

Cooloola Physical Activity and Nutrition Network (CoolPAT)

Purpose: Advocacy of physical activity and healthy eating in the Gympie region

Current Action Areas

Priority Area	Strategies
Support implementation of the Cooloola Open Space and Recreation Plan.	Advocate for efficient use of community facilities Build healthy public policy
Raise community awareness regarding healthy living	Promote guidelines for physical activity, nutrition and healthy living Support relevant events and activities
Provide supportive environments for physical activity, healthy eating, breastfeeding and healthy living	Develop and implement a communication strategy Minimise skin cancer risks for people who work outdoors or enjoy activities in public outdoor space areas
Strengthen community action to support identified target groups to increase physical activity, healthy eating, breastfeeding and healthy living.	Support women with children in the home to increase participation in healthy living activities Advocate for implementation of workplace wellbeing programs Explore opportunities to link with Indigenous groups
Support school communities to increase levels of physical activity, nutrition and healthy living for students and families.	Support implementation of Smart Moves Support SunSmart Schools

Objectives

- Provide opportunities to share information, network, and communicate about strategies to address issues relating to both physical activity and nutrition in the Gympie region.
- Conduct environmental scans, needs assessments and surveys to establish local priorities and opportunities that address physical inactivity and unhealthy eating.
- Advocate and lobby relevant bodies and networks for environments and facilities that support physical activity and healthy eating.
- Develop, implement and evaluate evidence-based projects that address the identified physical activity and nutrition needs of the local population.
- Participate in local planning for physical activity that promotes the social, physical, mental, economic and environmental benefits to the communities of the Gympie region.

Membership

- Health Promotion, Sunshine Coast Public Health Unit, Queensland Health
- Gympie Regional Council
- Department of Communities (Sport and Recreation Services)
- Sunshine Coast Wide Bay Health Service District
- Community Nutrition
- Bowel Cancer Screening
- Merendi
- Healthy Lifestyle Program
- North Coast Aboriginal Corporation for Community Health
- Cancer Council Queensland
- Queensland Transport
- Education Queensland

Other stakeholders

NGOs and community organisations developing / implementing physical activity, nutrition and related projects or with an interest in these topic areas.

Other partnership groups (Healthy Early Years, Healthy Ageing Partnership, Sunshine Coast CHIC Partnership Council).