What is ‘healthTrack’?

- ‘healthTrack’ is a Department of Health and Ageing Preventative Health Initiative (PHI) focusing on increasing levels of Physical Activity and Good Nutrition to assist in the prevention of chronic diseases and achieve better health outcomes for the Lower Eyre, Mid West, Ceduna and Aboriginal Communities across the Eyre Peninsula.

- ‘healthTrack’ is the largest PHI project within Australia, attracted the highest amount of funding nationally and covers an area over 30,000 square kilometres. The healthTrack project commenced in 2010 and ceases in June 2013. Positions across the project area include: PHI Project Officer, Assistant Project Officer, Physical Activity Coordinators, Nutrition Coordinators, Aboriginal Liaison Officer, Dietitian and Administration.

- ‘healthTrack’ addresses levels of Physical Activity and Good Nutrition through working with communities focusing on community capacity building. ‘healthTrack’ encourages participation from communities, local health services, groups and organisations to identify local barriers and work together to define ways in which the issues may be addressed.

- ‘healthTrack’s’ most successful approaches have been ‘bottom up’ as opposed to a ‘top down’ approach. ‘Bottom up’ approaches have enabled community development, responsibility, pride and ownership and have assisted communities in creating their own sustainable solutions that incorporate increased levels of Physical Activity and Good Nutrition into their everyday lives.

- ‘healthTrack’ purposely steers away from the traditional ‘service delivery model’ within community health services to ensure sustainability beyond the life of the project. By building sustainability within communities, the expected outcomes include a decrease in communities’ dependency on health services to ‘fix’ individuals’ health issues that have resulted from unhealthy choices and behaviours across the lifespan.

Community and Workforce Training

Community and Workforce training is intended to up skill our communities, increase the sustainability and continued access to physical activity and good nutrition opportunities beyond the life of the project. It also enables volunteers to continue supporting their communities and participate in activities that work towards increasing levels of Physical Activity & Nutrition.

- A total of approximately 400 participants from community and workforce attended training and up skilling opportunities.

- A total of 30 training and up-skilling opportunities were implemented.

- The variety of training and up skilling opportunities included: Advanced Aquatic (Aquatic Life Support, AUSTSWIM, Cart 8 in Fitness, Cly Kung Leaders, Child Safe Environments, Community Foodies, CoOps Obesity Prevention Course, CPR & Water Rescue, Crash it Fitness, Eat a Rainbow, Gymnastics and KinderGym, Nutrition in Sports EMAA Pump Class Trainer, Senior First Aid, Sports Trainer Course, Surf Safety Tai Chi Chair & Yoga.

- Many of the participants have participated in 30 various courses/sessions through the healthTrack Community and Workforce Training.

Community Based Resources & Equipment

The provision of and access to a range of Community Based Resources & Equipment encourages healthy choices to be part of everyday life. "healthTrack" initiated and developed the ‘Get Active’ and the ‘Healthy BBQ’ and "Thinking beyond" community groups. The healthTrack Small Grants Program has funded 84 local projects over six rounds.

Major Achievements to date:

- A total of 84 local initiatives that focused on increasing levels of Physical Activity and Good Nutrition were funded through the healthTrack. Small Grants Program.

- ‘Get Active’ and ‘Healthy BBQ’ trailers are available to borrow, free of charge, in all communities encouraging physical activity and good nutrition in our everyday lives.

- To build local capacity and sustainability, approximately 400 people have participated in 30 various courses/sessions through the healthTrack Community and Workforce Training & Up-skilling program.

Major Hurdles:

- As a 3.5 year funded project, healthTrack needed to focus on sustainability from the outset, and strongly consider what is the ‘footprint we want to leave behind’.

- Another challenge was convincing other government organisations, NGOs and community groups to partner and engage in this type of capacity building approach. To date this has been achieved to an extent but has not reached its full potential. More effective partnerships and cross-organisational support would produce greater benefits for our communities.

‘healthTrack’ Small Grants Program

Community initiatives and projects supported through the Small Grants Program have been those that focus on increasing levels of physical activity & good nutrition and those that encourage communities to play an active role in their health.

The grants program provides ‘kick-start’ funding to community activities and projects, enhance supportive environments and aim to increase participation and frequency in physical activity and healthy eating eg: Community Gardens, Physical Activity Groups and Programs, School based initiatives etc.

The grants program not only aims to provide funding but also to skill our communities and workforce in grant writing, small community project facilitation and the processes involved.

South Australian Government

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