

Obesity: Obesity is now more deadly than smoking

Obesity has overtaken smoking as the leading cause of premature death and illness in Australia, as experts say the federal government is woefully unprepared for a tsunami of weight-related problems.

New figures from Western Australia, which are expected to be echoed across Australia, show the contribution of excessive weight to ill health has more than doubled in just six years, and by 2006 accounted for 8.7 per cent of all disease.

Sydney Morning Herald 9/4/10 p. 1, West Australian 9/4/10 p.1.

OPAL – A French Intervention in Mount Gambier

Wellbeing and Lifestyle initiative

Empowering people to take on responsibility for their own health

Social connectedness

Community Engagement

1. Obesity Prevention and Lifestyle

Aim- To improve eating and activity patterns of children, through families and communities in OPAL regions and thereby increasing the proportion of 0 –to 18 year olds in the Healthy Weight Range

Wellbeing and Lifestyle initiative based on a French model called EPODE.

2. 5 yr initiative, funded by Federal, State & Local Government

3. One of six sites initially, introducing another 14 councils over the next 2 yrs

4. Working with organisations to identify the 'gaps', value adding to existing programs or develop new programs

OPAL has the capacity to empower the community to work within their own patch addressing identified problems along with providing accountability.

It's our community and we need to help people have success!

It provides an opportunity to engage and partner with many stakeholders to implement community driven programs, projects and events centred on developing and maintaining good health for all.

5. Sustainable – do not want to be part of the rescue mentality!

6. Tailored to suit the community. What Mt Gambier would like it to be!

7. 6 monthly themes, non stigmatizing, positive, achievable

8. local launch

9. First Theme – Water

Installation of drinking fountain at Frew Park.

Water message and promotion – Posters, Street banners and Electronic Signage!

Working with the library to incorporate the water theme into their activities (school holidays, story times etc)

Working with schools to promote the water theme - Audit of school water drinking facilities.

10. Other projects

McDonald Park Primary School & their Stephanie Alexander Kitchen Garden

Working with community based organisations to develop a new program around healthy eating on a budget

Paws around the Blue Lake

Fun Run

Woolworths Staff Health promotion

11. Challenges

Empowering people to take the bold steps of identifying the issues and then planning the solution.

Council and SA Health - Unique integration system

Helping others achieve success

Bringing back the care factor!