

Title:	Recreation and Healthy Lifestyle
Policy No:	046
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Version	Decision Number	Adoption Date	History
1	20\2501	23/02/2010	Adopted
2	21\3966	24/11/2015	Revision Adopted
3	21\5273	28/03/2017	Revision Adopted

1 Policy Summary

City of Darwin is committed to supporting the health and wellbeing of residents through the provision of community spaces, facilities, programs and healthy food choices that encourage healthy lifestyle behaviour, connect the community, and celebrate Darwin's unique tropical outdoor lifestyle.

This policy provides a framework for the equitable use and management of Council's network of active and passive reserves, aquatic and land based recreation facilities.

2 Policy Objectives

- To support strategic actions that guide Council's commitment to providing community spaces, facilities and programs that encourage a healthy and connected community.
- To provide a framework to support equitable, safe and inclusive use of Council's active and passive reserves and recreation facilities.

3 Background

Well-designed public spaces are safe and offer a range of facilities to ensure they are accessible to all ages, abilities, income levels and cultural backgrounds. They also incorporate infrastructure such as paths, water fountains, seating and shade to encourage physical activity and social interaction.

This policy is informed by the Heart Foundation's Healthy Spaces & Places Guide that describes the positive impact good urban design has on a person's level of physical activity and involvement in their community.

This policy is also informed by the National Health and Medical Research Council's Australian Dietary Guidelines (2013) that provide evidence-based information to promote health and wellbeing and reduce the risk of chronic disease

4 Policy Statement

The provision of well-designed community spaces, facilities and programs encourages healthy lifestyle behaviour and creates places for the community to come together and connect.

Council's recreation facilities and active and passive reserves contribute to a more connected community, improved mental health and the city's identity. These offer space for a range of informal passive and active recreation including walking, bike riding, informal outdoor play, personal fitness, organised sport and social gatherings. These also provide a place to learn important life skills, enabling residents to manage their own wellbeing.

Council is committed to providing safe, inclusive open spaces and community recreation facilities that encourage healthy behaviour by:

- Designing and providing places that are accessible regardless of age, ability, income or culture.
- Encouraging appropriate and respectful behaviours at public open spaces and recreation facilities.
- Designing and providing environments that maximise use of natural or artificial shade and lighting.
- Including appropriate supporting infrastructure to encourage recreation and social interaction.
- Providing equitable access to open spaces and recreation facilities.
- Setting fees and charges relating to use of open spaces and recreation facilities at subsidised rates to encourage participation.

Recreation

Council acknowledges the importance of sport and active recreation in encouraging physical activity for all and recognises the significant role sporting clubs play in connecting communities. Council will:

- develop and implement a range of plans and strategies that encourage sport and active recreation across the municipality;
- provide reduced rates for junior participants to access recreation facilities;
- maximise the use of its ovals across the municipality by a range of sporting organisations, community groups or general public on either a seasonal, casual or informal basis;
- allocate ovals to optimise the available resources and to maximise flexibility for mixed use, while still identifying activities that are best suited to individual reserves, and
- provide opportunities for sporting and community organisations to pursue

various means of raising revenue, congruent with healthy lifestyle choices.

Council will provide active and passive reserves and recreation facilities guided by a sound evidence base, community need and feedback. Council will continue to build collaborative partnerships with key stakeholders to advocate for and deliver programs and strategies that support healthy lifestyles.

Healthy Lifestyle Programs

Healthy lifestyle programs support residents to be active and connect with others in the local community. Council will provide access to low cost healthy lifestyle programs that:

- encourage use of Council's open spaces and recreation facilities;
- provide opportunity for sustained increased levels of physical activity;
- provide opportunity for skill development to support community members to take control of their wellbeing, and
- offer environments to develop friendships and support networks.

Council will advocate for and support local community organisations to provide healthy lifestyle events, activities and workshops in the municipality.

Healthy Food and Drinks Choices

Council acknowledges the link between consuming healthy food and drinks and decreasing the chances of developing chronic disease.

Council is committed to increasing the availability of healthy food and drink choices to encourage and support the community to make food and drink choices that positively impact their health and wellbeing.

Council will provide:

- A Healthy Choices Food and Drinks Guide to assist staff who are providing food and drinks at public Council activities.
- Opportunities for skills development and education to support and encourage community members to make healthy food and drinks choices.

5 Legislation, terminology and references

The Local Government Act establishes the roles, functions and objectives of Council which provide the basis for City of Darwin's active role in community, cultural and social development (Part 2.3).

Heart Foundation, 2011, Healthy Spaces & Places – A national guide to designing places for healthy living.

National Medical Research Council of Australia, 2013, Australian Dietary Guidelines.

City of Darwin Healthy Choices Food and Drinks Guide

6 Implementation and delegation

The implementation of this policy will be the responsibility of the General Manager City Life; however all Council departments are required to take the policy into account in the planning, provision and management of Council recreation facilities and reserves.

7 Evaluation and review

This Policy will be reviewed once per term of Council or in response to significant changes in legislation or other circumstances which affect its effectiveness and validity.