

Ideas for communities to support healthy lifestyles for children



Local councils and community organisations can play an important role in creating and maintaining healthy lifestyle opportunities for children and young people.

Some ideas to consider include:

- Providing **parks and accessible facilities** such as playgrounds or walking and cycling paths to encourage community participation in physical activity.
- Promoting and disseminating **healthy eating and physical activity information** materials through community venues such as local libraries, sporting organisations and facilities and shopping centre promotions.
- Working with **local sporting organisations and facilities** to promote healthy canteens and food service at venues, so that foods high in added sugar, salt or saturated fat are replaced with healthy alternatives. **The Heart Foundation** has **Healthy Catering Guidelines** on its website for you to use.
www.heartfoundation.com.au/downloads/Healthy_catering_NHFAwebsite_Sept03_v2.pdf
- Providing **drinking fountains** in appropriate locations and venues throughout the community to encourage drinking water instead of sweetened drinks.
- Establishing an **'active' toy library** to enable families and children to access and use toys and equipment that encourage physical activity.
- Developing a **directory of local physical activity** opportunities for families and children that includes sporting and recreational activities available in the local area.
- Working with **local media** to promote healthy eating and physical activity messages and opportunities to the community.
- Working with **local sporting organisations** to provide options for community physical activity events such as walks, fun-runs etc.

for more information and ideas on healthy eating and physical activity go to
www.healthykids.nsw.gov.au