

CELEBRATING A PROJECT THAT'S GETTING ALPINE ACTIVE

Are you an adult doing 2 ½ to 5 hours of moderate intensity physical activity or 1 ¼ to 2 ½ hours of vigorous intensity physical activity each week?

No?

Then you are not alone. Research shows that less than 50% of the Alpine Shire's adult population is undertaking sufficient physical activity, with 30% of the population being overweight and 18% obese.

A project being supported by the Central Hume Primary Care Partnership is focused on changing these statistics.

The Central Hume Primary Care Partnership (Central Hume PCP), which covers Alpine, Benalla, Mansfield and Wangaratta council areas, is one of 28 PCPs in Victoria, all celebrating 20 years in 2020.

Central Hume PCP Executive Officer, Huw Brokensha said the partnership has been improving the health and wellbeing of people in the region through those years and getting people more physically active was an outcome worth celebrating.

"The Alpine Active Living Mapping project demonstrates the PCP's role very well. The key to PCPs is that we work to enable collaboration on multiple complex health and wellbeing challenges facing the community. The Alpine Health and Wellbeing Partnership, supported by the PCP identified this project for their community to improve their physical activity" Mr Brokensha said.

"One of the benefits of being involved in and collaborating with our partners and with communities for that many years is that we can tackle health and wellbeing projects that require a long-term plan," he said.

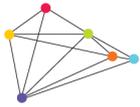
"This project started in 2018 with research and community consultation. The Alpine Active Group was established later in 2018 and it developed the action plan which kicked off in 2019.

Partners Alpine Health, Gateway Health, Alpine Shire Council and Sport North East are working locally to deliver a range of recommendations identified through the project.

The project identified lack of time and weather as the key barriers to people's involvement in physical activity. Nearly 27% of participants said there were no barriers, they just didn't do much physical activity. Walking, cycling, free events and family events were found to be the top solutions.

As part of the Active Alpine Group, Alpine Health is implementing the Healthy Workplaces Achievement Program including workplace initiatives for staff.

Maureen Ryland, Health Promotion Officer at Alpine Health said the project aimed to understand why local people were not doing sufficient activity.



Central Hume
Primary Care Partnership

MEDIA RELEASE

“The support of others came through as a strong motivator for Alpine Health staff to take part in exercise,” Ms Ryland said.

“One example is the lunchtime Bright walking group. Staff have told us they are more likely to do it because other staff are participating,” Ms Ryland said.

ENDS

Please see attached case study

For more information please contact: Huw Brokensha on 0436 690 156