

BigMoves: Final Report

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Abstract

The BigMoves project was initiated to reduce the prevalence of chronic disease in people outside of the paid workforce in the Wysaw local government area through the promotion of physical activity and nutrition programs. The two year project aimed to boost the capacity of the region, engage and sustain participation in health programs, stimulate behaviour change and deliver health outcomes. The project also encompassed policy development, to ensure that the lifestyle changes achieved were sustained. Qualitative and quantitative indicators established the project's effectiveness in meeting its objectives. The project succeeded in boosting community capacity through training, peer mentoring, partnerships, policy development, increased availability of healthy lifestyle activities and infrastructure. Target groups were engaged through widespread community consultation and referral networks, with 77% of enrolments sustained across all programs. Behaviour change was evidenced by moderate increases in physical activity and more substantial improvements in nutrition. Health outcomes were also achieved, with modest reductions in participants' body mass index and more significant reductions recorded in waist circumference. As the project was embraced at both personal and organisational levels of the community, it is anticipated that increasingly positive shifts in lifestyle behaviours and health indicators would be evidenced over a longer period of evaluation.

It is recommended that:

- a.** Council continues to support the BigMoves programs that are now running independently, through marketing and information brokering;
- b.** Council utilises its sports and recreation facilities to support disadvantaged people to maintain healthy lifestyles; and
- c.** Council continues to foster initiatives that impact positively on the health and wellbeing of the community, with a focus on development planning, food provision and workplace practices.

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The Healthy Towns Scheme

1. Background

In 2014 Wysaw City Council was one of ninety two local councils to receive \$566,042 in federal funding under the Healthy Towns Scheme. The grant reflected the power of local government to affect the health behaviours of community members and aimed to reduce the prevalence of weight related chronic disease through the provision of physical activity and nutrition programs and resources to people who are outside the paid workforce across the local government area (LGA). The grant also required comprehensive review and development of Council policies and procedures, to ensure the sustainability of the lifestyle changes achieved through the funding. In Wysaw, the health promotion project arising from the grant was branded BigMoves.

The federal government's large investment in preventative health arose in response to the prevalence of weight related chronic disease in the country. Australia is one of the most overweight developed nations, with overweight and obesity affecting almost two in three adults and around one in four children.¹ This has serious consequences for health on a national level, as obesity is poised to overtake smoking as the leading cause of illness and premature death.² People suffering from obesity are at greater risk of developing chronic conditions such as coronary heart disease, stroke and type II diabetes.³ Unhealthy weight is understood to be predominantly due to poor nutrition and physical inactivity. In many ways this is a social problem, with sedentary lifestyles and lack of knowledge about nutrition normative.⁴

2. A Local Snapshot

The west coast of Western Australia has levels of unhealthy weight comparable to the rest of the state, with 58% of adults suffering from overweight or obesity, and 29% suffering obesity.⁵ Only 55% of adults are adequately physically active, and only 6% of men and 11% of women eat adequate quantities of vegetables.⁶

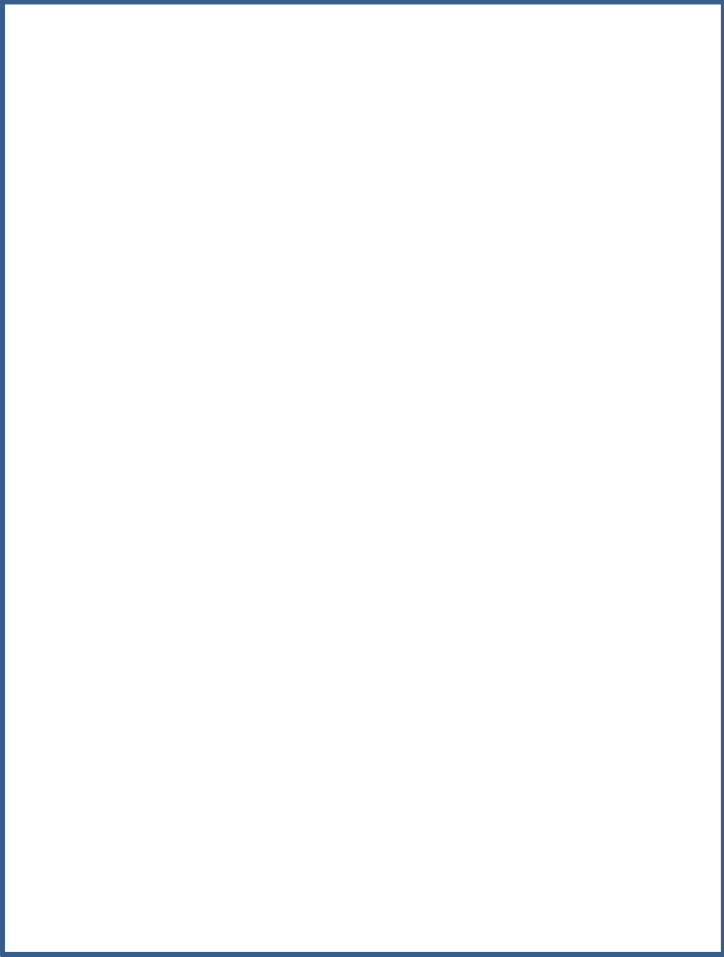
¹ *Weighing it Up: Obesity in Australia. Report on the inquiry into obesity in Australia*, House of Representatives Standing Committee on Health and Ageing, 2009. ² *Creating Healthy Environments: A review of links between the physical environment, physical activity and obesity*, WA Health Department and WA Centre for Overweight and Obesity, 2005.

³ *Australia's Health*, Australian Institute of Health and Welfare, 2008.

⁴ *Australia's Health*, Australian Institute of Health and Welfare, 2008.

⁵ *Australian Health Survey 2011–13*, Australian Bureau of Statistics, 2015.

⁶ *Key Population Health and Performance Indicators in WA*, West Coast Area Health, 2011.



The Wysaw LGA possesses distinct levels of disadvantage, scoring 952.7 on the Socio-Economic Indexes for Areas (SEIFA) scale of disadvantage,⁷ with 59% of people of low socioeconomic status.⁸ Median individual income is \$469, compared to the WA state average of \$561.⁹ The LGA includes 14.3% of people over 65 years,¹⁰ and a higher than average proportion of Indigenous Australians (5.2%¹¹ as opposed to 2.5% nationally¹²). In WA Aboriginal people are far higher than non-Aboriginal people to experience hospitalisation due to cardiovascular diseases (60% higher) and diabetes (170% higher), resulting in greater premature mortality in Aboriginal populations.¹³ As well, a significant population of African refugees from Sudan, Sierra Leone and the Congo have settled in Wysaw in recent years, many of whom have encountered processed foods in Australia for the first time, with resulting health consequences.

Project Delivery

3. Project Objectives

BigMoves aimed to foster and support healthy lifestyle choices, resulting in better health outcomes through the following objectives:

- a. **Reduced barriers:** To reduce barriers for the target groups and the wider community to access healthy lifestyle information, physical activities and healthy eating programs.
- b. **Increased participation:** To increase the target groups' participation in physical activities and healthy eating programs.

⁷ *Census of Population and Housing*, Australian Bureau of Statistics, 2011.

⁸ *Healthy Towns: Avoidable deaths and life expectancies in 2009 – 2015*, National Health Performance Authority, 2015.

⁹ *Census of Population and Housing*, Australian Bureau of Statistics, 2011.

¹⁰ *National Regional Profile: Wysaw (Local Government Area)*, Australian Bureau of Statistics, 2015.

¹¹ *Healthy Towns: Avoidable deaths and life expectancies in 2009 – 2015*, National Health Performance Authority, 2015.

¹² *Census of Population and Housing: Characteristics of Aboriginal and Torres Strait Islander Australians*, Australian Bureau of Statistics, 2011. ¹³ *Health Statistics WA*, Centre for Epidemiology and Evidence, WA Ministry of Health, 2011.

- c. **Local partnerships, national programs:** To build on existing local programs and activities through partnerships and introduce national programs.
- d. **Development:** To develop and implement Council policies and facilities that encourage and promote healthy lifestyles and environments.
- e. **Sustained participation:** To ensure increased levels of physical activity are sustained following completion of the project.

4. Target Groups

Based on the demographic composition of the region, BigMoves targeted unemployed people, Aboriginal and Torres Strait Islander (ATSI) people, culturally and linguistically diverse people, older Australians, refugees, people with disability and carers.

5. Project Outputs

BigMoves comprised physical activity and nutrition programs that were developed in response to identified local needs, and national programs that were included in Healthy Towns Scheme-funded projects across Australia. The project also included supplementary outputs aimed at supporting the behaviour change campaign.

a. National programs

- i. **Beat It:** Designed by the Australian Diabetes Council, Beat It delivers safe and effective group based physical activity and lifestyle programs for people with, or at risk of, lifestyle related chronic diseases such as type II diabetes, heart disease, obesity and osteoporosis. Beat It employs a holistic approach to health, including resistance and aerobic training modalities, lifestyle modification, motivation, physical activity and nutrition to ensure the best health outcomes for people with or at risk of lifestyle related chronic disease.

The project trained eight fitness professionals to deliver the program and developed networks with an additional instructor, who began operating in the LGA prior to the project.

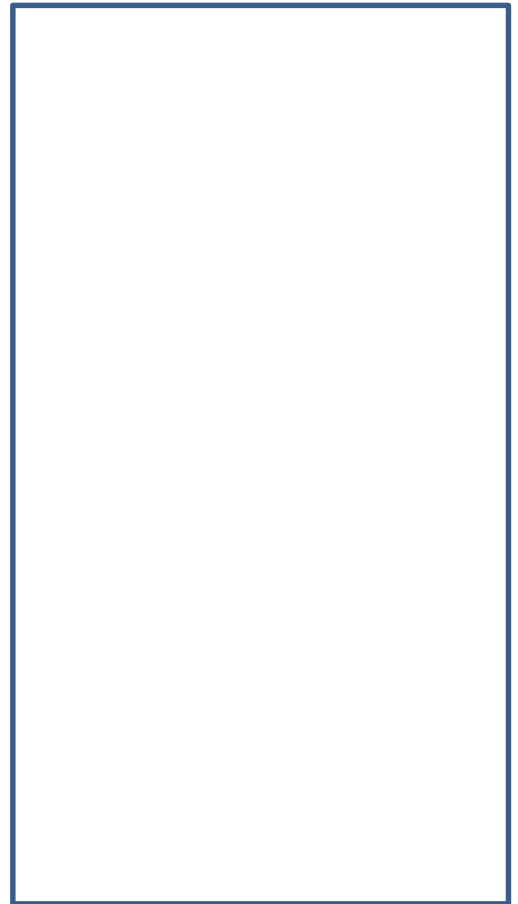
- ii. **Heartmoves:** Designed by the Heart Foundation of Australia, Heartmoves is a low to moderate intensity physical activity program specifically designed for people with lifestyle risk factors or with existing stable chronic conditions, such as heart disease, diabetes, obesity and arthritis. The program utilises elements such as resistance training, functional movement, aerobic and endurance training to develop participants' health.

Nine people were trained by the project to deliver the program.

- iii. **Lift for Life:** Lift for Life is an evidence based strength training program, developed by researchers at Baker IDI Heart and Diabetes Institute. Lift for Life is suitable for adults of all ages, including people with, or at risk of, type II diabetes and other chronic conditions.

The program was conducted in small groups and utilised peer mentoring, with experienced participants supporting each fresh intake of participants. The project trained six fitness professionals to deliver the program and developed networks with two additional instructors operating in the LGA.

This output also facilitated training for eight ATSI people in Certificate III / IV Fitness. Each of the graduates then completed training in one of the project's national programs.



- iv. **Heart Foundation Walking:** Designed by the Heart Foundation of Australia, the program is aimed at raising the profile of walking as a fun, free and accessible physical activity. The program trains and resources community volunteers to lead local walking groups.

The project trained one Area Coordinator and two Walk Organisers, and oversaw the activities of two additional Walk Organisers who began operating in the LGA prior to the project.

b. Local programs

- i. **Foodcents:** The program educated participants on healthy eating on a limited budget, comprising sessions on shopping, budgeting and cooking. The cooking component included the preparation and sharing of a healthy lunch.

The project delivered the program to participants at multiple sites and conducted two train-the-trainer courses, qualifying 36 health, fitness and community services professionals to deliver the program directly to their clients.

- ii. **Learn to Swim:** The program incorporated aqua aerobics classes and swimming lessons, which were offered alone and as part of a women's program named Women in the Water. The program utilised the Foodcents program to train participants in nutrition and included Teacher of Swimming and Water Safety training for five ATSI community members.
- iii. **Community Garden Support:** This output provided support to the existing Wysaw Community Garden. Gardening workshops covered topics such as composting and seed saving and incorporated the Foodcents program, in which participants harvested and shared a healthy lunch as a medium to a discussion of nutrition. BigMoves provided resources to the garden and assisted in the installation of concrete paths and raised beds to make the area wheelchair accessible.
- iv. **Healing:** The program imparted physical activity and nutritional information to local Aboriginal people in a culturally sensitive manner. The program was run in partnership with Bulahngellah Aboriginal Health Service and aimed to provide an entry point into the broader BigMoves project for ATSI participants.
- v. **Culturally and Linguistically Diverse Women's Wellbeing Program:** The program aimed to impart physical activity and nutritional information to local culturally diverse women in a culturally sensitive manner, with a focus on the identified needs of this community. The program was run in partnership with Interrelate Family Centre, Wysaw. As with the Healing program, it was intended that graduates of the program would subsequently engage with broader BigMoves programs and activities.

c. **Supplementary outputs**

- i. **Resource DVDs:** A fifteen minute DVD was produced featuring inspirational interviews with BigMoves participants. The DVD was used as an educational and community awareness raising resource to encourage active participation in healthy activities. It included a television advertisement that was aired on television, and was played in many shops and medical centre waiting rooms locally.
- ii. **Program equipment and assessment materials, incentives and rewards:** This output supported the purchase of fitness equipment and assessment materials necessary to facilitate the BigMoves programs and activities, and provided incentives to participants.
- iii. **Outdoor Exercise Stations:** Exercise equipment suitable for older people and people with disabilities was installed in Nesbitt Park. The equipment was positioned next to the park's

playground equipment to encourage families to use it. An instructor was engaged to run guided activity sessions utilising the equipment, which were extremely popular across a diverse range of ages and cultures.

- iv. **The Healthy Living Network:** BigMoves registered as a service provider on the federal government's Healthy Living Network, listing the programs and activities being run as part of the project.
- v. **Policy Review and Development:** Council's policies and plans were reviewed to assess the extent to which its current framework promoted healthy living. A health promotion policy with associated procedures in planning, food development and workplace practices was developed, formalising and augmenting Council's ongoing efforts at health promotion.

Evaluation

6. Evaluation Framework

a. National evaluation of the Healthy Towns Scheme

The Department of Health engaged KPMG to conduct a national evaluation of the Healthy Towns Scheme at its commencement. At the expiry of KPMG's contract on 30 June 2015, the Collaboration of Community-Based Obesity Prevention Sites was engaged to continue the evaluation to the end of the Initiative. The health outcomes of the national programs within BigMoves did not include health measures, as these were covered by the national evaluator in collaboration with the national program providers.

b. Local evaluation of BigMoves

The evaluation of BigMoves was conducted internally, utilising quantitative and qualitative data collection. The project's effectiveness in meeting its objectives was assessed against the following domains:

- i. **LGA capacity:** The impact of the project on the LGA's capacity to support healthier lifestyles for the target groups.
- ii. **Engagement of target groups:** The extent to which target populations engaged with the project.

- iii. **Sustained participation:** The extent to which participation in programs and activities has been sustained.
- iv. **Behaviour change:** The impact the project has had on participants' levels of physical activity and nutrition.
- v. **Health outcomes:** The impact the project has had on participants' physical health.

The following quantitative measures captured the nexus between the project's objectives and its evaluation domains.

LGA Capacity		
Objective	Measure	Data Collection Method
Reduced barriers	Number of people trained to deliver programs and activities	Registers of attendance
Reduced barriers	Number of mentors in each target group	Demographic records of mentors
Local partnerships, national programs	Number of programs and activities run in partnership with community services in the LGA.	Project records
Development	Policy review and development report	Review and stakeholder engagement
Development	Increase in the number of healthy lifestyle activities available in the LGA.	Survey of infrastructure and activities available in the LGA at the commencement and completion of the project.
Sustained participation	Improvement in the physical environment to support physical activity.	Survey of infrastructure and activities available in the LGA at the commencement and completion of the project.
Engagement of Target Groups		
Objective	Measure	Data Collection Method
Local partnerships, national programs	Proportion of participants referred into programs and activities by community services and health professionals.	Project records

Reduced barriers	Number of program or activity participants referred by others engaging in programs or activities.	Participant questionnaires
Reduced barriers	Number of program or activity participants motivated by encountering DVD material.	Participant questionnaires
Reduced barriers	Portion of program and activity participants citing a mentor as a source of information or inspiration about the project.	Participant questionnaires
Reduced barriers	Proportion of participants returning to HTS programs and activities.	Participant questionnaires
Increased participation	Number of people participating in all programs and activities.	Data collection at commencement and completion
Local partnerships, national programs	Number of national programs run throughout the project	Project records

Sustained Participation

Objective	Measure	Data Collection Method
Increased participation	Number of people completing programs and activities or sustaining participation in at least 50% of sessions.	Data collection at commencement and completion

Behaviour Change

Objective	Measure	Data Collection Method
Sustained participation	Average number of minutes per week engaged in <u>moderate</u> physical activity across all programs and outside activities.	Participant questionnaires
Sustained participation	Average number of minutes per week engaged in <u>vigorous</u> physical activity across all programs and outside activities.	Participant questionnaires
Sustained participation	Average number of serves of vegetables consumed by participants per day.	Participant questionnaires
Sustained participation	Average number of serves of fruit consumed by participants per day.	Participant questionnaires

Sustained participation	Proportion of participants self reporting growing their own food.	Participant questionnaires
Sustained participation	Frequency of participants self reporting cooking meals from fresh food at home.	Participant questionnaires
Sustained participation	Proportion of participants self reporting reducing their intake of fast food.	Participant questionnaires
Health Outcomes		
Objective	Measure	Data Collection Method
Increased participation	Measurements: height, weight, waist circumference, blood pressure.	Data collection at commencement and completion
Increased participation	Proportion of participants who's BMI has reduced.	Data collection at commencement and completion
Increased participation	Proportion of participants whose waist circumference places them at risk.	Data collection at commencement and completion
Increased participation	Average size of waist circumference change.	Data collection at commencement and completion
Increased participation	Proportion of participants with a BMI of 25 or greater (overweight).	Data collection at commencement and completion
Increased participation	Proportion of participants with a BMI of 30 or greater (obese).	Data collection at commencement and completion

c. Qualitative information collection

- i. Community consultation began at the commencement of the project with a series of consultations with community groups and individuals. This was valuable in assessing the needs of potential participants.
- ii. The West Coast Physical Activity and Nutrition Needs Assessment was conducted in August 2015. The assessment utilised written questionnaires and a community meeting held on 7 August 2015. There were eighty one respondents in total, including 56 BigMoves participants, nine program instructors and 16 workers from referring local community service organisations. Responses were grouped into themes for ease of analysis. The assessment offered much qualitative and quantitative information about how participants,

referring community service organisations and instructors were engaging with the project. The process also delivered many insights into the project's barriers and enablers and the state of physical activity and nutrition programs in the LGA seventeen months into the project, and provided valuable guidance as to participants' desires for services post-funding.

- iii. Community consultation continued in the later months of the project, revealing much about methods likely to be efficacious in designing sustainable programs.
- iv. Participant surveys were utilised throughout the life of the project, providing both qualitative and quantitative information on participant experiences.
- v. Informal feedback from participants and referring community services and health professionals was recorded throughout the project.

7. Evaluation Findings

The project was found to have been highly effective when assessed against its objectives. The strength of BigMoves lay in the development of extended community networks, promoting the practice of tailoring programs to participants' needs and fostering social connections. Through a consultative approach the project was able to meet its objectives of reducing barriers to participation for target groups, and increasing and sustaining participation. The project utilised partnerships effectively in the delivery of national programs and fostered local activities through training, community network building and resource allocation.

As the policy development process was concluded at the end of the project its influence is not yet clear. Early impacts include the inclusion of healthier choices in vending machines at Council facilities, the development of a healthy catering guide, the installation of physical activity and nutrition noticeboards at Council's libraries and Corporate Centre and the development of a staff wellness challenge.

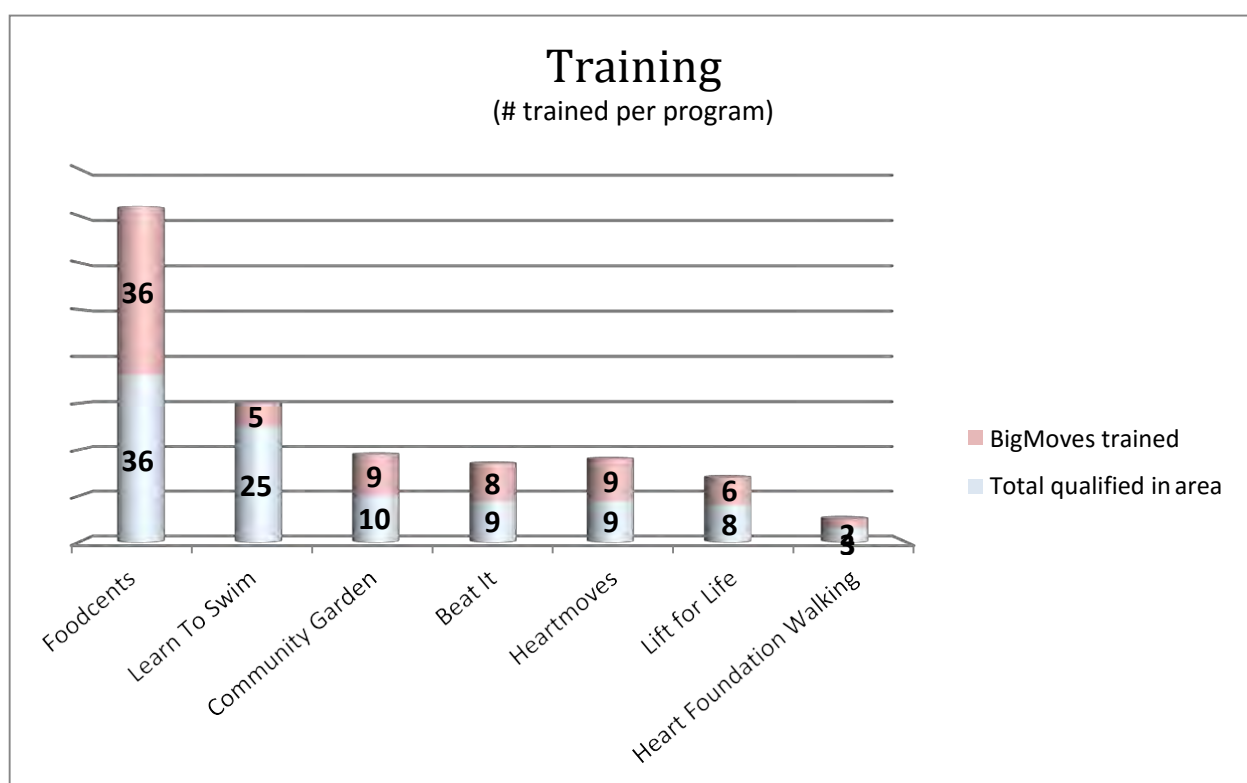
The project's ability to meet its objectives is examined in detail below.

a. LGA capacity: Number of people trained to deliver programs and activities

The early phase of BigMoves involved training in Certificate III and IV in Fitness for eight ATSI community members. The project later trained a further five ATSI young people in Teacher of Swimming and Water Safety. The process of recruiting these trainees and supporting them through the training was extremely valuable in terms of community engagement and allowed the project to strengthen networks with community services. Several trainees became instructors on the project and one trainee became the project's Aboriginal Liaison Officer, providing invaluable support to the project and community.

Training and certification in national program delivery was provided to graduates of the Certificate IV Fitness training, as well as to other fitness professionals in the community. The training was readily received and equipped instructors to deliver physical activity to physically vulnerable populations. The training was also effective in terms of capacity building and the sustainability of the initiative post funding.

Towards the end of the project BigMoves coordinated train-the-trainer courses in the Foodcents nutrition course and a locally designed Community Garden course. These were highly effective in ensuring the sustainability of programs beyond the end of the funding period, as community services workers and fitness professionals were enabled to deliver these courses directly to groups and individuals across the LGA.

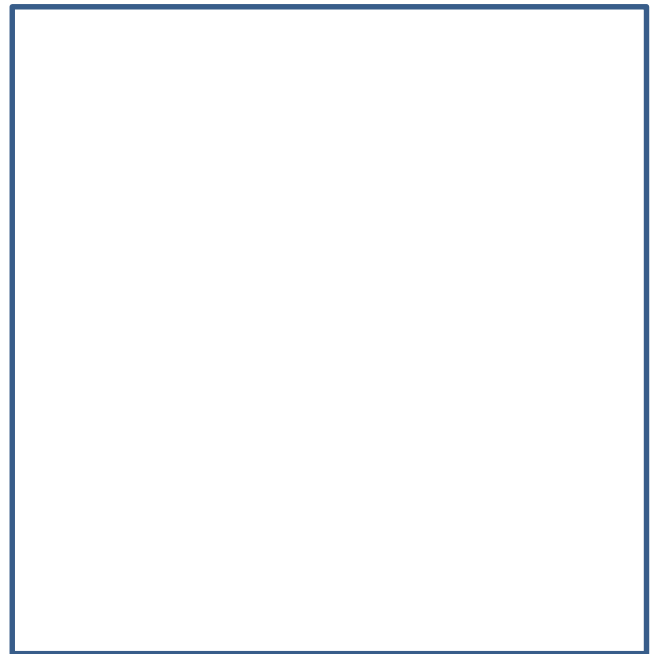


A total of 54 individuals were trained to deliver seven low cost physical activity and nutrition programs across the LGA, with several of these instructors trained in more than one program area.

b. LGA capacity: Number of mentors in each target group

Mentoring was invaluable in building capacity in the community and some true leaders rose from the program groups. Mentors tended to be the leaders in their social circles and often invited family and friends to enrol in programs, as well as championing BigMoves on social media. The mentors enjoyed their roles and approached mentoring with a great sense of responsibility.

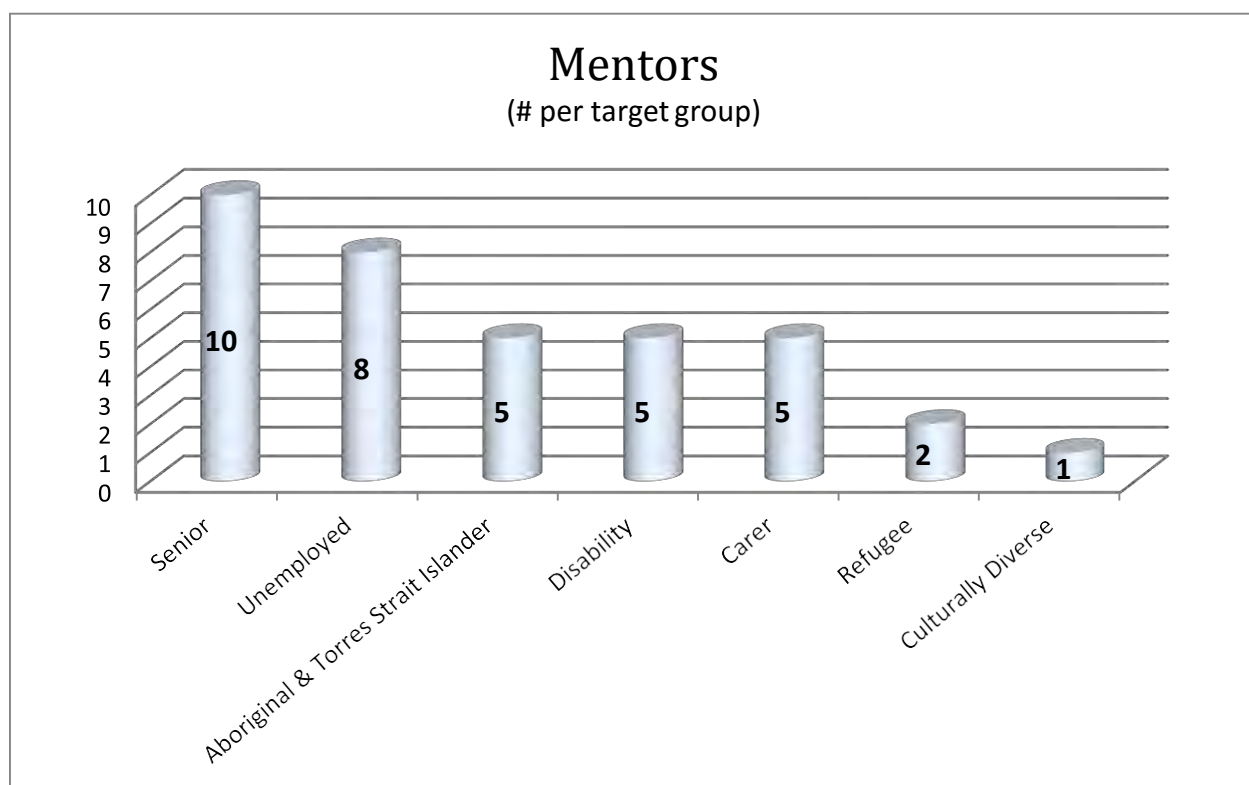
Participants indicated that they were pleased to have mentors available to assist them, often disclosing information to mentors that they withheld from program instructors. In this way the project's mentors acted as a conduit of information between participants and the Coordinator and actively sustained participation. It was found to be important to have mentors that were representative of the project's target groups, as the role they played in engaging participants was so personal. The mentors themselves embodied many success stories.



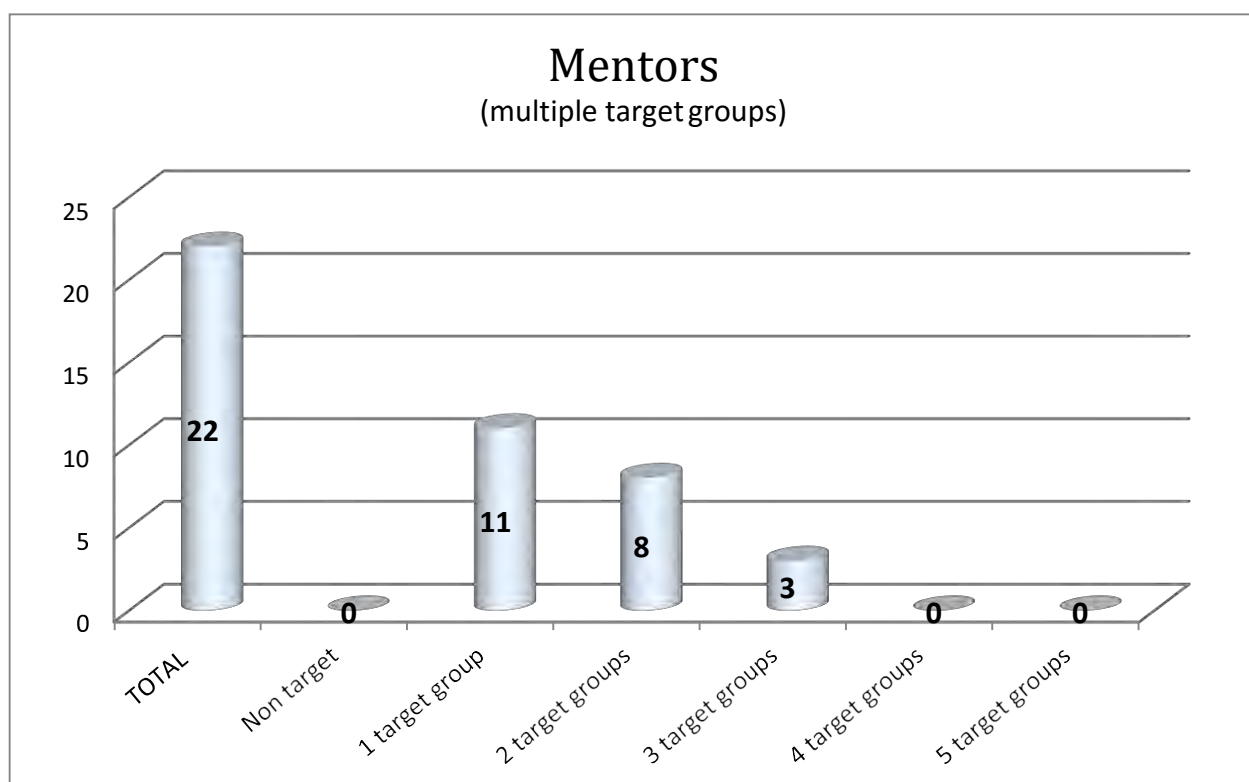
Case Study

P1 enrolled in the first Beat It program conducted within BigMoves. She was an unemployed single mother of five children, two of whom had Autism Spectrum Disorder. P1 suffered obesity, had no access to transport and presented as extremely withdrawn. Although she struggled to participate, P1 maintained her attendance twice per week throughout the entire two year project. She won two participant awards for commitment during the first few months and was eventually invited to become a mentor. P1 flourished as a mentor. She began arriving early for class and became an invaluable source of support to the program's instructor. Midway through the project a vision impaired participant enrolled in the program. P1 began attending two extra classes per week to support this participant, who would not have been able to participate otherwise.

At the conclusion of the project the Beat It program continued to run unfunded. P1 continues to attend all four classes available in the program each week, has lost around 20kg and has succeeded in attaining both her driver's license and a car.



Seniors were most strongly represented in the ranks of mentors, closely followed by unemployed people.



22 mentors were recruited over the life of the project, with half falling into more than one target group.

c. LGA capacity: Number of programs and activities run in partnership with community services in the LGA

Three term-long programs were run in formal partnership with community services organisations in the LGA. The Culturally and Linguistically Diverse Women's Wellbeing Group was run twice in partnership with Interrelate Family Centres, Wysaw, and the Healing Program was run once with Bulahngellah Aboriginal Health Service. Both of these programs involved extensive partnering, comprising joint efforts to write program content and shared responsibility for funding and staffing of the programs. As a result, both the culturally diverse women's group and the Healing program were highly effective in engaging and retaining participants.

During the project many other community service organisations became involved to varying degrees with BigMoves. Participation ranged from referring clients into the programs to providing in kind assistance such as a venue, transport or even a support worker to assist clients in engaging in programs. As the project neared its end a partnership drive was launched. Several organisations provided substantial in kind assistance that allowed many programs to continue running unfunded. These organisations were Gurgun Sports and Aquatic Centre, West Coast Area Health Service, Namboi Physical Activity Centre, Wysaw City Rugby Club, Western Community Gateway, Salvation Army Gurgun, Wysaw Food Pantry, Clonester Coronation Hall, New Horizons and Wysaw Community Garden.

Community service workers responding to the West Coast Physical Activity and Nutrition Needs Assessment clearly expressed the need for ongoing partnerships with Council facilities in delivering physical activity and nutrition programs to clients.

Feedback

"We would love to keep Gurgun Sports and Aquatic Centre as a partner with whom to run programs – we especially value access to the instructors, rooms and pool."

"We need programs that introduce marginalised clients to mainstream venues and programs. We have found BigMoves so useful in this regard. We are concerned that new clients won't have this opportunity once BigMoves funding ends."

d. LGA capacity: Policy review and development

Extensive policy review and development were undertaken within the project. The process was supported by Healthy Spaces and Places training, delivered by the Planning Institute of Australia, and was found to be highly effective in raising awareness of health and lifestyle issues among staff and elected members. The development process and its outcomes are detailed from page 31.

e. LGA capacity: Increase in the number of healthy lifestyle activities available in the LGA

Prior to the project, specialised physical activity options were restricted and available solely in Wysaw. Community Health Education Groups (CHEGS) offered low cost exercise classes to physically vulnerable people, and the Carrol Centre provided rehabilitation services. During the life of the project Curtin University began a high needs physical activity clinic. The remaining physical activity options for adults in the LGA were based in gyms and sports clubs. These activities were generally high cost and targeted physically fit participants. BigMoves filled a niche in offering low cost physical activity programs for physically vulnerable people. All community and commercial services existing prior to the project continue to function alongside the BigMoves programs.

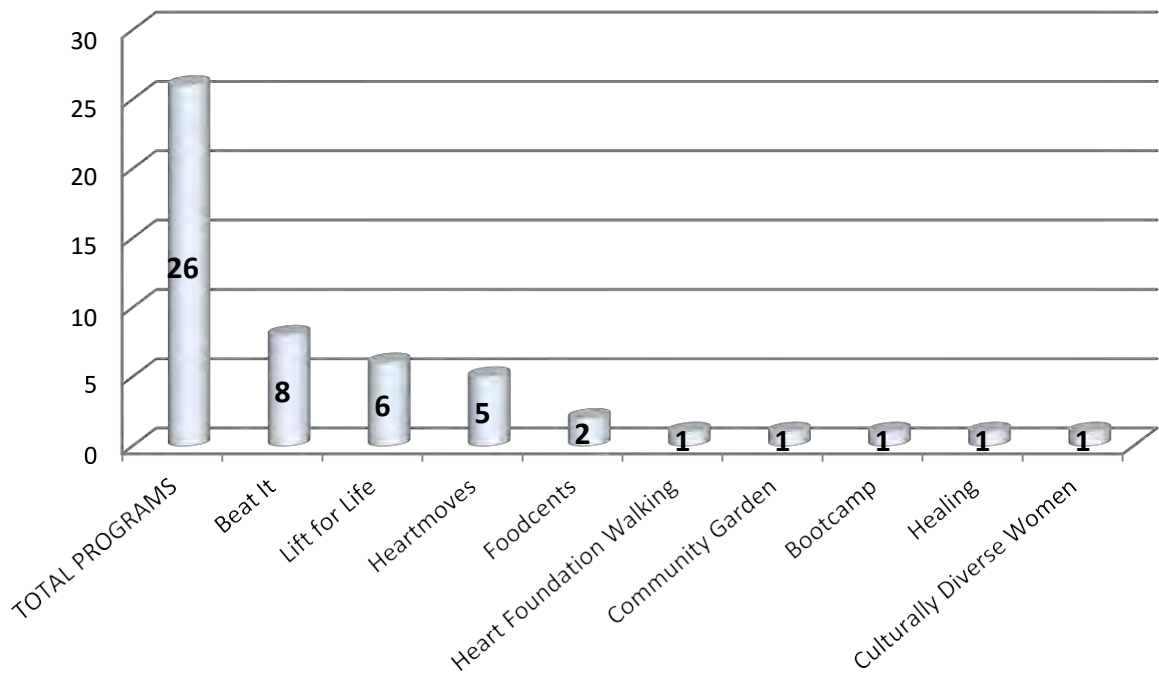
The project focussed heavily on physical activity provision. Once these programs were established referring community services workers identified an underlying need for more nutrition workshops, particularly those focussed on cooking.

Feedback

“Our service has a gym membership with good participation. We really need healthy eating programs.”

“This year we would like to extend what we are doing by focusing on diet, nutrition and cooking.”

BigMoves Programs now Independent



The project has markedly increased the number of low cost healthy lifestyle activities available in the LGA, with 26 BigMoves physical activity and nutrition programs functioning independently across 9 program streams post funding. For more detailed information about the sustainability of individual programs, please see the appendix, *Sustainability of BigMoves Programs*.

f. LGA capacity: Improvement in the physical environment to support physical activity

The Wysaw region is rich in natural beauty, with many beaches, rivers and national parks surrounding the LGA. Unfortunately, the area lacks a comprehensive public transport system, with the result that many disadvantaged people are deterred from engaging with the surrounding natural environment. Many members of the project's target groups rely on walking to reach

their destinations, and those that own cars are conscious of the cost of petrol. As a result, local parks and walking routes need to be attractive to community members if they are to encourage physical activity.

The project enabled the installation of outdoor exercise stations in Nesbitt Park, South Wysaw. These were very warmly received by the community and, combined with low cost guided exercise sessions held by BigMoves in the park, have substantially increased community use of the facility. The exercise sessions, named Beginners' Backyard Bootcamp, were incredibly popular, and involved participants from a diverse range of cultural backgrounds. Many sessions involved whole families, the children enjoying the playground while the adults exercised, with some participants sharing a picnic or barbeque after the session. Bootcamp was also highly cohesive at a community level, with a great range of people from diverse cultures, ages and backgrounds participating. Project resources were also provided to the Community Garden to increase its capacity to run gardening and nutrition workshops, and concrete paths were added to the garden to enable community members with disability to access the garden's raised beds. The project also ran a Community Garden train-the-trainer, which equipped nine community services workers to begin small gardens at local community services and group homes.

During the funding period Council continued its commitment to health promotion. Wysaw banned smoking in the CBD and announced plans for a major residential development containing a cycle and walkway connecting the development to the CBD. The Health Promotion through Planning Procedure, developed within BigMoves, provides a set of guidelines for the creation of healthy built environments to be used by Council planners when creating development control plans and assessing Council and commercial development applications.

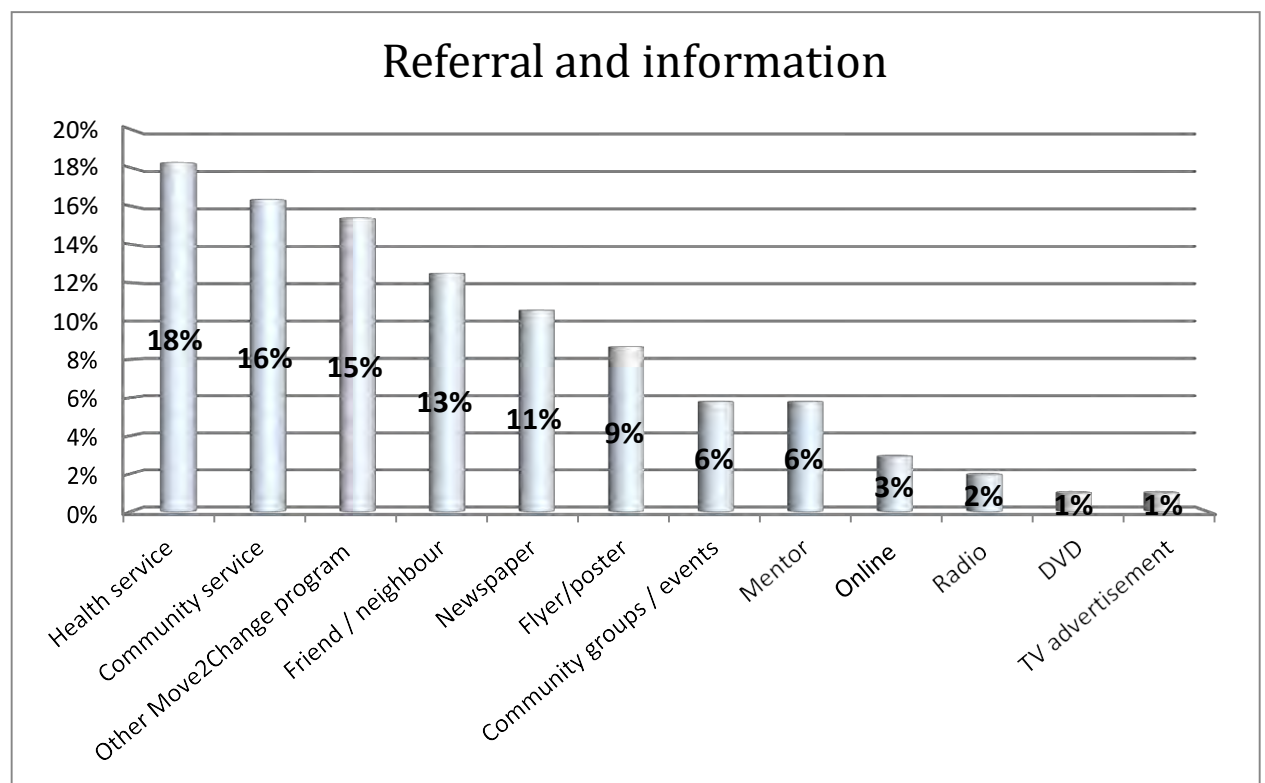
Case Study

P2 had lived with an acquired brain injury for many years. Due to the destruction of his short and long term memory he attended the Community Garden Workshops with a support worker. Although P2 could not remember it, he had once worked in horticulture. P2 enjoyed the workshops immensely and enrolled in successive terms. He began attending the garden more frequently, becoming a member and arriving to help in the garden on days when the workshops weren't running. One day in the garden P2 crushed a leaf between his fingers and began to experience memories.

Today the gardening workshops continue to run independently post funding. P2 no longer attends with a support worker. He rides his bicycle daily to the garden and has slowly recovered memories of his former life, his job and his daughter.

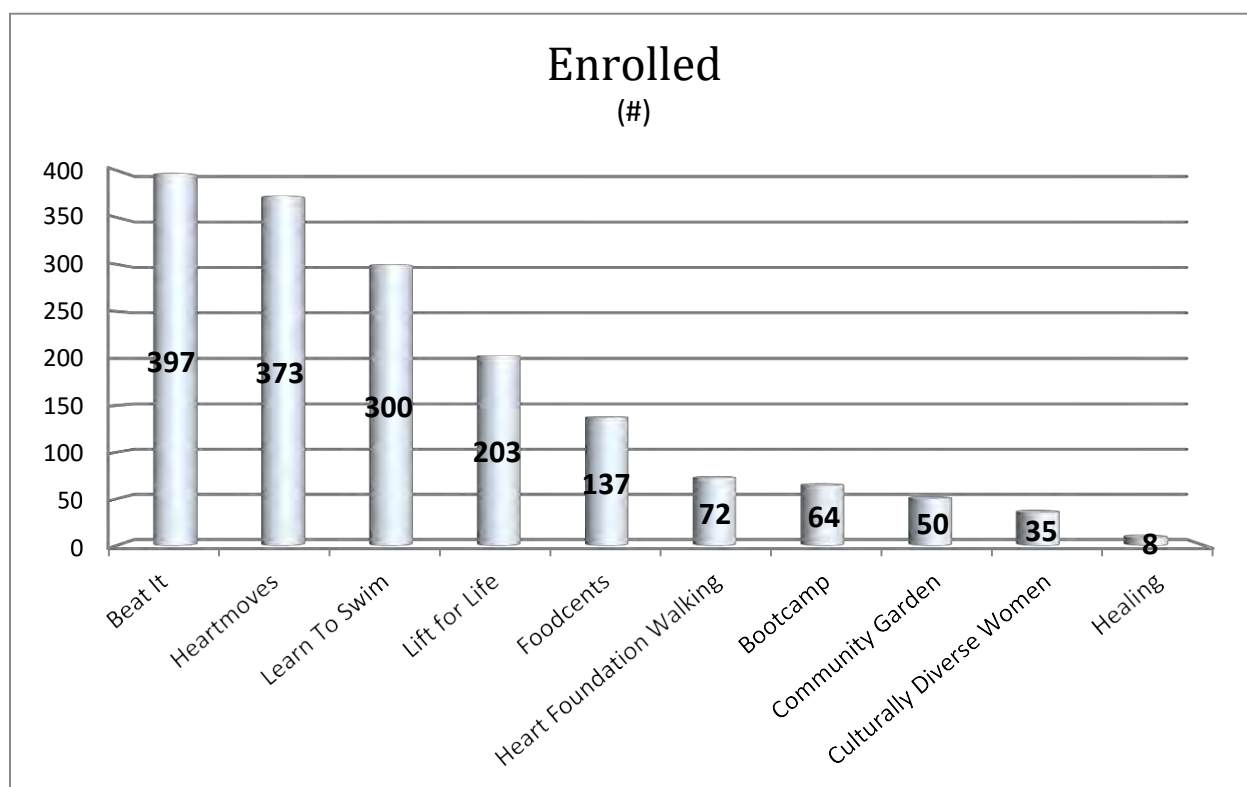
g. Engagement of target groups: Referral

Referral was vital to the project's success. Initially community service organisations were the greatest referrers, closely followed by health services, which included GPs, diabetes educators and the Australian Diabetes Council. Health service referrals steadily increased over the life of the project, as did referrals by friends and neighbours, which became a significant source of enrolments by the end of the project. Newspaper advertisements and stories were always successful in attracting enrolments, as were flyers and posters. Other steady sources of enrolments included community events, and addresses to community support, social and recreation groups.



Over the life of the project the strongest sources of referral and information were based on verbal communication. These included health and community services, other BigMoves programs and friends or neighbours.

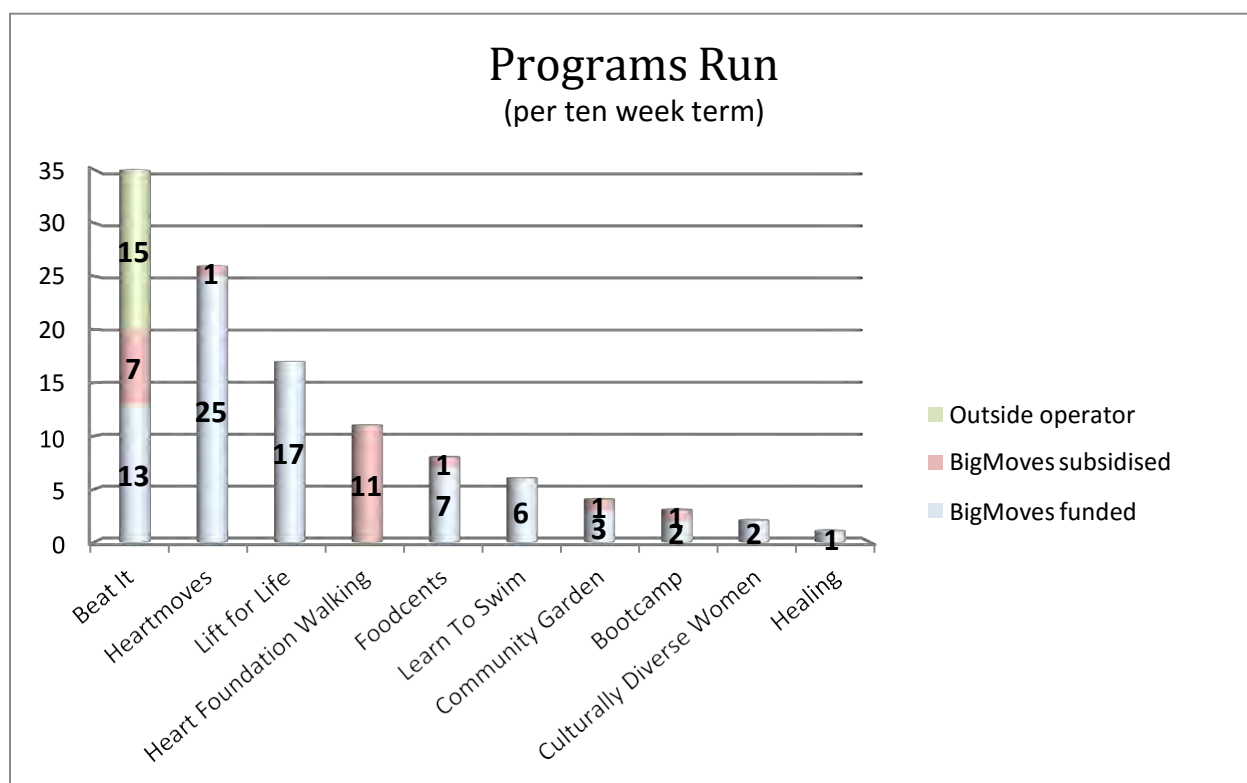
h. Engagement of target groups: Number of people participating in all programs and activities.



A total of 762 people engaged in the project, across all programs and activities. The national programs Beat It, Heartmoves and Lift for Life received significant enrolments as they were run frequently throughout several areas of the LGA. Learn to Swim was also extremely popular, in particular the women's swimming and aqua aerobics program, Women in the Water.

46% of participants engaged to some degree in more than one program. Participants engaged in multiple programs for a variety of reasons, such as an improving or worsening physical condition, being unable to complete a program due to life events and re-enrolling later, or searching for an activity or group that suited them.

i. Engagement of target groups: Number of national programs run throughout the project.

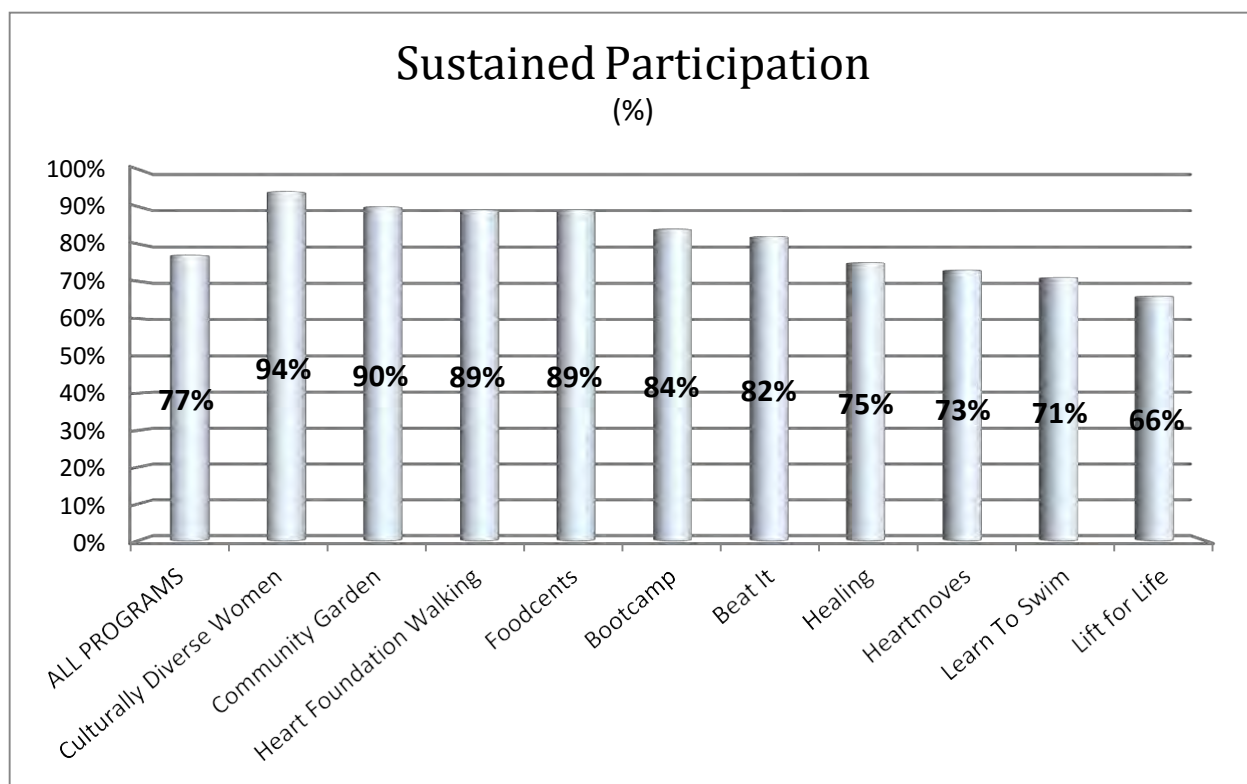


In total 98 term-long programs were funded or subsidised by BigMoves across 4 geographical areas during the project period. The national programs Beat It, Heartmoves, Lift for Life and Heart Foundation Walking featured most heavily in the project's program delivery. Many general physical activity programs are available in the LGA, however only the low cost programs of outside operators are featured in the graph above.

- j. **Sustained participation: Number of people completing programs and activities or sustaining participation in at least 50% of sessions.**

	Sustained (%)	Enrolled (#)	Sustained (#)
Culturally Diverse Women's Wellbeing	94%	35	33
Community Garden	90%	50	45
Heart Foundation Walking	89%	72	64
Foodcents	89%	137	122

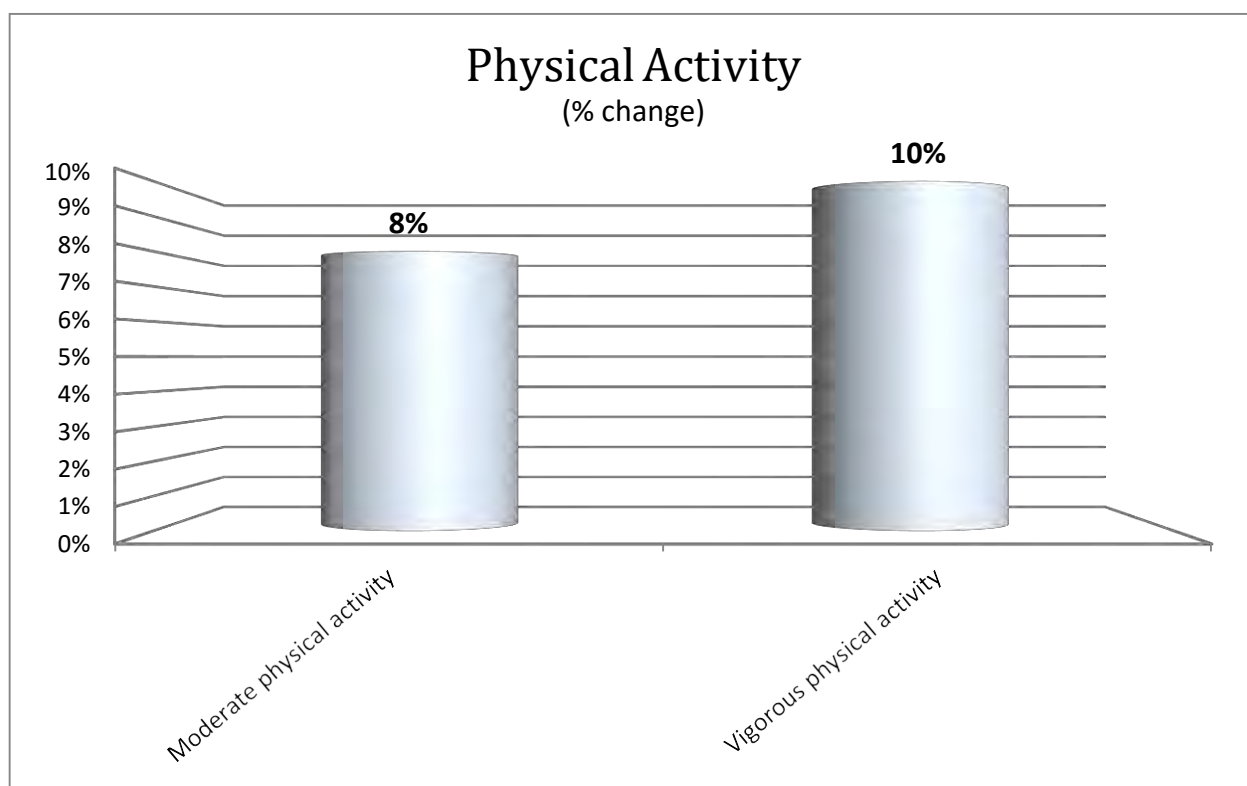
Beginners' Backyard Bootcamp	84%	64	54
Beat It	82%	397	325
Healing	75%	8	6
Heartmoves	73%	373	272
Learn To Swim	71%	300	213
Lift for Life	66%	203	133
TOTAL	77%	1639	1267



The Culturally Diverse Women's Wellbeing program was most successful in sustaining enrolments, due to the high level of support provided to participants, which included transport, child care and lunch. Community Garden Workshops and Heart Foundation Walking, which had a strong social support component, were also highly effective in sustaining participation, as was Foodcents, which was only 3 sessions in duration. 46% of participants engaged in more than one program.

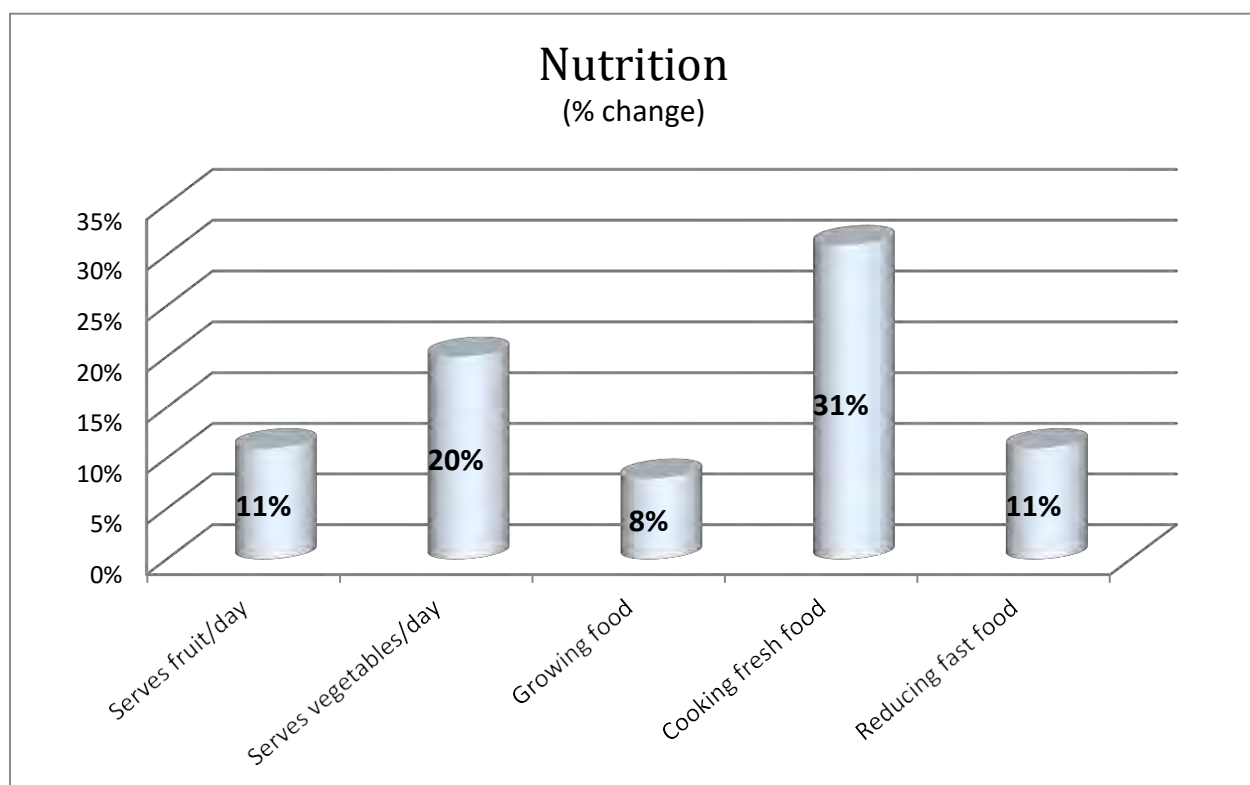
Many participants were subject to significant physical, emotional or social challenges and associated disruptions to their daily lives. Despite this, participants committed to programs wherever possible, even returning after an extended absence if at all possible.

k. Behaviour change: Physical activity

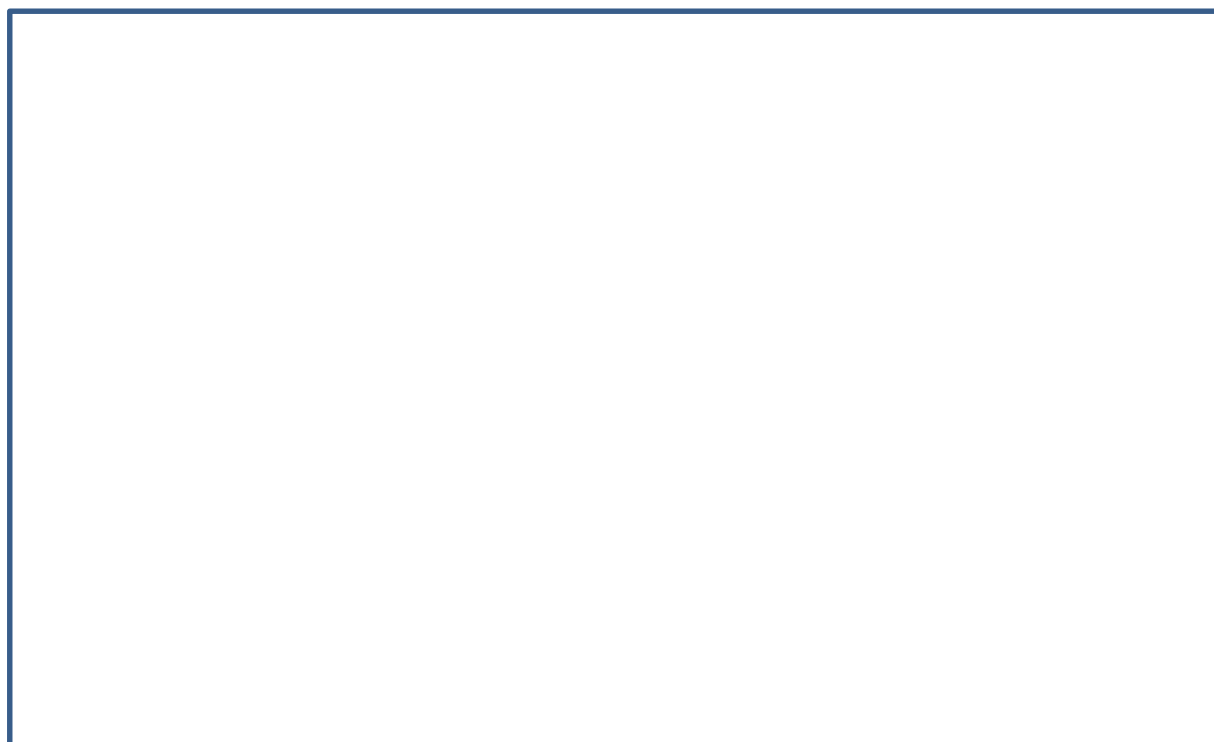


Overall participants made modest but steady increases in quantities of physical activity. Moderate physical activity increased by 8%, while vigorous physical activity increased by 10%. These gains were achieved despite the challenges identified by BigMoves participants in the West Coast Physical Activity and Nutrition Needs Assessment, including physical and mental illness, financial constraints and limited resources.

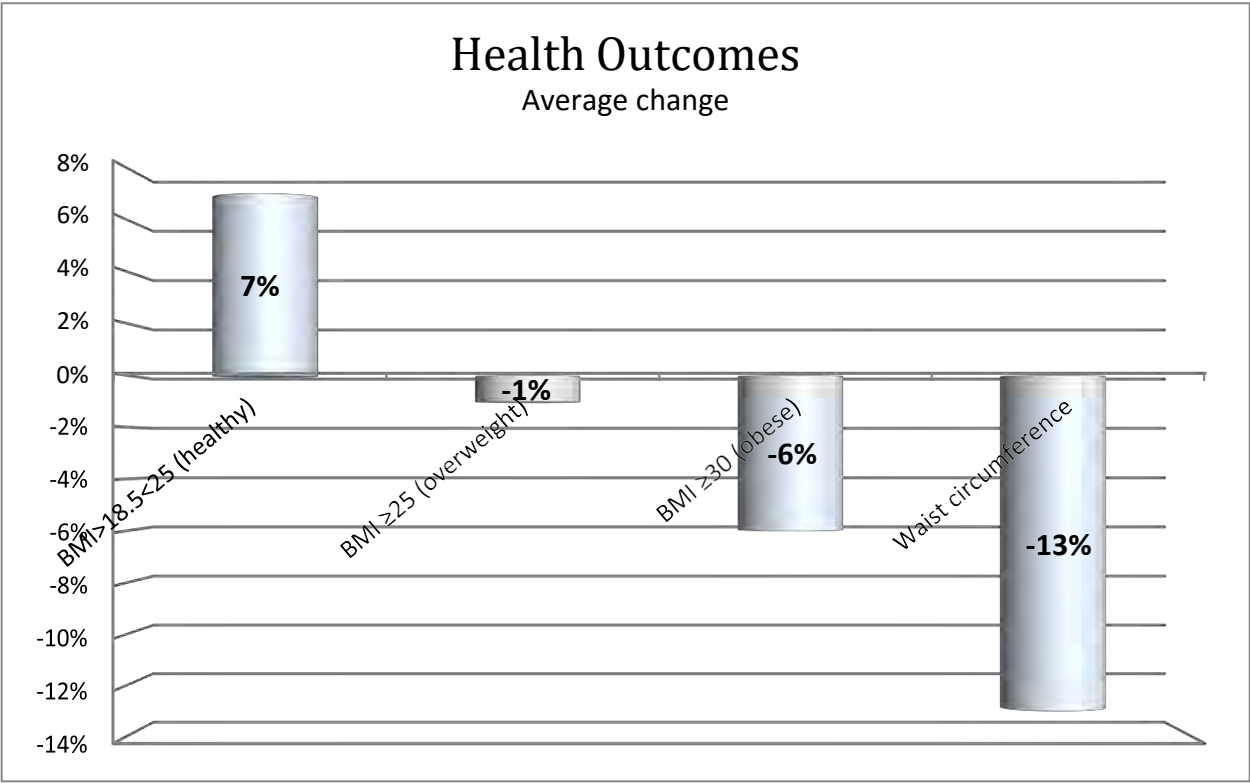
l. Behaviour change: Nutrition



Participants improved their nutritional behaviours across all domains in all programs. Importantly, participants increased their serves of vegetables by 20% and the incidence of cooking fresh food by 31%. This was a great achievement on behalf of participants and if sustained long term will have significant health impacts.



m. Health outcomes



The health outcomes for the national programs within BigMoves were captured by the national evaluator in collaboration with the national program providers. As a result, the Learn to Swim, Foodcents and Healing programs were the only programs for which health outcomes were independently assessed. Modest reductions were made in body mass index and waist circumference across all programs. This is to be expected in short term physical activity and nutrition interventions. 13% of participants reduced their BMI, while the average size of waist circumference change was a reduction of 5.7cm.

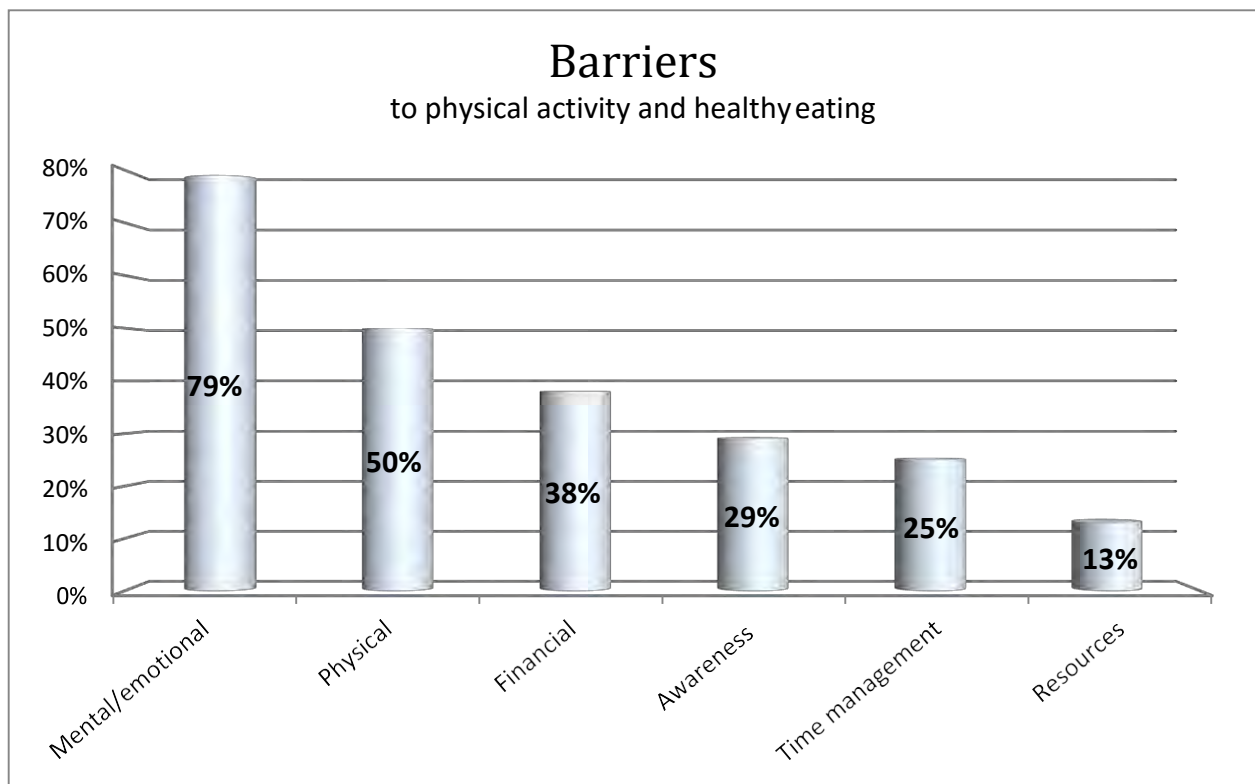
Participants’ mental health also benefitted significantly from the intervention. Although participants were not surveyed on their mental health, many informally reported a reduction in depression or anxiety after a period of participation.

Case Study

P3 had suffered from severe anxiety for many years, with debilitating effects on her social interactions, financial situation, and her capacity to engage in any formalised activity. P3 first enrolled in a women's BigMoves program, accompanied by a friend. She later related that the experience was terrifying for her. P3 stated that although participation was difficult she realised the importance of exercise for her physical and mental health and was determined to pursue the opportunity. She continued to attend; eventually moving to a mixed gender group. After several months P3 was invited by her instructor to become a mentor. After several months of mentoring P3 stated that the role was becoming easier. Although greatly challenged by the increased social interaction she continued with determination, and was immensely proud of her capacity to help others, and of the changes she was creating in her own life.

8. Barriers and Enablers

a. Barriers



The West Coast Physical Activity and Nutrition Needs Assessment assessed the barriers to participation in physical activity and healthy eating faced by program participants, instructors and referring community services workers. The strongest challenges respondents faced, at 79%, were mental

and emotional barriers, predominantly comprised of anxiety, depression, an identified 'lack of motivation' and perceptions of 'not belonging' in a formal exercise environment. Physical barriers followed, at 50%, including illness, injury and ageing. The cost of participation was another significant barrier, at 38%. Many respondents indicated multiple constraints.

The project addressed mental and emotional barriers through ongoing community consultation to ensure people felt comfortable accessing the project. All advertising and promotions reflected the project's target groups, some gender and culture specific groups were run to introduce marginalised participants to the project, and program demonstrations were run directly for groups of service users. A sense of ownership of program groups was highlighted as an important factor in creating a feeling of belonging and as such participants were encouraged to take part in planning activities and events. Physical barriers were addressed through programs catering to physically vulnerable people and through publicising these programs to appropriate community and social groups. Concerns around participation fees were addressed by running programs at low cost, beginning with a gold coin donation. Mid-way through the project negotiations began concerning a pricing structure to ensure post funding sustainability of BigMoves programs for participants and instructors. It was generally agreed that \$5 was a viable fee for participation, with longer term participants happier than newer participants to accept the price rise. This demonstrated that, while cost is certainly a factor, a moderate fee will not prohibit most people from engaging in physical activity and healthy eating, provided their emotional and physical needs are met.

The Healthy Towns Aboriginal Liaison Officer was highly effective at reducing barriers for ATSI participants, and introduced many new participants to the project. Outdoor sessions and classes which participants were able to attend with their children were also highly effective in engaging ATSI participants.

BigMoves was very well received by the community generally, however the project faced a barrier from the local fitness industry. Local gym operators initially resisted the project, believing the federal government grant underpinning the project gave Council's sports facilities an unfair advantage over their businesses. The local CHEGS Coordinator was similarly resistant to the project, expressing fears her participants would leave CHEGS for the lower priced BigMoves classes. Through transparency, inclusiveness and active communication skills it was possible to position BigMoves as a community service, rather than a competitor. These stakeholders were invited to become involved whenever possible. Referral pathways have been established between BigMoves and CHEGS and the initiative is now broadly supported throughout the LGA.

Feedback

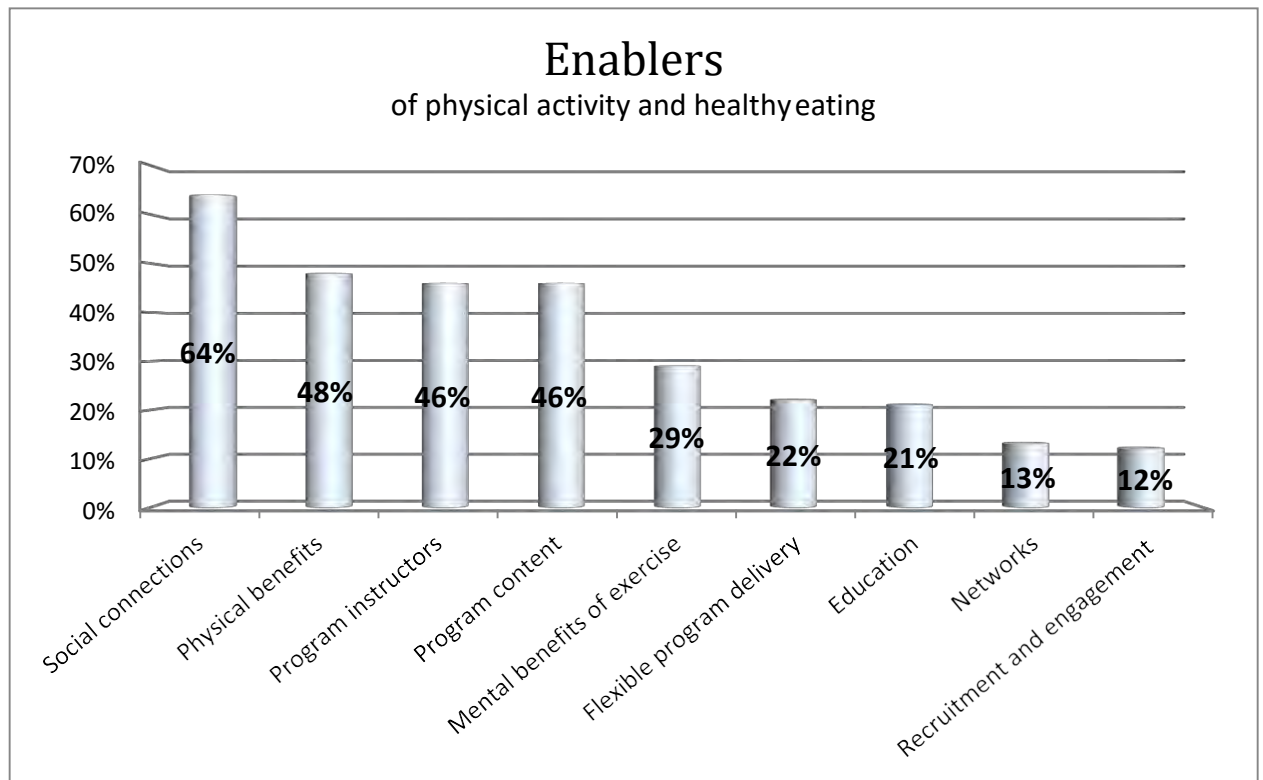
“Fresh food is so expensive and the gym is out of my reach.”

“Stereotypes.”

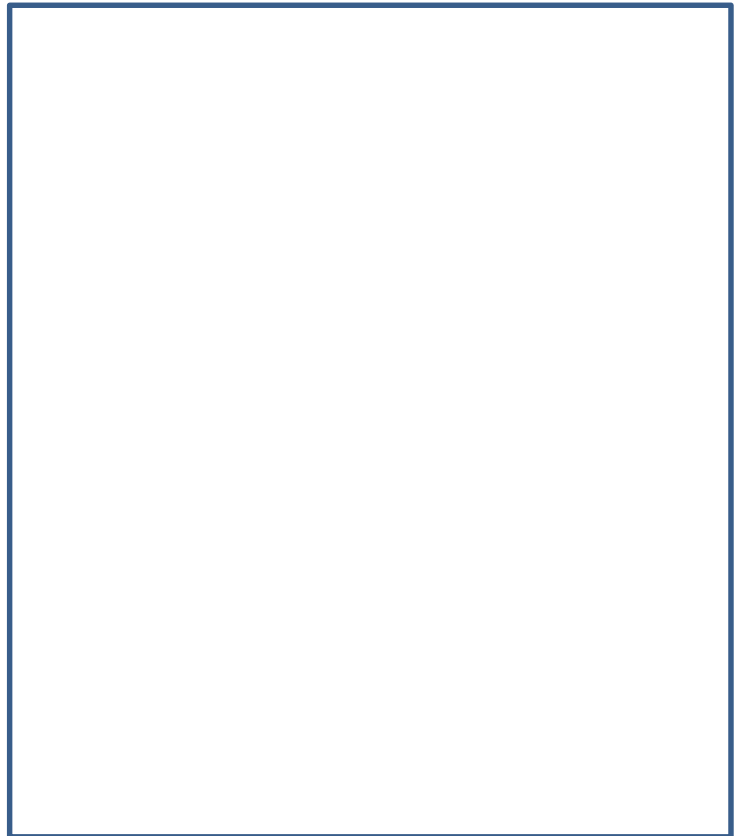
“Lack of companion.”

“Lack of champions.”

b. Enablers



The West Coast Physical Activity and Nutrition Needs Assessment identified social connection as the most helpful and enjoyable aspect of physical activity and healthy eating programs, at 64%. Social connections actively contributed to participants' abilities to sustain participation in physical activity programs and successfully countered concerns about 'not belonging'. Connections have been fostered through the work of participant mentors, the provision of regular social events and celebrations and, to a lesser extent, social media. As with barriers, many respondents indicated multiple enablers.



The physical benefits of exercise were also identified in the needs assessment as strongly enabling of participation (48%), followed by program instructors (46%) and flexibility of program content in accommodating physical and social needs (46%). While the mental benefits of exercise were only identified as enabling participation for 22% of respondents, the importance of mental benefits is inherent in the strength of responses regarding social connections and program instructors.

At a project level, partnerships were key in enabling widespread uptake and satisfaction with the project. Partnerships were established with many community services and groups, who contributed resources such as venues or staff hours to ensure the sustainability of programs.

Feedback

"Being in a group where no one is better than the other – being able to support each other."

"Heartmoves exercises, although mild, have improved my knee injury and osteoarthritis enormously and I can now walk without a limp. I am very grateful for the program."

"I like the personal help and concern about doing the exercises correctly."

"The class helps me cope with my work as a carer."

9. Conclusions

Qualitative and quantitative indicators showed that the project was highly successful in meeting its objectives.

- a. LGA capacity:** BigMoves built capacity through training in national programs, train-the-trainer courses for community and health professionals and fitness and swim teacher training for local ATSI community members. Capacity was also built through fostering peer mentors within each program and target group. This proved to be beneficial for program participants, project staff and the mentors themselves. Partnerships were also utilised in nurturing community capacity, with a strong response from community service organisations and community groups. The project utilised policy development to foster the capacity of local government to sustain the lifestyle changes achieved within the community (detailed from page 31). The project also succeeded in increasing the number of healthy lifestyle activities available in the LGA applicable to its target population, and provided the infrastructure needed to support them.
- b. Engagement of target groups:** The project engaged 762 members of the target population in 98 term-long programs across 4 geographical areas. This was achieved through extensive networks with community and health services, marketing and public relations, addresses to community groups, representation at events and, increasingly, word of mouth. The interest and participation in the project built steadily throughout the project period, demonstrating the willingness of the community to engage in healthy lifestyle activities that are appropriate to their physical, social and financial needs.
- c. Sustained participation:** Participant engagement was sustained by 77% of clients across all programs, with a range of 66% - 94% across individual programs. This level of sustained participation is significant considering the barriers to participation identified by the target population, including mental, emotional, physical and financial factors. Participants demonstrated a strong commitment to continuing involvement past the funding period, agreeing to pay class fees at an increased rate of \$5 in order to contribute to the sustainability of programs.
- d. Behaviour change:** The project made small but steady changes in participants' lifestyle behaviours. These included modest increases in physical activity and more significant changes in dietary habits. If these behaviours are sustained they will bring substantial long term health benefits.
- e. Health outcomes:** The project also achieved small reductions in body mass index and waist circumference across all programs assessed. Modest reductions are to be expected in short term

physical activity and nutrition interventions, with health benefits anticipated to increase with sustained participation. Marked improvements in mental health were also noted.

The project was successful in navigating both barriers and enablers to its best advantage.

- a. Barriers faced by participants were significant. They included mental and emotional barriers such as depression and anxiety, perceptions of 'not belonging' in a formal exercise environment, physical barriers such as illness, injury and ageing and financial constraints. The project itself initially faced barriers from local fitness providers. All barriers were able to be resolved through consultation, flexibility and inclusiveness.
- b. The project capitalised on factors identified as enabling participants to participate in healthy lifestyle activities. Primary enablers were social connections, the physical benefits of exercise, the program instructors and the adaptability of programs to suit individual needs. The project itself was enabled by strong partnerships in the community sector.

Qualitative indicators showed the extent to which participants, health professionals and community services workers valued the initiative.

Feedback

"I would like to say how much I really enjoy our BigMoves exercise classes. I am in the Beat it grad group. We have so much fun, it really doesn't seem like an effort to exercise. And I cannot commend our group leader enough for her dedication and patience with us all. She will vary an exercise, if it's a bit difficult for any one of us because of pain we may have in doing that particular exercise. So thank you, for the classes, and to our beautiful Mary, she has a great personality and we enjoy her joyous outlook on exercise."

"Having our organisation trained to run nutrition with clients when suitable is a brilliant option."

"It's never too late!"

"This is the best decision my Dad has ever made."

A Healthy Policy Framework

10. Policy Review

The policy development process began with a comprehensive review of Wysaw City Council policies and procedures. The review was conducted by Council's Healthy Towns Coordinator, in cooperation with the Healthy Towns Steering Committee. Wysaw City Council has a strong history of promoting health. Council maintains a ban on smoking in the CBD, actively partners with the local health sector and supports the provision of healthy built environments through land use and development controls. However, much of this activity has relied on the commitment of individual sections or members of staff. As it was not centrally coordinated it was vulnerable to deteriorating over time. Through the review process it was identified as desirable to develop an overarching health promotion policy, in order to formalise Council's efforts at health promotion and accommodate changes in the LGA, such as ageing and population growth, in ways that support the health of the community over the long term.

11. Policy Development

Council's Health Promotion Policy consolidates Council's existing health promotion practices, prompting consideration of the impact of new policies and procedures on community members' opportunities for good health, and aiming to accommodate future population changes with a view health. The Health Promotion Policy has three sets of associated procedures, encompassing development planning, food provision and workplace practices.

- a. The Health Promotion through Planning Procedure aims to formalise Council's existing commitment to promoting active living through land use and development controls.
- b. The Health Promotion through Food Provision Procedure aims to improve the nutritional quality of food provided by Council to Council staff, elected members and the wider community.
- c. The Health Promotion through Workplace Practices Procedures aims to consolidate many of the existing informal mechanisms by which Council employees embrace healthy work practices, and create further opportunities for good health at work. The procedure is supported by resources for an internal staff wellness challenge.

The Health Promotion Policy and procedures were based on current best practice and were subject to review and feedback by Council staff and senior management. The Health Promotion through Planning Procedure was supported by training in healthy built environments which was delivered by the Planning Institute of Australia to Council staff, elected members and key staff of neighbouring councils in 2015.

12. Implementation

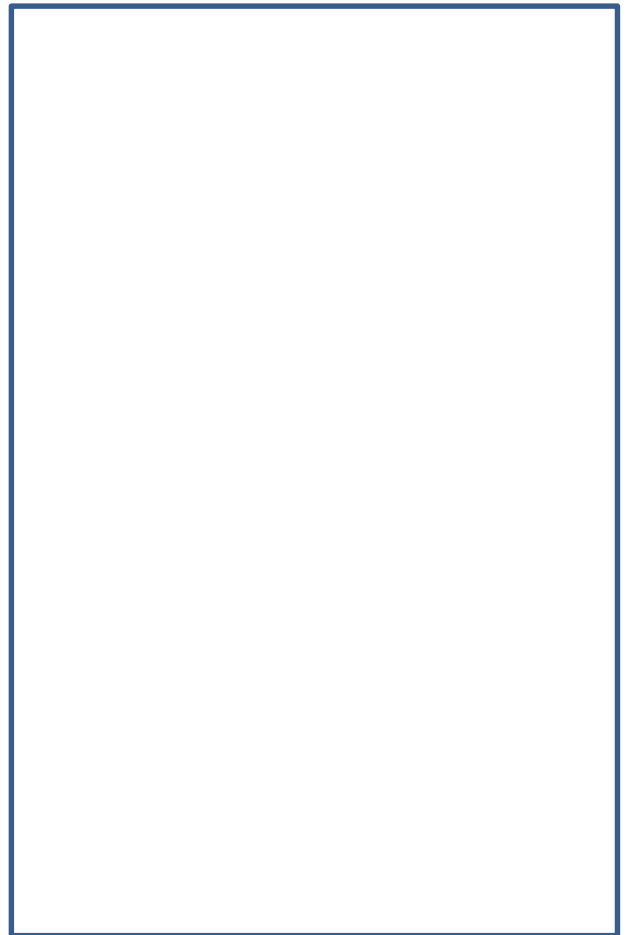
The Health Promotion Policy and procedures were approved by Council's Executive Committee on 26 February 2016. Elected members were briefed on 4 March and Council voted to adopt the documents on 8 April. Upon adoption by Council the policy and procedures underwent a public exhibition period which concluded on 16 May 2016. As no negative submissions were received the policy and procedures became part of Council's policy framework.

Once formally adopted, staff were provided with resources outlining the potential impacts of the policy and procedures across the areas of planning, food provision and workplace practices.

13. Impact

As the policy development process was concluded towards the end of the project the impact of the policy and procedures is not yet clear. Some early outcomes include:

- a. The transition of vending machines at all Council facilities to machines stocking healthier choices.
- b. The development of a healthy catering guide, and its distribution to staff and caterers.
- c. The installation of noticeboards featuring physical activity and healthy eating information at Council's Wysaw and Gurgun libraries and its Corporate Centre.
- d. The development of a staff wellness challenge, which is due to begin in July 2016.



Financial Information

14. Income and Expenditure

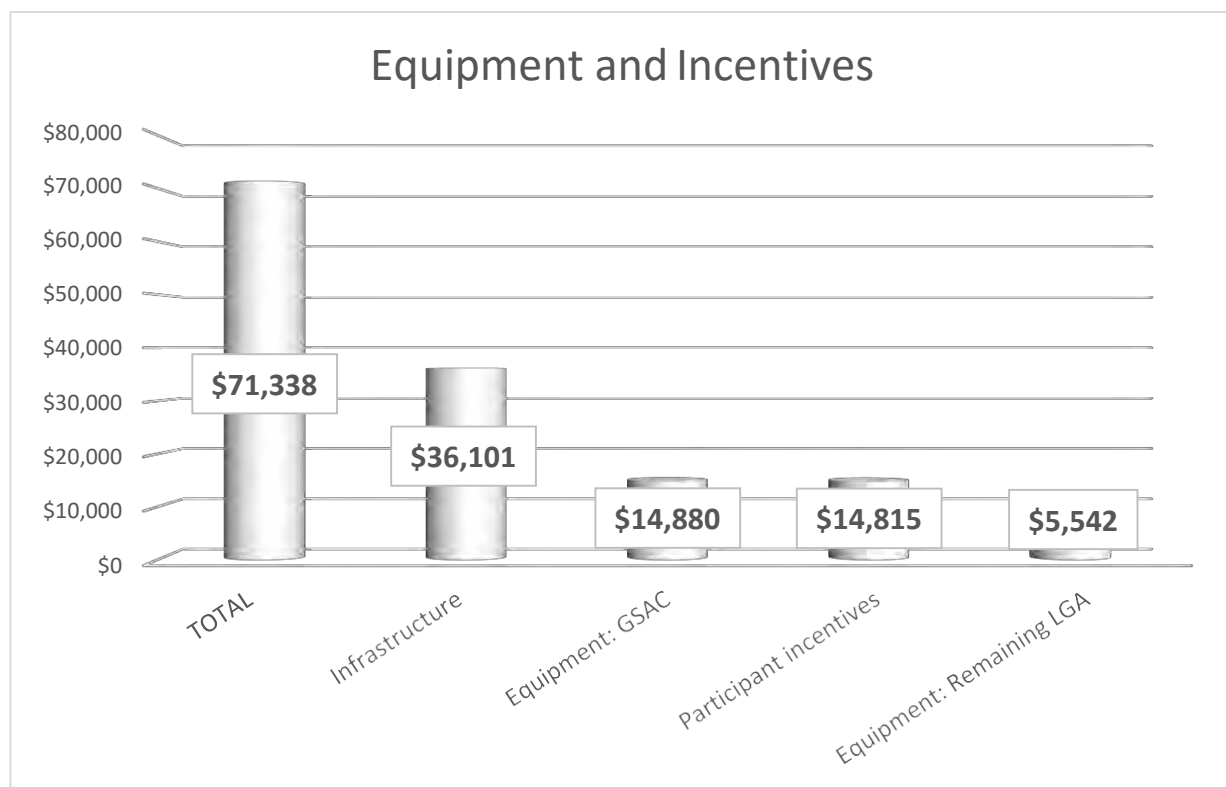
The grant was disbursed as follows.

Income and Expenditure: 23 January 2014 - 30 June 2016			
INCOME			
Department of Health			\$566,042
Participant Fees			\$17,439
Total Income			\$583,481
EXPENDITURE			
w2789.2701	Staff Costs	Salaries of Healthy Towns Coordinator, Administration Officer and Aboriginal Liaison Officer, recruitment, professional development, travel and on-costs.	\$284,447
w2790.2711	Administration	Electricity, internet, telephone, postage, computer equipment, stationery, office equipment, financial audit.	\$17,112
w2791.2714	Project Delivery	Instructor training, transport, facilitation fees, venue hire, mentoring and volunteer costs, resource DVDs, media, promotion, printing, education booklets, program equipment, participant incentives, outdoor exercise stations.	\$273,575
w2792.2726	Policy Development	Healthy Spaces and Places Training.	\$6,015
w2792.2727	Steering Committee	Catering.	\$1,404
Total Expenditure			\$582,554
BALANCE OF FUNDS			\$926

15. Resourcing of Facilities

The grant allowed the purchase of equipment necessary to deliver physical activity and nutrition classes, and incentives to encourage participants to exercise independently. Incentives included instruction booklets, small pieces of portable exercise equipment and vouchers for the use of Gurgun Sports and Aquatic Centre's gym and pool. The instructors trained within the project and Council's Gurgun Sports and

Aquatic Centre were resourced to enable them to continue to conduct low cost physical activity classes for high needs clients after the funding concluded.



Infrastructure was the largest area of expenditure from the equipment budget. This comprised the installation of outdoor exercise equipment in Nesbitt Park, South Wysaw, and the installation of bicycle racks at Council's Corporate Centre, Richmond Tweed Regional Library in Wysaw and in Scott Street, Wysaw. The Gurgun Sports and Aquatic Centre was heavily resourced to continue to deliver low cost programs for physically vulnerable people. This expenditure was followed by incentives for the participants themselves, and finally BigMoves instructors operating in the remainder of the LGA.

Looking to the Future

16. Sustainability

Sustainability was approached from the perspectives of capacity building, policy development (detailed from page 31) and community network building. The project involved extensive capacity building from its inception, utilising vocational and workplace training, train-the-trainer initiatives and mentoring to develop and support the community connections that underpin long term participation in physical activity and nutrition programs. Training initiatives included:

- a. Training young Aboriginal people in Certificate III and IV in Fitness (8 graduates) and Teacher of Swimming and Water Safety (5 graduates).
- b. Certification in exercise delivery for high needs clients provided to graduates of the fitness training, and to existing fitness professionals (31 graduates).
- c. 23 graduates licensed, insured and employed to instruct low cost exercise and nutrition classes, with recent graduates mentored by professional instructors.
- d. Business training and other professional development provided to 16 instructors, to enable them to run these classes independently once the funding ceased.
- e. 22 mentors, representing the spectrum of target groups, trained, resourced and celebrated. They continue to volunteer their time supporting their peers in engaging with physical activity and nutrition. This has been crucial in ensuring ongoing connections with the target groups.
- f. Train-the-trainer courses in nutrition and community gardening developed by the project team and delivered by our instructors to 39 community and health professionals, who now utilise this knowledge with their clients within the target group.

Partnerships with local community service organisations and community groups were key in enabling widespread uptake and satisfaction with the project, and thus sustained involvement. Partnerships ranged from formal agreements, involving joint efforts to write program content and shared responsibility for funding and staffing of the programs, to informal resource sharing. During the project many community service organisations became involved to varying degrees with BigMoves. Participation included referring clients into programs, providing in kind assistance such as a venue, transport or even a support worker to assist clients in engaging in programs, and offering feedback. As the funded phase neared its end several organisations provided substantial in kind assistance that allowed many programs to continue running unfunded.

The West Coast Physical Activity and Nutrition Needs Assessment identified social connection as the most compelling aspect of physical activity and healthy eating programs. Social connections actively contributed to participants' abilities to sustain participation in physical activity programs and have successfully countered participants' concerns about 'not belonging' in formal exercise environments. Connections have been fostered through the work of participant mentors, regular social events and celebrations and social media, with a central Facebook page and individual class pages, to which participants regularly contribute.

Participants demonstrated a strong commitment to continuing involvement beyond the funding period, agreeing to pay class fees at an increased rate of \$5 in order to contribute to the sustainability of programs. Council assists in sustaining the initiative by including class timetables on its website and featuring programs in its fortnightly newsletter and in emails through its Community Services department. Council's Gurgun Sports and Aquatic Centre now hosts the Move4Life program, which involves Exercise Physiologists in the delivery of low cost exercise programs to high needs clients.

As a result, 26 BigMoves physical activity and nutrition programs function independently across 9 program streams post funding. A detailed record of program sustainability is featured in the appendix, *Sustainability of BigMoves Programs*.

17. Recommendations

The project was warmly welcomed by health and community service organisations, community groups and individuals, and the resounding message from the community is that they do not want the initiative to end. It is recommended that:

- a. Council continues to support the BigMoves programs that are now running independently. This can be achieved through continuing to act as an information hub for low cost physical activity and nutrition programs in the region.
- b. The project established extensive partnerships with community service organisations and community groups. Thanks to the goodwill of the community and the clear benefits arising from the provision of physical activity and healthy eating programs to disadvantaged people, a wealth of in kind donations has enabled the BigMoves programs to function independently post funding. An opportunity exists for Council's facilities, such as Gurgun Sports and Aquatic Centre, to contribute to the health of the most disadvantaged members of the community in a meaningful way. This could be achieved through simple mechanisms such as:
 - i. Offering reduced venue hire to BigMoves instructors facilitating low cost classes to physically vulnerable and financially disadvantaged people.
 - ii. Ensuring that instructors facilitating physical activity programs for disadvantaged people within Council facilities are able to use the centre's equipment.
 - iii. Offering meaningfully reduced facility fees to BigMoves participants and other disadvantaged people.
 - iv. Promoting BigMoves programs within Council facilities.

- c. Council continues to support initiatives that impact positively on the health and wellbeing of the community, with a focus on the areas encapsulated in the Health Promotion Policy and procedures: planning and development controls, food provision and workplace practices.

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Appendix: Sustainability of BigMoves Programs

Sessions	Venue	Funding: Term 3 2014	Funding: Term 4 2014	Funding: Term 1 2015	Funding: Term 2 2015	Funding: Term 3 2015	Funding: Term 4 2015	Funding: Term 1 2016	Total Enrolled	Total Sustained	% Sustained	Instructors Trained	Total Instructors in Area
BEAT IT / MOVE IT									397	325	82%	8	9
BEAT IT / MOVE IT													
Program: Physical activity and lifestyle education. Diabetes focus.													
Targets: All (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													
2/week	Wysaw 1	BM	BM	BM	BM	SUBSIDISED	INDEPENDENT	INDEPENDENT	Instructor delivers 'Move It' independently.				
2/week	Nimbin		BM	BM	BM	SUBSIDISED	SUBSIDISED	INDEPENDENT	Run by Nimbin Physical Activity Centre.				
2/week, 1/week	Clonester				BM	BM	BM	INDEPENDENT	Instructor delivers 'Move It' independently.				
2/week	Dunoon	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	Instructor operates outside of BigMoves.				
2/week	Wysaw 2					Non-BM	Non-BM	Non-BM	Instructor operates outside of BigMoves.				
BEAT IT / MOVE IT MAINTENANCE													
Program: Physical activity.													
Targets: Focus on diabetics. All (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													
1/week	Wysaw 1			BM	BM	SUBSIDISED	INDEPENDENT	INDEPENDENT	Instructor delivers 'Move It' independently.				
1/week	Wysaw 2				BM	SUBSIDISED	INDEPENDENT	INDEPENDENT	Instructor delivers 'Move It' independently.				
1/week	Nimbin					SUBSIDISED	SUBSIDISED	INDEPENDENT	Run by Nimbin Physical Activity Centre.				
1/week	Dunoon			Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	Instructor operates outside of BigMoves.				
HEARTMOVES/GOLD									373	272	73%	9	9
Program: Physical activity.													
Targets: Focus on seniors. All (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													
1/week	Gurgun 1	BM	BM	BM	BM	BM	BM	INDEPENDENT	GSAC / Exercise Physiology Scheme.				
1/week	Gurgun 2		BM	BM	BM	BM	BM	INDEPENDENT	GSAC / Exercise Physiology Scheme.				
1/week	Nimbin	BM	BM	BM	BM	BM	CEASED		Ceased due to small number of participants.				
1/week	East Wysaw			BM	BM	BM	BM	CEASED	Ceased due to small number of participants.				
1/week	Clonester				BM	BM	BM	CEASED	Travel costs prohibitive. Clients offered places in other classes.				
1/week	Wysaw					SUBSIDISED	INDEPENDENT	INDEPENDENT	Instructor delivers class independently in partnership with Western Community Gateway.				
1/week	Gurgun 3					BM	BM	INDEPENDENT	Instructor delivers the program independently in partnership with the Salvation Army.				
LIFT FOR LIFE									203	133	66%	6	8
Program: Physical activity.													
Targets: All (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													
2/week	Gurgun 1	BM	BM	BM	BM	BM	BM	INDEPENDENT	Move4Life Exercise Physiology Scheme.				
2/week	Gurgun 2		BM	BM	BM	BM	CEASED	INDEPENDENT	Clients transferred to other GSAC Lift for Life group. New clients entering Move4Life Exercise Physiology Scheme.				
2/week	Gurgun Men			BM	BM	BM	CEASED		Most clients graduated 9/9/13. Remaining four clients transferred to other groups.				

2/week	Nimbin		BM	BM	BM	BM	INDEPENDENT	INDEPENDENT	Run by independently Nimbin Physical Activity Centre.				
Sessions	Venue	Funding: Term 3 2014	Funding: Term 4 2014	Funding: Term 1 2015	Funding: Term 2 2015	Funding: Term 3 2015	Funding: Term 4 2015	Funding: Term 1 2016	Total Enrolled	Total Sustained	% Sustained	Instructors Trained	Total Instructors in Area
2/week	Wysaw Men						INDEPENDENT	INDEPENDENT	Instructor delivers classes independently in partnership with Wysaw City Rugby Club and Wysaw Food Pantry.				
HEART FOUNDATION WALKING									72	64	89%	3	5
Program: Physical activity.													
Targets: Focus on seniors. All (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													
1/week	Wysaw 1	SUBSIDISED	SUBSIDISED	SUBSIDISED	SUBSIDISED	SUBSIDISED	SUBSIDISED	INDEPENDENT	Community Walk Organiser manages the group. Group supported by New Horizons and receives referrals from lung care nurses.				
1/week	Gurgun	SUBSIDISED	SUBSIDISED	SUBSIDISED	SUBSIDISED	SUBSIDISED	CEASED		The group ceased do to the resignation of the Walk Organiser.				
1/week	Nimbin	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	The group continues to operate independently.				
1/week	Wysaw 2	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	Non-BM	The group continues to operate independently.				
1/week	Wysaw 3						Non-BM	Non-BM	The group continues to operate independently.				
LEARN TO SWIM									300	213	71%	5	Many
WOMEN IN THE WATER AQUA AEROBICS									252	180	71%	0	12
Program: Physical activity.													
Targets: Women in all target groups (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													
1/week	Gurgun			BM	BM	BM	CEASED		Ceased due to the high cost of staffing an all female swimming environment.				
LEARN TO SWIM									43	28	65%	5	5
Program: Physical activity.													
Targets: Culturally diverse people, refugees, people with disability.													
1/week	Gurgun			BM	BM	BM	CEASED		Difficult to sustain low cost lessons without funding. Many participants have graduated to mainstream and other BigMoves programs.				
TEACHER OF SWIMMING AND WATER SAFETY									5	5	100%	n/a	n/a
Program: Facilitator training.													
Targets: Aboriginal and Torres Strait Islander people.													
	Gurgun			BM					1 off program.				
FOODCENTS									137	122	89%	36	36
FOODCENTS									107	92	86%	36	36
Program: Nutrition.													
Targets: All (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													
3/term	Wysaw			BM	BM	BM	INDEPENDENT	INDEPENDENT	Community services organisations trained to deliver the program directly to their clients.				
3/term	Community Garden			BM	BM	BM	SUBSIDISED	INDEPENDENT	Community services organisations trained to deliver the program directly to their clients.				
3/term	Learn to Swim					BM	CEASED		Was an aspect of Women in the Water, which has ceased.				
FOODCENTS TRAIN-THE-TRAINER									30	30	100%	n/a	n/a
Program: Nutrition.													
Targets: Community Services Workers													
1/term	Wysaw				BM		BM		Stand alone programs training community services organisations deliver Foodcents directly to their clients.				
COMMUNITY GARDEN									50	45	90%	9	10
COMMUNITY GARDEN WORKSHOPS									41	36	88%	9	10
Program: Physical activity and nutrition.													
Targets: All (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													

Sessions	Venue	Funding: Term 3 2014	Funding: Term 4 2014	Funding: Term 1 2015	Funding: Term 2 2015	Funding: Term 3 2015	Funding: Term 4 2015	Funding: Term 1 2016	Total Enrolled	Total Sustained	% Sustained	Instructors Trained	Total Instructors in Area
6/term	Wysaw			BM	BM	BM	SUBSIDISED	INDEPENDENT	Wysaw Community Garden delivers the program independently, promoting through its membership.				
COMMUNITY GARDEN TRAIN-THE-TRAINER									9	9	100%	n/a	n/a
Program: Facilitator training.													
Targets: Community Services Workers													
1/term	Wysaw						BM		1 off program. Community services workers trained deliver the program directly to their clients.				
BEGINNERS BACKYARD BOOTCAMP (Outdoor Exercise Equipment)									64	54	84%	0	many
Program: Physical activity.													
Targets: Focus on families. All (unemployed people, seniors, people with disability, carers, Aboriginal and Torres Strait Islanders, culturally and linguistically diverse people, refugees).													
1/week	Wysaw			BM	BM		SUBSIDISED	INDEPENDENT	Instructor delivers the program independently.				
HEALING									8	6	75%	0	0
Program: Physical activity and lifestyle education.													
Targets: Aboriginal and Torres Strait Islander people.													
1/week	Wysaw		BM					INDEPENDENT	1 off program within BigMoves. Program run occasionally by Bullangellah through government grants.				
MULTICULTURAL WOMEN'S WELLBEING GROUP									35	33	94%	0	
Program: Physical activity and lifestyle education. .													
Targets: Culturally and linguistically diverse women, refugees.													
1/week	Wysaw				BM		BM	INDEPENDENT	Occasional program within BigMoves. Program run occasionally by Interrelate Family Services through government grants.				