Healthy places are places that help us make healthy choices
The environments, or places, in which we live, learn, work and play have a significant influence on our health and wellbeing [1, 2]. A supportive environments approach to health focuses on modifying these places to make a healthy choice the easiest and most convenient choice [1, 2].

Healthy Communities Project
- 12 month pilot project (April 2017 to March 2018) with three Cape York communities.
- Facilitated by Apunipima Cape York Health Council and jointly funded by Queensland Government and Northern Queensland Primary Health Network.
- Aimed to engage Aboriginal Shire Councils, community leaders, organisations and community members in creating healthy places, with more water, less sugary drinks\(^*\) and more smoke-free spaces.
- Focus was on development and implementation of community-led actions.
- Included a local social marketing campaign, called “Sugary Drinks Proper No Good – Drinks More Water Youfla”, to raise awareness about the health impacts of sugary drinks.

Key Learnings
- Use a variety of methods to engage council and community, such as local working groups, information sessions, and community-based promotion like newsletters and local radio.
- Councils have a key role to play in creating healthy places.
- Role modelling by community leaders is important.
- Communities recognise the importance of everyone working together to improve health.
- A local social marketing campaign can help raise the profile of a health issue in community, provide opportunities to involve community members including community leaders, and provide a more solid foundation for implementing supportive environment actions.

\(^*\) Sugary drinks include all non-alcoholic water based drinks with added sugar, including sugar-sweetened soft drinks, energy drinks, fruit drink, sports drinks, iced teas and cordial.

1. QAHC, Making Links for Healthy Places. 2011, Queensland Aboriginal and Islander Health Council.
What did project partnerships achieve?

✓ Heard and responded to council and community requests, such as talking to more people in community, participating in two-way learning, attending community events, and linking council and other stakeholders with relevant services/organisations.

✓ Utilised Wujal Wujal Aboriginal Shire Council’s Cultural Advisors as the first point of call in the community.

✓ Council embraced the project and are forming partnerships to create more healthy places in community.

✓ Both council and community members recognised the importance of improving the overall health of the community.

✓ Council has plans to incorporate suggested community-led actions from this project into longer term community plans.

What did we learn in Wujal Wujal?

• It is important to involve community members in discussions and decision-making.

• Council is a key enabler for involving the community in health.

• Working together is important for creating more healthy places.

• Cultural Advisors and other community leaders should be involved in everything that happens in community.

“We all live here and it doesn’t matter if you’re old or young, or a teenager, I think everyone’s got their right to say their piece of mind.”

“With the council’s help everyone’s got a role to play.”

“It has to start with the elected member – that’s how things get out there to the community people…and through community meetings.”

“If we do work together, you know, our kids and our young ones, our council, we all stand strong.”

For further information and resources visit www.apunipima.org.au

Supported by:

Proudly funded by the Queensland Government