

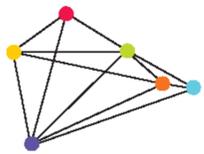


Active Alpine

Matt Rousu Photography



# Active Alpine Better with Partners



**Central Hume**  
Primary Care Partnership



## Project background

As a partnership, Gateway Health and Alpine Health received funding from the Central Hume Primary Care Partnership (CHPCP) to conduct an "Alpine Active Living Mapping project."

## Why?

- To support the Ovens Murray region population to become more physically active, "active living" was introduced as a health priority area of focus for health promotion in 2018.
- 43.2% of the Alpine Shire population was not meeting the physical activity guidelines.

## Project aims, target group & findings

- To find out what opportunities exist to support the population to be physically active.
- Provide recommendations for increasing active living and in turn, improve the populations health and well-being.
- Vulnerable people, defined as those who do not meet the recommended physical activity guidelines, are not socially connected and are financially challenged or are older people (65+ years).
- Barriers to physical activity include weather, lack of money and time.
- High levels of social engagement were reported, highlighting the need to promote active living through social connection.



## Literature review

A literature review was conducted to identify the barriers and opportunities toward physical activity in regional areas of Australia. Evidence concluded factors that influence physical activity participation are:

- Socio-economic disadvantage
- Rural culture
- Infrastructure
- Social connection

## Project recommendations and partnership

The recommendations from the Alpine Active Living Mapping project were in alignment with the literature review being; physical activity policy development, walking and cycling path improvements, support for recreational opportunities, multiple-use sporting facilities, building healthy environments in sports clubs and workplaces and promotion of free family-friendly activities, events and facilities. Evidence demonstrated the importance of delivering these recommendations in partnership between local government, health sectors and private organisations.

## Delivery of recommendations

A partnership was formed with representatives from the Alpine Shire Council, Alpine Health, Gateway Health and Sport North East to deliver actions regarding the recommendations, examples include:

- Premier's Active April campaign promotion
- "We Walk" Heart Foundation grant application
- Exercise station scoping report
- Walks and trails guide review
- Achievement Program for healthy workplaces
- Delivery of school holiday programs

## Conclusions

Evaluation indicates that the partnership has addressed barriers and increased opportunities to promote physical activity in the Alpine Shire. The Alpine Active Living Mapping Project model is now being replicated in Rural City of Wangaratta and there are plans to extend this replication across other local government areas in the Ovens Murray region. Literature review results will continue to inform future replication. The success of the project has been enhanced through the evolution of relationships. This has resulted in strong and long term partnerships for future collaboration.



**"The partnership approach has been invaluable in many ways; to feel connected with multiple agencies and work towards shared goals, to share resources, inspiration, ideas and workload"**

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