


BUILDING A VIBRANT ACTIVE COMMUNITY

IN THE KYOGLE SHIRE

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Introduction

- Demographics & description of the Kyogle LGA
- Encouraging community exploration of “Healthy Ageing”
- Adopting a healthy lifestyle
- Engaging the Community of the Kyogle LGA

Kyogle Shire

- The Kyogle Shire is located on the North Coast of NSW
- Settlements of Kyogle, Bonalbo, Mummulgum, Cawongla, Old Bonalbo, Geneva, Wiangaree, Woodenbong, Mallanganee
- Population of 9,686 (2006 Census)
 - 28.8% aged 55years and over
 - Majority population 45-65years

Encouraging “healthy ageing”

- Healthy ageing defined as :
 - ...the ongoing activities and behaviours undertak[en] to reduce the risk of illness and disease ...(seniors.gov.au)
 - ...maintain and improve the physical, emotional and mental wellbeing of older people...(COTA, 2000)
 - ...the process of optimising opportunities for physical , social and mental health to enable older people to take an active part in society...(SNIPH, 2009)

Encouraging “healthy ageing”

- Healthy ageing could best be developed and/or improved in the community by:
 - Broad focus on a healthy lifestyle & social connectiveness
 - Healthy lifestyle challenge
 - Build health literacy
 - Community gymnasium




Adopting a healthy lifestyle

- The overall aims of the project Active Kyogle are:
 - Adopt a healthy lifestyle
 - Improve health literacy
 - Build capacity to participate in health promotion and prevention initiatives



Adopting a healthy lifestyle

- The specific objectives are to :
 - Increase levels of physical activity, fruit and vegetable intake
 - Improve balance and gait for older residents
 - Mobilise and connect residents
 - Develop clear referral pathways for those at risk of chronic disease



Adopting a healthy lifestyle

- The three main strategies are:
 - Healthy lifestyle challenges
 - Develop a community Gymnasium
 - Seeding projects

Engaging the Community

- Inclusion of people from diverse backgrounds
- Community meetings to discuss
 - What trying to accomplish ?
 - Community strengths and weaknesses
 - Pro's & Con's
 - Objectives
 - Strategies



Engaging the Community

- Developing partner organisation relationships
 - Kyogle Multi Purpose Service
 - Kyogle Community Technology Centre
 - Community & Service Groups
 - Kyogle High School
 - NCAHS Health promotion
- Developing a Governance Structure
 - Steering Group
 - Establish working groups

Engaging the Community

- Communication Strategy
 - Encourage Involvement
 - Create an active and healthy community
 - Develop a dedicated Website
- Evaluation Strategy
 - Key activities will have linked evaluation strategies

Conclusion

- Demographics & description of the Kyogle LGA
- Encouraging community exploration of "Healthy Ageing"
- Adopting a healthy lifestyle
- Engaging the Community of the Kyogle LGA

References

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