



# goNT Report on the 2007 Action Plan January – December 2007

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Tabled to Chief Minister's Active Living Council 12 February 2008

The goNT Physical Activity Strategy and First Year Action Plan were endorsed by the Chief Minister's Active Living Council (CMALC) on 5 December 2006. This report outlines actions undertaken by members of CMALC during 2007 against performance indicators from the First Year Action Plan.

### **Acronyms**

CMALC – Chief Minister's Active Living Council  
DCM – Department of the Chief Minister  
DHCS – Department of Health and Community Services  
DPI – Department of Planning and Infrastructure  
GHANT – Good Health Alliance NT  
NHF – National Heart Foundation  
JRFH – Jump Rope for Heart  
HLNT – Healthy Living NT  
DLGHS – Department of Local Government, Housing and Sport  
DEET – Department of Employment, Education and Training  
LGANT – Local Government Association of the Northern Territory  
NTG – Northern Territory Government  
OIPC – Office of Indigenous Policy Coordination  
GPPHCNT- General Practice and Primary Health Care NT  
AMSANT – Aboriginal Medical Services Alliance NT  
TEDGP – Top End Division of General Practice  
CADPHC – Central Australian Division of Primary Health Care  
NTG - Northern Territory Government

The report was compiled by the goNT Secretariat for presentation at the CMALC meeting 12 February 2008.

## Goal 1 Ensure coordination and collaboration of physical activity promotion within the Northern Territory.

Who	What	By when?	Performance Measure	Status
Australian Government, DCM, DEET, DHCS, DLGHS, DPI, GHANT, LGANT.	Establish a physical activity Council/Taskforce including government, non-government and community agencies to ensure a coordinated approach to the promotion of physical activity.	July 06	A physical activity Council/Taskforce is established.	Completed
Council/Taskforce	Develop and endorse Terms of Reference.	July 06	Terms of Reference are developed and endorsed.	Completed
DHCS	Resources goNT Secretariat.	On going	Secretariat is resourced.	Completed
Secretariat	Organise meetings, prepare correspondence, reports and other tasks as required.	On going	Secretarial responsibilities are met.	Completed
Secretariat	Coordinate audit of programs/policies etc that promote and support physical activity within each of the participating agencies.	December 06	Audit is completed.	Partially completed
LGANT	Executive endorses the goNT Strategy and Action plan.	June 06	goNT Strategy and Action Plan is endorsed by LGANT Executive.	Completed
LGANT	Promote goNT at its 4 regional meetings, 2 municipal meetings and 2 general meetings.	On going	goNT is promoted at LGANT meetings.	Completed
LGANT	A goNT stand is approved at 2 general meetings.	On going	General meetings feature a goNT stand.	Partially completed
LGANT	NT Government staff are allowed a short promotion of goNT at LGANT meetings.	On going	Number of presentations at LGANT meetings.	Partially completed
LGANT	goNT is promoted to all LGANT members and others through short items in weekly email newsletter 'This week at LGANT'.	On going	Number of goNT articles in 'This week at LGANT'.	Completed
LGANT	Executive to appoint a high profile representative on the Physical Activity Council.	As requested	High profile LGANT representative is appointed to PA Council.	Completed

The Chief Minister's Active Living Council (CMALC) was established on 5 December 2006. At its first meeting, CMALC endorsed the goNT Strategy and First Year Action Plan, along with terms of reference to guide the group's activity.

Representation on the CMALC at 5 December 2007 was:

Department of the Chief Minister – Ms Fiona Justin  
Department of Employment, Education and Training – Ms Margaret Banks  
Department of Health and Community Services – Ms Jenny Cleary  
Department of Local Government, Housing and Sport – Mr Steve Rossingh  
Department of Planning and Infrastructure – Ms Marj Morrissey  
Good Health Alliance NT – Mr Greg Hallen  
Local Government Association of the NT – Mrs Kerry Moir  
Aboriginal Medical Services Alliance NT – Mr Rob Curry  
Australian Government – no appointment to replace original member, Mr Kerry Rose.

DHCS was a key driver in establishing goNT and CMALC and continues to resource the goNT Secretariat. The Secretariat has been responsible for the planning and conduct of meetings, dissemination of goNT eNews and compilation of information on programs and policies that promote and support physical activity.

Following the initial CMALC meeting on 5 December 2006, the second meeting was scheduled for 6 March 2007 but had to be postponed due to the inability of the Chief Minister to attend. The second meeting was subsequently held 8 August 2007, at which the 6 month report was tabled and members endorsed the formation of the goNT Network.

The Local Government Association of the Northern Territory (LGANT) outlined specific actions in the goNT First Year Action Plan that they would undertake to ensure coordination and collaboration of physical activity promotion within the Northern Territory. Their activities to date are as follows:

- LGANT Executive approved the goNT Strategy and Action Plan on 10 April 2006 and appointed Darwin City Council Alderman and LGANT President Kerry Moir as their representative on CMALC.
- Endorsement of the Strategy and Action Plan complies with the LGANT Policy: 2.9 LGANT supports the development of quality sporting, recreation and leisure facilities, programs and services to meet local community needs and recognises the value of such services in enhancing the quality of life of the community.
- Due to the Local Government Reform agenda, regional meetings were not held in 2007 but goNT pamphlets were distributed to approximately 80 delegates at the LGANT meeting held in Alice Springs in April 2007 and 100 delegates at the Darwin meetings in October 2006 and November 2007.
- There was a small display table at the Alice Springs Meeting in April 2007
- No goNT staff were available for a presentation at the LGANT AGM, however LGANT President Kerry Moir spoke in support of goNT.
- All articles forwarded to LGANT were published in "This Week at LGANT" but a minimal number of articles have been sent for inclusion in the newsletter.

To support the on-the-ground delivery of goNT strategies and actions, the CMALC agreed to the formation of the goNT Network. This group consists of representatives from all CMALC member agencies, along with the Top End Division of General Practice.

Goal 2 Develop greater public awareness of the social, economic, environmental and health benefits of regular physical activity, along with the negative impacts of physical inactivity.

Who	What	By when?	Performance Measure	Status
Council / Taskforce	Launch goNT publicly.	September 06	goNT is launched publicly.	Completed
DHCS	Run and evaluate first stage of an NT wide media campaign to promote current physical activity guidelines, with a particular emphasis on the concept of accumulation of activity.	Campaign: Launch of goNT  Evaluation: December 06	First stage of media campaign is conducted and evaluated.	Partially completed
Secretariat	Develop Communication Strategy, including guidelines for systematic and consistent goNT branding of policies, programs etc that promote physical activity within the NT.	September 06	Communication Strategy is developed, including goNT Branding Policy and Usage Guidelines.	Completed
NTG and Council/ Taskforce	Brand all programs, policies that promote physical activity.	Upon completion of guidelines.	All programs/ policies are branded.	Completed
Secretariat	Coordinate development of action plan beyond first year.	End of first year action plan.	Action plan is developed.	Partially completed

The goNT Strategy and Action Plan was launched by Minister for Health, Dr Chris Burns, in November 2006. This was followed by a community launch held during goNT Week 16-22 April 2007, incorporating a modest media campaign. A separate goNT Week report was tabled to CMALC.

The media campaign consisted of:

- 2 television commercials (30 and 15 seconds) broadcast over a period of 2 weeks on Channel 9 and Imparja
- press features in all regional newspapers and a daily display advertisement in the NT News
- pamphlets, posters, a pull-up banner and merchandise (T-shirts, caps, pedometers, waterbottles).

Branding guidelines were developed and endorsed by CMALC 5 December 2006 and have been utilised by DEET and DHCS (where all programs, resources or activities that promote physical activity are now goNT branded). DLGHS have advised that other agreements override the branding guidelines, precluding use of the goNT logo for some of their activities eg. Australian Sports Commission funding agreements requiring NTG Logo.

The 6 and 12 monthly reports will be used to guide development of the second year action plan. The goNT Network has agreed to develop a 3 year action plan to allow for short and long term strategies to be implemented. The goNT Network will meet in late February 2008 to develop this plan for CMALC endorsement at meeting 4.

Goal 3 Increase opportunities for participation through the development of programs, policies, regulations and infrastructure that support Territorians to reintegrate physical activity into their everyday life.

#### School Settings

Who	What	By when?	Performance Measure	Status
DEET	DEET policy is developed to mandate 2 hours of physical education and/or physical activity per week for students in primary schools and junior high schools	Term 4, 2006	Policy is developed. Schools are informed.	Completed
DEET	NT schools receive professional development (PD) in Physical Education-related activities including Fundamental Movement Skills each semester - commencing Semester 2 2006.	On going	Percentage of NT schools that received PD in Physical Education each semester.	Completed
DEET with DHCS, DLGHS, Australian Government	School newsletters include materials about health-related issues affecting children and adolescents - including physical activity.	On going	Percentage of newsletters that include information on health related issues relating to physical activity.	Completed
DEET	Schools continue to develop suitable areas (e.g. shaded playgrounds/ basket-ball courts etc) or lunchtime programs (e.g. active games) to encourage student activity at recess and lunch time.	On going	Increased availability of physical activity promoting areas or programs within schools.	Completed
DPI with DEET	Investigate potential for active travel plans and/or programs for the journey to school, such as Walking and Cycling School Bus programs.	By end of first year plan.	Report on findings is produced.	Not yet completed
NHF	Promote and expand Jump Rope for Heart (JRFH) Program, including in Indigenous community schools (without obligation for fund raising).	On going	Increase in remote school registrations with the JRFH program.	Completed
Australian Government (ASC) with DHCS, DEET	Expand and consolidate Active After School Communities program in schools and Out of School Hours Care (OSHC) centres.	On going	Number of schools / OSHC centres participating.	Completed

The 'Physical Activity Requirements for Schools' Policy was approved by DEET in 2007 and all schools have been informed. The policy is part of the Schools Policy Handbook and is found at [http://www.deet.nt.gov.au/corporate/policies/health\\_issues/physical\\_activity\\_requirements\\_for\\_schools.pdf](http://www.deet.nt.gov.au/corporate/policies/health_issues/physical_activity_requirements_for_schools.pdf)

The Education Officer Physical Activity and the seven Physical Education Co-ordinators (PECs, located in the school clusters) provide on-going Professional Learning (PL) opportunities for teachers in Physical Education-related activities through: demonstration lessons/ programming/ mentoring/ team teaching via whole school, small groups, one on one, sports gala day programs and sport specific workshops. Approximately 90% of urban schools and 40% of remote schools have undertaken some form of physical activity PL between January and December 2007. School Sport NT also provides PL to teachers regarding school sport activity/events. Specific physical activity resources for use by remote and community schools are being developed and include AFL - Our National Game (for Indigenous Communities) and Daily Health and Fitness Program. DLGHS also distributed relevant goNT information to all Sport and Recreation contacts.

DHCS provided relevant information to DEET for inclusion in newsletters to schools so all schools receive regular information about health-related issues and events, including physical activity. Examples include: Arafura Alive; ACHPER Come and Try Days; Live Clean Play Clean presentations; a.s.p.i.r.e. programs, goNT Strategy; 1Seven (physical activity and nutrition program); Healthy Active Australia Community and School Grants Program; information about cluster sport and NT school sport events; Secondary School Competition – 40 day (physical activity) Challenge; Healthy Active Schools Competition for primary schools. DLGHS also distributed goNT information received from goNT to all of the DLGHS Sport and Recreation contacts.

Over the past 12 months, 6 schools have been funded \$782 000 for the erection of shade structures in playgrounds. This funding was made available through the 2007-08 Minor New Works (MNW). Another 13 schools were funded a total of \$532 000 through the Investing in Our Schools Project (IIOSP). There are also 31 schools that have outstanding MNW submissions totalling \$2.384 million for the construction of playground shade covers. Some additional schools have funded and constructed shade structures without NT Government assistance or through other grant applications.

The PECs have been supporting schools to implement a range of activity-based programs for students at recess and lunchtime e.g. PL focussed on yard/Indigenous games, designing/using fitness circuits, student leadership programs; Strong Men and Smith Family Role Model program through which support is provided with lunch time sporting activities. Sport Education Physical Education Program (SEPEP) has provided leadership for students to host physical activity programs for younger students within their own school and for students from feeder schools.

While no investigation has been undertaken by DEET on the potential for active travel plans/programs for journey to school, the 'Walking Safely to School' event took place in a number of NT schools in May 2007. This is an externally organised event so no data has been recorded by DEET on numbers of schools/students participating.

The Jump Rope for Heart (JRFH) program continues to support physical activity in schools across the NT with plans underway for new promotional activities in 2008 with the 25<sup>th</sup> anniversary of the program. Some initial investigations on a sponsorship model whereby mining companies may sponsor remote school participation in JRFH has been undertaken but needs further work.

The JUMP! 2007 project has so far been successful at developing new skills, techniques and performances as skippers, dancers and choreographers worked together in July/August 2007. The final performance was held on 10 August and a DVD documentary produced will be used to promote the program and inspire participation nation-wide. 60+ participants took part and an audience of hundreds so far have seen the DVD.

Demonstration teams have continued to promote and support participation, including in Alice Springs and a NSW school has sponsored the participation of a low income Alice Springs school and sent a demo team to support them.

NOTE: JRFH has not been goNT branded as it is already under branding guidelines of the National Heart Foundation.

As at 31 July 2007, there were 72 sites in which the Australian Government's Active After School Community (AASC) program was in operation across the Northern Territory. 50% of these were in remote indigenous communities/organisations. The average number of participants per site in 2006 was 43.38 and 141 people participated in Community Coach Training Program in 2006. DHCS continues to attend meetings and contribute to the newsletter where appropriate. DEET staff from the Health Promoting Schools Unit and Physical Education Co-ordinators undertook an AASC Professional Learning (PL) in 2006, focussing on a games sense approach and using 'Play for Life' (a resource of the AASC program). This has enabled support and promotion of the program in more NT schools during 2007. Further AASC PL sessions have also been provided to primary/secondary school teachers in Darwin (35 participants from 9 schools), Katherine (10 participants from 3 schools) and Alice Springs (27 participants from 8 schools, Gap Youth Centre – Youth pathways).

### Workplace Settings

Who	What	By when?	Performance Measure	Status
Secretariat	Seek advice on public liability issues associated with the promotion of physical activity within workplaces.	September 06	Advice is obtained.	Completed
Secretariat	Review options to provide incentives (financial and non-financial, regulatory, rewards) for workplaces to encourage and support physical activity.	(Pending positive outcome on legal clarification) End of first year action plan.	Options paper is developed and circulated.	Not yet completed
Secretariat with OCPE	Research and develop an 'active at work' policy, suitable for all Government agencies.	(Pending positive outcome of legal clarification) End of first year action plan.	Policy is developed.	Partially completed
Secretariat with NTG agencies	Promote stair use through point-of-decision prompts in NTG buildings (where appropriate).	(Pending positive outcome on legal clarification) End of first year action plan.	Prompts are placed in NTG buildings (where appropriate).	Partially completed
Secretariat with OCPE	Include promotion of physical activity in Work Life Balance Program.	End of first year action plan	Promotion of physical activity is included in Work Life Balance Program.	Partially completed
DPI with DCIS	Liaise with DCIS to contribute to the development of a whole of government policy on systematic provision of end of trip facilities (e.g. secure bicycle storage, lockers and showers) in NTG-leased buildings.	End of first year action plan.	Whole of government policy on systematic provision of end-of-trip facilities is developed, in consultation with property industry.	Partially completed
DPI	Develop procedures and guidelines for ensuring that end of trip facilities (e.g. bicycle storage, showers and lockers) are provided in all new NTG buildings constructed (where appropriate).	June 2007	Procedures and guidelines are developed and implemented	Completed

Who	What	By when?	Performance Measure	Status
DPI	Develop and implement statutory planning guidelines to encourage the provision of end of trip facilities at non-government workplaces.	Dec 2007	Planning guidelines are developed and implemented as part of the NT Planning Scheme.	Completed
DPI, DHCS with NRETA, Australian Government (DEH)	Promote active transport to and from work through participation in a TravelSmart trial.	End of first year action plan	Agencies are involved in Travelsmart trial.	Completed
DHCS, DCM	Conduct a workplace pedometer challenge.	End of first year action plan.	Pedometer challenges are conducted.	Partially completed
All agencies	Support teams from their workplace to participate in Life.Be in it. Corporate Challenges	On going	Number of teams participating in challenges.	Partially completed

Advice has been obtained from the DHCS legal team that 'whatever risk we take, we [DHCS] should not be deterred from organising events with respect to persons taking [low impact/low risk] exercise subject to [common sense] precautions. DHCS legal services have also advised 'that there are no legal issues which result from encouraging people to use stairs'. However, some other advice to date has been that because of fire safety standards staff can only go up stairs not down (eg. DCM office). This does not appear to be consistent across the Departments so further enquires are needed. A poster encouraging stair use was developed for goNT Week and circulated to all members. This was displayed in some buildings by some NTG departments. It is anticipated that the poster be redesigned during the 2007/08 financial year.

Developments at the national level towards physical activity in the workplace have been mapped to determine approaches, directions and what is working elsewhere. NTG stakeholders are currently being consulted on preferred approaches and mechanisms for integration into existing policies (e.g. Occupation Health and Safety policy, Work Life Balance). Initial responses from OCPE have been very positive.

Initial discussions only have been held with owners of some NTG leased buildings regarding the provision of end of trip facilities, including with the owners of the Goyder Building at Palmerston, which is leased by NRETA but at this stage, there has been no formal discussion with DCIS about this being mandatory in lease conditions.

Procedures and guidelines for ensuring that end of trip facilities (e.g. bicycle storage, showers and lockers) are provided in all new NTG buildings constructed (where appropriate) and development and implementation of statutory planning guidelines to encourage the provision of end of trip facilities at non-government workplaces are dealt with under the new NT Planning Scheme, introduced on 1 February 2007. The Scheme includes requirements for bicycle access, storage and shower facilities in clause 8.2 sub-clause 2(o). The purpose of clause 8.2 is to promote site-responsive designs of commercial, civic, community, recreational, tourist and mixed use developments which are attractive and pleasant and contribute to a safe environment.

The Northern Territory participated in the national TravelSmart program by undertaking a workplace project, which involved 800 people in two NTG Departments in six work places. The project involved surveying staff and developing travel plans with an aim to raise awareness and encourage the use of healthier, more environmentally friendly forms of travel to work such as car pooling, public transport, walking and cycling. There has been no follow up at this stage on the outcomes of the travel plans that were developed and if the individual work groups are still in existence.

NOTE: DHCS was not able to participate in the Travelsmart program (software required for preliminary online survey for preliminary data collection not available on DHCS server) but contributed to its implementation and presented at the TravelSmart forum in May 2007.

DHCS conducted an NT wide three-week pedometer challenge in September 2007 with 380 staff participating. Three DPI teams participated in the Life. Be In It lawn bowls competition and one team participated in another activity, while one DHCS team entered the Hockey challenge. DLGHS did not have any teams competing but distributed the flyer of Corporate activities.

### Health Care Settings

Who	What	By when?	Performance Measure	Status
DHCS	Upskill Primary Health Care teams in motivational interviewing and brief interventions in physical activity.	On going	Number of remote health centres that have been trained in motivational interviewing and brief interventions in physical activity.	Completed
DHCS	Develop resources to assist remote staff deliver brief interventions in physical activity.	Dec 2007	Resources are developed and disseminated.	Completed
DHCS with TEDGP, CADPHC	Encourage GPs and Primary Health Care teams to use MBS Chronic Disease Management (CDM) items.	On going	Increase in number of CDM items claimed.	Completed
DHCS with GPPHCNT, AMSANT, TEDGP, CADPHC	Promote uptake of Lifescripts among GP practices and Primary Health Care settings.	On going	Number of practices/PHC settings using Lifescripts	Completed
DLGHS	Support Lifescripts program by providing general practices (including remote health clinics) with up-to-date information on sport and recreation activities available locally.	On going	A system is established to regularly update general practices on sport and recreation activities available locally.	
DHCS, HLNT and NHF	Promote and expand cardiac rehabilitation programs, including alternate models of cardiac rehabilitation for Indigenous people.	On going	New service delivery models and resources for rehabilitation for indigenous people after cardiac events are developed.	Completed

DHCS has developed resources to assist staff deliver brief interventions in physical activity and also provided training to staff in 12 clinics out 18 in the Darwin and Katherine region, 5 out of 9 in East Arnhem and 6 out of 28 in Central Australia.

Although data was collected to measure an increase in the number of Chronic Disease Management (CDM) items claimed, it was found to be too non-specific to be a valid performance indicator.

Lifescrpts have been actively promoted:

- Planned Continuous Professional Development (CPD) events at both Top End Division of General Practice (TEDGP) and the Central Australian Division of Primary Health Care (CADPHC) on Motivational Interviewing and Brief Intervention, which the Lifescrpts resource is based on.
- Promotion of the Resource to Aboriginal Medical Services clinics at a Medicare Benefit Scheme workshop in Katherine. This was a joint project by General Practice and Primary Health Care NT, (GPPHCNT) and Aboriginal Medical Services Alliance NT (AMSANT).
- Practice support visits by both Divisions with one on one and practice education and support provided by the Chronic Disease Coordinators.
- Promotion of the Lifescrpts Resource to practices and clinics involved in the National Primary Care Collaboratives.
- GP Registrars provided with information and Kits to use when out in practices.

Approximate Numbers of practices using the kits:

Practice Kit Resource – 70

Risk Factor Kit - 80

DHLGS are able to support Lifescrpts through ISP Officers, in conjunction with Community Sport and Recreation Officers, delivering sport and recreation opportunities in communities, maintaining the Sport Link Up website, which details participation opportunities for youth ([www.sportlinkup.nt.gov.au](http://www.sportlinkup.nt.gov.au)), conducting Sports Seminars to up skill sport and recreation deliverers and participants, running Coaching and Officiating courses throughout the Northern Territory and continuing to promote sport and recreation opportunities throughout the Schools Network Program.

In relation to cardiac rehabilitation programs, including alternate models of cardiac rehabilitation for Indigenous people, HLNT have developed a new brochure to promote and support recovery of Aboriginal cardiac patients through physical activity. GHANT has advocated for increased services and alternative models of cardiac rehabilitation for Aboriginal people to be a priority as part of the 10 year plan for cardiac services. DHCS has not developed new service delivery models or resources but the recently established Chronic Disease Clinical Reference Group has made this a high priority and committed to supporting people who have had cardiac events to be physically active post-treatment, under new models for cardiac rehabilitation programs to be trialled in the NT in the coming year.

### Community Settings and the Local Environment

Who	What	By when?	Performance Measure	Status
DPI with Local Government, DHCS	Implement the National Cycling Strategy.	On going	Relevant actions of the national cycling strategy are implemented.	Partially completed
DPI with Local Government, Bicycle NT	Develop local cycling strategies consistent with the National Cycling Strategy.	End of first year action plan.	Local cycling strategies are developed and implemented.	Completed
DPI	Develop guidelines to ensure active transport (cycling and walking) are considered as key principles in planning for new subdivisions.	December 2007	Guidelines are developed and implemented.	Completed
DPI	Develop and promote cycling and walking infrastructure, including the continued development and maintenance of arterial cycle path networks.	End of first year action plan.	Infrastructure development and maintenance schedules are implemented.	Completed

Who	What	By when?	Performance Measure	Status
DPI with Australian Government (DEH)	Provide safe secure bicycle storage at Casuarina and Palmerston bus interchanges to encourage physical activity through cycle/public transport commuting.	End of first year action plan.	Secure bicycle storage is provided at Casuarina and Palmerston bus interchanges.	Completed
DLGHS with Local Government	Extend community grants to walking/pedometer programs.	On going	Community grants are extended to walking programs.	
Local Government with Australian Government (DCITA)	Promote and develop sustainable facilities to support physical activity in Indigenous communities	End of first year action plan.	Number of new or upgraded facilities in Indigenous communities.	Not yet completed
Australian Government (DCITA), DHCS with Local Government, NGOs in remote communities.	Develop sustainable physical activity programs in Indigenous communities, that cater for males and females across all age groups.	End of first year action plan.	Number of programs made available.	Not yet completed
DHCS, GHANT with Local Government	Organise and support Community Healthy Lifestyle programs (e.g. Alice Springs Lifestyle Challenge, Palmesstonne).	End of first year action plan.	Number of community-based Healthy Lifestyle programs.	Completed
NHF with Local Government	Continue to recognise and promote Local Government initiatives that support physical activity through the NHF Local Government Awards.	July 2007	Increase in eligible applications from Local Government for physical activity initiatives.	Completed
DCM and Fitness sector	Collaborate to provide regular and affordable physical activity options tailored to seniors' needs (e.g. strength training).	End of first year plan.	Regular and affordable physical activity options tailored to seniors' needs are available.	Completed
DCM, DPI	Provide low-cost transport options for seniors to access physical activity programs.	End of first year action plan.	Low-cost transport options for seniors to access physical activity programs is available.	Completed
DLGHS with Life. Be in it.	Provide wet and dry season programs.	End of first year action plan.	Life. Be in it. Wet and dry seasons programs are available.	Completed
DHCS, DEET with Australian Government (OIPC)	Contribute to the development of a 'Swimming pools in remote communities strategy' to maximise pool usage.	End of first year action plan.	A 'Swimming pools in remote communities Strategy' is developed.	Not yet completed

Who	What	By when?	Performance Measure	Status
DCM and NTT, OCF	Integrate physical activity into criteria of grant programs, particularly around celebratory events.	End of first year plan.	Grant programs include physical activity criteria.	Partially completed

DPI has developed an NT Cycling Action Plan, which guides the implementation of the National Cycling Strategy 2005-2010 in the Northern Territory. DPI is a member of the Australian Bicycle Council and maintains an ongoing interface with the Council and its strategies and activities. The NT plan includes a cycle network strategy, which was developed through extensive public consultation and stakeholder meetings. The NT Bicycle Working Group, which includes membership from Bicycle NT, Darwin and Palmerston town councils and the Litchfield Shire Council and relevant NTG agencies (eg Parks, Office of Sport and Recreation) exists to identify issues and exchange information to support growth of bicycle usage. This group is scheduled to meet in early 2008. Capital works program funding will be sought in 2008 for the larger cycle path projects that have been identified as existing infrastructure gaps in the network.

The Office of Sport and Recreation (DLGHS) provides funding to cycling groups to increase participation, as per priority 1 of the National Cycling Strategy:

- NT BMX Association 2006/07 funding \$21,500
- Northern Territory Cycling Association Inc 2006/07 funding \$17,000, with an increase to \$18,663 in 2007/08.
- NT BMX did not apply in 2007/08, however they will be applying for 2008/09.
- Bicycle NT Applied for funding under the Grass Roots Development Program in 2006/07 and were not successful as they did not meet the essential criteria of delivering recreational opportunities and were classified as a Lobby Group.

The Northern Territory Cycling Association (NTCA) is affiliated to the Australian Cycling Federation and all competition is held in accordance with the Federation's rules and regulations. There are four cycling clubs located in the Northern Territory: the Alice Springs Cycling Club; the Alice Springs Mountain Bike Club; the Katherine Cycling Club; and the Darwin Cycling Club. The NTG supports these clubs by funding NTCA, however, NTCA is a competition based sporting organisation rather than an awareness and cycling safety organisation as per the major components of the National Cycling Strategy.

In addition to being on the NT Bicycle Working Group, Sport and Recreation is also represented on a Cycling Group in Alice Springs.

An interactive cycling web-site has also been produced by DPI, which provides cycling information and network maps for major NT urban areas. The public are able to lodge, online, issues and complaints to DPI regarding cycling. DPI, in conjunction with the NT Bicycle Working Group has completed reviews of Darwin and Palmerston cycle networks and will undertake reviews in Katherine and Alice Springs over the next 12 months. There were a number of cycle and footpath upgrade projects undertaken in 2007-08 as part of the Minor New Works program, including intersection improvements and the extension of the Chung Wah Terrace cycle path. DPI also interfaces with DLGHS and DHCS to implement Active Australia promotions and strategies.

The new NT Planning Scheme introduced on 1 February 2007 includes cycle requirements for residential subdivisions, including:

- Clause 11.2.3 sub-clause 2 Residential subdivision design should:
  - (a) provide a high level of internal accessibility and external connections for pedestrians, cycle and vehicle movements;
  - (b) provide links to schools, commercial facilities and public transport services;
  - (c) provide traffic management to restrain vehicle speed, deter through traffic and create safe conditions for all road users.

- (f) provide a minimum of 10% of the subdivision area as public open space which:
  - i. ensures the majority of dwellings are within 400m walking distance of a neighbourhood park;
  - ii. incorporates recreational open space in larger units available for active leisure pursuits.

NHF conducted a Healthy By Design seminar with 20 participants at the City of Palmerston on 13 November 2007. Feedback was very positive and NHF will endeavour to foster the collaborative relationships between the various sectors that attended.

DPI, through the Australian Government's Cycle Connect initiative, has constructed secure bicycle enclosures at the Casuarina and Palmerston Bus Interchanges. The enclosures provide secure bicycle storage, which is available 24 hours a day, seven days a week to holders of access keys.

The following Communities have been funded through the Sport and Recreation Facilities Grant program:

<b>Community</b>	<b>Funding Amount</b>
Elliott District Community Government Council	\$3,500.00
Mt Theo-Yuendumu Substance Misuse Aboriginal Corporation	\$15,000.00
Ntaria Council (Hermannsburg) Incorporated	\$20,000.00
Nyirranggulung Mardrulk Ngadberre Regional Council	\$20,000.00
Anmatjere Community Government Council	\$25,000.00
Yuelamu Community Incorporated	\$25,000.00
Jilkminggan Community Government Council	\$25,000.00
Walunguru Community Council Aboriginal Corporation	\$35,000.00
Papunya Community Council Inc	\$35,000.00
Alpurrurulam Community Government Council	\$50,000.00
	<b>\$253,500.00</b>

DHCS has undertaken sporadic activity only around the development of sustainable physical activity programs in Indigenous communities, that cater for males and females across all age groups with a weekly program for youth at Yirrkala combining healthy eating and active recreation run in conjunction with the Sport and Recreation Officer.

Sport and Recreation, through funding provided by the Australian Sports Commission, employ 7 Indigenous Sport Program (ISP) Officers and 1 ISP Manager to provide support to Indigenous communities in creating and delivering sustainable sport and recreation programs. ISP are responsible for promoting the grants program which consists of 3 program areas – Facilities, Local Governing Bodies and Grass Roots Funding. Sport and Recreation also provided \$1.7M in funding in 07/08 directly to local governing bodies in remote areas; primarily to employ Community Sport and Recreation Officers.

Australian Government funding through the Emergency Response has been directed for the purpose of improving and increasing sport and recreation programs and infrastructure and Closing the Gap (NTG Indigenous Generational Plan) has committed **\$4.5M for this** in each of the new local government shires.

The following Communities have been funded through the Sport and Recreation Capital Grants/Election Commitments for facility/infrastructure upgrades:

<b>Location</b>	<b>Project Details</b>	<b>Partnership</b>	<b>Approved Allocation</b>
Canteen Creek	Upgrading of Sporting Facility at Canteen Creek	Canteen Creek Community Council	\$100,000
Gapuwiyak	Gapuwiyak Oval	Gapuwiyak Community Inc	\$45,000
Ngukurr	Upgrading of Ngukurr Oval	Yugul Mangi Community Government Council	\$500,000
Alpara	Alpara Community - Funding to the local council for shade to the football oval	Urapuntja Council Aboriginal Corporation (Alparra)	\$20 000
Yuendumu	Yuendumu Community - Funding to the local council for upgrading the football and softball oval	Yuendumu Community Government Council	\$50 000
Alpurrurulam	Alpurrurulam Community - Funding for an undercover recreation area	Alpurrurulam Community Government Council (Lake Nash Community)	\$200 000
Barunga	Barunga - Repair basketball courts	Nyirranggulung Mardrulk Ngadberre Regional Council	\$200,000
Elliot	Elliot Community - Sport and Recreation Centre Upgrade	Elliot District Community Government Council	\$100,000
			\$945,000

In support of walking and pedometer programs, the following organisations were funded by Sport and Recreation in 2007/08 through the Peak Organisation Grants:

Life. Be in it received \$96,700.

Scouts Northern Territory received \$41,000.

Guides Northern Territory received \$41,000.

Duke of Edinburgh Awards received \$20,000.

Hamilton Downs Youth Camp received \$35,000.

TEDGP coordinated and provided support for the second Palmlesstonne, a 10 week community based healthy lifestyle program where Lifescrpts were promoted. DHCS and NHF also supported the program.

NHF held a Community Walk on 2 September 2007 at East Point.

Heart Foundation walking programs have been further developed and restructured to support a national delivery model. Heart Foundation Walking was launched nationally Friday 7 December 2007 with local walkers connected to a national data base, receiving quarterly newsletters, dedicated walking information on the NHF website and enhanced resources for walk organisers. In the future, programs will be facilitated by area coordinators who will directly support programs and walk organisers and programs will be further expanded throughout the Territory.

Seniors Month grants of up to \$2,000 are provided through the Office of Senior Territorians in DCM to subsidise the cost of activities during the month of August. The purpose of the grants is to encourage healthy living and an active lifestyle for older people. The month provides many opportunities for senior Territorians to be involved in physical activities that provide strength training like water aerobics, gym classes, walking, tai chi and sailing. These opportunities are provided by businesses and community groups mostly free of charge or at reduced cost. The Office continues to build on the momentum of Seniors Month and encourages community groups to undertake targeted physical and social activities for seniors at other times of the year. DCM, through The Active Ageing Framework tabled in Parliament on 27 November 2007, proposes that in the next five years, the Northern Territory Government will " earmark 30% of Seniors Month grants for events that provide physical activities, especially those that have the potential to be ongoing" (p10)

DPI, through public transport, allows Pensioners and Senior/Concession Card Holders to purchase a low-cost 50 cent ticket, giving up to 3 hours unlimited travel on the NT's public bus system. In addition, dedicated free scheduled bus services to the hospital and shopping centres are also available to residents of the Fannie Bay and Leanyer Seniors Villages, with an escort available to assist passengers on and off the bus. Options are also explored by DCM during Seniors Month to provide free or low-cost bus transport to and from activities to enable more senior Territorians to participate.

NHF Local Government Awards continue to recognise and promote initiatives that support physical activity and in 2007, Palmesstonnes was awarded a High Commendation.

Active Life Wet season and Dry season programs are advertised on the Life. Be In It. website: [www.lifebeinitnt.org/walks\\_and\\_aqua.asp](http://www.lifebeinitnt.org/walks_and_aqua.asp) and updated each season. DLGHS also distribute the flyer to all clients of the Sport and Recreation Office.

Development of a 'Swimming pools in remote communities strategy' has been put on hold while the Australian Government Emergency Response is implemented. However, the Royal Life Saving Society of Australia NT Branch has developed a remote pools strategy incorporating a community development model, and work will commence with DEET in 2008 to assist with policy implementation.