

HEALTHY EATING

AIMS: WHAT WE WANTED TO DO

- ↑ Increase the availability of **FRUIT + VEGETABLES**
- ↑ AND affordability of
- ↓ Decrease the proportion of **PEOPLE RUNNING OUT OF FOOD** who cannot afford to buy more

ACTIONS: WHAT WE DID

FOOD SWAPS+ fruit + vegetable
RIPE NEAR ME exchange locations

ST. LEONARD PRIMARY SCHOOL BREAKFAST PROGRAM to help provide breakfast to students

PORTARLINGTON FOOD ASSISTANCE PROGRAM (PFAP) local food relief program

Supported education settings to achieve **HEALTHY EATING BENCHMARKS OF THE ACHIEVEMENT PROGRAM**

Led local food network **REGIONAL FOOD SYSTEM ALLIANCE**

Influence council policy & advocate for local food action **INFLUENCED FOOD POLICY**



Bellarine Community Health Ltd.
"Quality Living for a Valued Community"

PHYSICAL ACTIVITY

AIMS: WHAT WE WANTED TO DO

- ↑ Improve infrastructure for **WALKING, RIDING + PUBLIC TRANSPORT**
- ↑ Increase confidence + skills in **RIDING + PUBLIC TRANSPORT**
- ↑ Improve **ACCESS TO BICYCLES**

ACTIONS: WHAT WE DID

BICYCLE MAINTENANCE WORKSHOPS skills session

NO FUSS BUS public transport training program

BELLARINE BELLES women's beginner bike riding group

ON YOUR BIKE recycled bike program

Supported education settings to achieve **PHYSICAL ACTIVITY BENCHMARKS OF THE ACHIEVEMENT PROGRAM**

Supported 3 local advocacy groups:

NORTHERN BELLARINE TRANSPORT ACTION GROUP (NBTAG)

BELLARINE BICYCLE USERS GROUP (BBUG)

LOCOMOTE WALKABILITY ACTION GROUP

HEALTHY COMMUNITIES TEAM

INTEGRATED HEALTH PROMOTION PLAN 013-2017
The AIMS, ACTIONS and FINDINGS from our last 4 years

WHO WAS INVOLVED

This wouldn't have been possible without the hard work, leadership and commitment of...

BELLARINE COMMUNITY HEALTH VOLUNTEERS

EARLY CHILDHOOD CENTRES

PASSIONATE COMMUNITY MEMBERS OF THE BELLARINE

PRIMARY SCHOOLS

THANK YOU!

HIGH SCHOOLS

9 education settings achieved the **HEALTHY EATING BENCHMARKS** for the Achievement Program

GETTING FOOD BECAME EASIER + CHEAPER:

- ✓ The amount of people who ran out of food and could not afford to buy any more dropped from 21.5% in 2008 to 2.9% in 2016
- ↑ There was a 42.5% increase in children having breakfast, from 57.5% in 2013 to 100% in 2015
- ↑ There are now 7 new locations in Portarlington, St. Leonards and Indented Head where fruit and vegetables are available

✓ Fruit and vegetables at food swaps are cheaper than the local supermarket and mostly free!

FOOD BECAME A MAIN FOCUS

- ✓ In 2015 The City of Greater Geelong (CoGG) endorsed a Food Policy
- ✓ The 2013 CoGG Municipal Public Health and Wellbeing Plan contained a section on Access to Nutritious Food
- ✓ Over 20 local organisations continue to support the Regional Food System Alliance (RFSa)

FINDINGS: WHAT HAPPENED

11 education settings achieved the **PHYSICAL ACTIVITY BENCHMARKS** for the Achievement Program

LOCAL INFRASTRUCTURE IMPROVEMENTS:

- ✓ Road shoulders were sealed on High Street, Drysdale & on the Geelong-Portarlington Road
- ✓ Bike symbols on the Esplanade in Portarlington were re-stencilled
- ✓ A section of the Bellarine Rail Trail was sealed
- ✓ Pedestrian crossing built in St. Leonards
- ✓ Route 60 bus frequency increased to every 40 minutes in peak times

CONFIDENCE INCREASED:

- ↑ 94% of people felt more confident to use public transport
- ↑ 97% of people felt confident in using the skills learnt in the bicycle maintenance workshops
- ↑ 75% of Bellarine Belles participants learnt new cycling skills
- ↑ The amount of women who felt 'confident' or 'very confident' riding a bike more than doubled after joining the Bellarine Belles

And... 17 BIKES were provided to people who would not have been able to afford one without the help of the On Your Bike program