Active Kyogle Healthy lifestyles healthy communities

Introduction

Active Kyogle was a three year federally funded chronic disease prevention project, which uniquely relied on the community to decide the health priorities and collaborative partners to plan and deliver the interventions.

The community decided to focus on a number of healthy lifestyle projects to increase physical activity, prevent chronic disease and improve social interaction.

Key activities

Active Kyogle empowered the community to implement a health promotion program to prevent chronic disease focusing on projects that increase healthy eating, physical activity and reduce social isolation.

These included:

1) Health and Wellbeing Expo with information stalls, health testing, demonstrations by local sports groups and interactive activities
2) Annual Healthy Lifestyle Challenges for all ages from school to retirement
3) Establishment of a community owned and run gymnasium
4) Community based fun days for example Grans on Decks.

Key achievements

The project ran between 2010 and 2013 as a partnership between Northern NSW Local Health District, the Kyogle Multi-Purpose Centre and the local community development organisation, Kyogle Together.

During this time more than 1500 people (15.5 per cent of the entire local government area) participated in Active Kyogle. Some of the interventions such as the community gym have continued past the funding period.

Media coverage totalled 229 stories and more than 850 people joined the community gym. The Active Kyogle website had 5000 unique visitors and 17,500 page views.

An evaluation survey conducted at the end of the Healthy Lifestyle Challenge showed one-third of residents reported they ate a healthier diet, 63.1 per cent of respondents undertook more physical activity and 48.8 per cent participated in a new group activity or club, because of Active Kyogle.

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