Abstract Title

Mid-Western Live Smart Healthy Communities Alliance

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Background

Mid- Western Live Smart aimed to improve the nutrition and physical activity status of the community using a capacity building approach to sustainably embed healthy lifestyle programs and behaviours within the community.

Live Smart commenced with collaboration between local Health Services and Mid-Western Regional Council. Initially funded in 2012, it has continued in a voluntary capacity since 2014 through the Healthy Communities Alliance.

Approach

Live Smart used a whole of community approach to prevention by increasing understanding and adoption of good health practices. The collaborative Alliance engaged local public and private agencies and businesses to deliver four key messages.

Live Smart: Body Smart; Eat Smart; Move Smart: Drink Smart

Results:

* 82% of participants reported benefits to their health and wellbeing, consequently reducing chronic disease risk factors.
* 1000 participants with 5000 instances of participation.
* 30 people trained to deliver ongoing activities.
* Sustainability through a collaborative Healthy Communities Alliance

Take Home Message

A focus on prevention will reduce clinical demand over time. Collaborative partnerships which harness resources outside the public health sector greatly increase community capacity to make positive health choices.