
- continue the *Choose Healthier Program* to engage with additional local businesses, following a pilot from April to July 2016 to increase the promotion of healthier food and drink options and reduce unhealthy food and drink marketing;
- address the feedback from the community consultation on food and drink marketing;
- deliver an annual Healthy Canberra Forum to engage with stakeholders and non-government organisations on overweight and obesity; and
- promote the use of fitness stations across the ACT and the *Park & Ride* and *Bike & Ride* facilities adjacent to major bus stations.

Additionally, $1.895m has been allocated through the 2016-17 Budget over four years to help get kids moving and encourage more active travel within our suburbs. This will include the expansion of the *Active Streets for Schools* program over the next two years to an additional 20 schools, the creation of a dedicated Schools Transport Co-ordinator, and the resourcing of the Active Travel Office within the new Transport Canberra and City Services Directorate.
Conclusion

The HWI is an ambitious whole-of-government approach to address the rising incidence of overweight and obesity in the ACT. The long-term goal is to achieve zero growth in the rates of overweight and obesity across the population. Flow-on benefits are expected such as a reduction in chronic disease burden, increased productivity due to our healthier workplaces, and improved learning outcomes for our healthier children.

The 2014 and 2015 Canberra Omnibus Surveys highlight that community support for Government action under the HWI is strong. However, there remains a gap in the perception of the seriousness of the problem compared to the rates of overweight and obesity at the community level. Tackling this complex problem requires Government, community and businesses to work together.

Achieving shifts in population habits is a marathon not a sprint and to be achieved requires actions that impact the environment for the majority of the population. If we can make further inroads in improving the obesogenic environment across settings including schools, workplaces, the built and food environments and also reach our most vulnerable members of the community, then the payoffs for the health and productivity of the Canberra community will be significant.

Continued monitoring and evaluation of the initiative is vital to inform our policies and programs, to build the evidence base, and guide future actions and directions.
No increase in the proportion of overweight and obese adults in ACT, i.e. no increase from 63% at baseline to 2018. The target is based on the previous National Partnership Agreement on Preventive Health (NPAPH) target.

- **Data sources**: National Health Survey data from the Australian Bureau of Statistics (ABS) with measured height and weight. Baseline data is from the 2011-2012 survey, progress data is from 2014-2015.

- **Preliminary indication of progress**
  - No significant change from baseline: ✔ on track towards meeting target
  - A significant decrease from baseline: ✔ on track to exceeding target
  - A significant increase from baseline: ✗ movement away from target

No increase in the proportion of overweight and obese children in ACT, i.e. no increase from 26% at baseline to 2018. The target is based on the previous NPAPH target.

- **Data sources**: National Health Survey data from the ABS, with measured height and weight. Baseline data is from the 2011-2012 survey, progress data is from 2014-2015.

- **Preliminary indication of progress**
  - No significant change from baseline: ✔ on track towards meeting target
  - A significant decrease from baseline: ✔ on track to exceeding target
  - A significant increase from baseline: ✗ movement away from target

No increase in the proportion of overweight and obese children in Kindergarten in the ACT, i.e. no increase from 16% at baseline to 2018. The target is based on the previous NPAPH target.

- **Data sources**: ACT Kindergarten Health Check data on measured height and weight (most are 5 years old). Baseline is 2010-2012 pooled data, progress data is from 2014.

- **Preliminary indication of progress**
  - No significant change from baseline: ✔ on track towards meeting target
  - A significant decrease from baseline: ✔ on track to exceeding target
  - A significant increase from baseline: ✗ movement away from target
### Healthy eating

<table>
<thead>
<tr>
<th>Topic</th>
<th>Target detailed description</th>
<th>Data sources</th>
<th>Preliminary indication of progress</th>
</tr>
</thead>
<tbody>
<tr>
<td></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.</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, progress data is 2014.</td>
<td>If there is:</td>
</tr>
<tr>
<td></td>
<td>The target is aligned with the 2 serves of fruit recommended for adults in the Australian Dietary Guidelines.</td>
<td></td>
<td>No significant change from baseline</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A significant decrease from baseline</td>
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<td></td>
<td></td>
<td></td>
<td>A significant increase from baseline</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.</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, progress data is from 2014.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The children’s fruit consumption targets are aligned with the recommended serves for children in the Australian Dietary Guidelines.</td>
<td></td>
<td>No significant change from baseline</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A significant decrease from baseline</td>
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<td></td>
<td></td>
<td></td>
<td>A significant increase from baseline</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.</td>
<td>ACT General Health Survey (ACT GHS) using self-reported serves of vegetables by adults. Baseline is 2010-2012 pooled ACT GHS data, progress data is from 2014.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The target is aligned with the serves of vegetables recommended for adults in the Australian Dietary Guidelines.</td>
<td></td>
<td>No significant change from baseline</td>
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<td></td>
<td></td>
<td></td>
<td>A significant decrease from baseline</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A significant increase from baseline</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.</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, progress data is from 2014.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The children’s vegetable consumption targets are aligned with the recommended serves for children in the Australian Dietary Guidelines.</td>
<td></td>
<td>No significant change from baseline</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A significant decrease from baseline</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A significant increase from baseline</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.</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, progress data is from 2014.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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></td>
<td>No significant change from baseline</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A significant decrease from baseline</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>A significant increase from baseline</td>
</tr>
<tr>
<td>Topic</td>
<td>Target detailed description</td>
<td>Data sources</td>
<td>Preliminary indication of progress</td>
</tr>
<tr>
<td>-------</td>
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<td>-----------------------------------</td>
</tr>
<tr>
<td>Active living</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase the proportion of adults meeting physical activity guidelines from 59% of adults at baseline to 67% by 2018.</td>
<td>ACT General Health Survey (GHS) using self-reported physical activity data. Baseline is 2010-2012 pooled ACT GHS data, progress data is from 2014.</td>
<td>No significant change from baseline</td>
<td>no change</td>
</tr>
<tr>
<td>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></td>
<td>A significant decrease from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A significant increase from baseline</td>
<td>on track to meeting target</td>
</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.</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, progress data is from 2015.</td>
<td>No significant change from baseline</td>
<td>no change</td>
</tr>
<tr>
<td>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></td>
<td>A significant decrease from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A significant increase from baseline</td>
<td>on track to meeting target</td>
</tr>
<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.</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>No significant change from baseline</td>
<td>no change</td>
</tr>
<tr>
<td>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></td>
<td>A significant decrease from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A significant increase from baseline</td>
<td>on track to meeting target</td>
</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.</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, progress data is from 2014.</td>
<td>No significant change from baseline</td>
<td>no change</td>
</tr>
<tr>
<td>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></td>
<td>A significant decrease from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A significant increase from baseline</td>
<td>on track to meeting target</td>
</tr>
<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.</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>No significant change from baseline</td>
<td>no change</td>
</tr>
<tr>
<td>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></td>
<td>A significant decrease from baseline</td>
<td>movement away from target</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A significant increase from baseline</td>
<td>on track to meeting target</td>
</tr>
<tr>
<td>No increase in the proportion of children exceeding screen time guidelines</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>No significant change from baseline</td>
<td>no change</td>
</tr>
<tr>
<td>The target was set to align with zero growth in weight status and associated health risk factors.</td>
<td></td>
<td>A significant decrease from baseline</td>
<td>on track to meeting target</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A significant increase from baseline</td>
<td>movement away from target</td>
</tr>
</tbody>
</table>