

**ACT Government**

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<https://www.act.gov.au/healthyliving>

Annual Reports

NEW [Healthy Weight Initiative Progress Report 2016 - 2017](#)

https://www.act.gov.au/_data/assets/pdf_file/0007/1076677/2016-17-HWI-Progress-report.pdf (PDF 2.61MB)

[Healthy Weight Initiative Progress Report to June 2016](#)

https://www.act.gov.au/_data/assets/pdf_file/0007/885904/HWI_report_2016.pdf (PDF 4.6MB)

[Healthy Living Annual Report 2014 - 2015](#)

https://www.act.gov.au/_data/assets/pdf_file/0003/756021/HWI-Annual-Report-14-15.PDF (PDF 6.5MB)

[Food and drink marketing - community consultation results](#)

[https://www.act.gov.au/healthyliving/food-](https://www.act.gov.au/healthyliving/food-environment/food-and-drink-marketing-in-the-act-community-consultation-results)

[environment/food-and-drink-marketing-in-the-act-](#)

[community-consultation-results](#)

[Schools](https://www.act.gov.au/healthyliving/schools) (<https://www.act.gov.au/healthyliving/schools>)

[Workplaces](#) (<https://www.act.gov.au/healthyliving/workplaces>)

[Urban Planning](https://www.act.gov.au/healthyliving/urban-planning) (<https://www.act.gov.au/healthyliving/urban-planning>)

[Social Inclusion](https://www.act.gov.au/healthyliving/social-inclusion) (<https://www.act.gov.au/healthyliving/social-inclusion>)

[Food Environment](https://www.act.gov.au/healthyliving/food-environment) (<https://www.act.gov.au/healthyliving/food-environment>)

[Evaluation](https://www.act.gov.au/healthyliving/evaluation) (<https://www.act.gov.au/healthyliving/evaluation>)

News

[Media Releases](https://www.act.gov.au/healthyliving/media-releases) (<https://www.act.gov.au/healthyliving/media-releases>)

Meal Planning

[LiveLighter Meal and Activity Planner](http://livelighter.com.au/tools-and-resources/meal-and-activity-planner/) (<http://livelighter.com.au/tools-and-resources/meal-and-activity-planner/>)

Programs for Children

[PE Pulse Network](http://www.pepulse.com.au/) (<http://www.pepulse.com.au/>)

[Ride or Walk to School](http://www.health.act.gov.au/health-services/population-health/health-improvement/health-promotion/healthy-children-and-young-people/ride-or-walk-to-school) (<http://www.health.act.gov.au/health-services/population-health/health-improvement/health-promotion/healthy-children-and-young-people/ride-or-walk-to-school>)

[Kids at Play](http://www.health.act.gov.au/healthy-living/kids-play) (<http://www.health.act.gov.au/healthy-living/kids-play>)

[Healthy Food@Sport](http://www.health.act.gov.au/health-services/population-health/health-improvement/health-promotion/healthy-children-and-young-people/healthy-foodsport) (<http://www.health.act.gov.au/health-services/population-health/health-improvement/health-promotion/healthy-children-and-young-people/healthy-foodsport>)

[Active Kids Challenge](http://paf.org.au/programs/active-kids-challenge/) (<http://paf.org.au/programs/active-kids-challenge/>)

[Fresh Tastes - healthy food at school](https://goodhabitsforlife.act.gov.au/fresh-tastes/) (<https://goodhabitsforlife.act.gov.au/fresh-tastes/>)

[It's Your Move](http://www.health.act.gov.au/health-services/population-health/health-improvement/health-promotion/healthy-children-and-young-people/its-your-move) (<http://www.health.act.gov.au/health-services/population-health/health-improvement/health-promotion/healthy-children-and-young-people/its-your-move>)

[Good habits for life](http://goodhabitsforlife.act.gov.au/) (<http://goodhabitsforlife.act.gov.au/>)

[Nature Play CBR](http://www.natureplaycbr.org.au/) (<http://www.natureplaycbr.org.au/>)

[Choose Healthier pilot project](https://www.act.gov.au/healthyliving/food-environment/choose-healthier-pilot-project) (<https://www.act.gov.au/healthyliving/food-environment/choose-healthier-pilot-project>)

Programs for Adults

[Find fitness outdoors](http://www.act.gov.au/outdoorfitness) (<http://www.act.gov.au/outdoorfitness>)

[Healthier Work](http://www.healthierwork.act.gov.au/) (<http://www.healthierwork.act.gov.au/>)

[Bike and Ride](http://www.transport.act.gov.au/cycle_or_walk/bike_and_ride) (http://www.transport.act.gov.au/cycle_or_walk/bike_and_ride)

[Park and Ride](http://www.transport.act.gov.au/getting-around/bus-services/passenger-info/park-and-ride) (<http://www.transport.act.gov.au/getting-around/bus-services/passenger-info/park-and-ride>)

[Canberra and Queanbeyan Cycling and Walking Map](http://files.transport.act.gov.au/cyclingmap/index.html)

(<http://files.transport.act.gov.au/cyclingmap/index.html>)

[LiveLighter](http://livelighter.com.au/) (<http://livelighter.com.au/>)

[Choose Healthier pilot project](https://www.act.gov.au/healthyliving/food-environment/choose-healthier-pilot-project) (<https://www.act.gov.au/healthyliving/food-environment/choose-healthier-pilot-project>)

Healthy Lifestyles Initiatives

[Active Travel](http://www.transport.act.gov.au/getting-around/active-travel) (<http://www.transport.act.gov.au/getting-around/active-travel>)

[Find fitness outdoors](http://www.act.gov.au/outdoorfitness) (<http://www.act.gov.au/outdoorfitness>)

[Drinking fountains with water refill stations](http://www.tccs.act.gov.au/city-presentation/public_areas/water-refill-stations) (http://www.tccs.act.gov.au/city-presentation/public_areas/water-refill-stations)

[Transport for Canberra](http://www.transport.act.gov.au/) (<http://www.transport.act.gov.au/>)

[Light Rail](http://www.transport.act.gov.au/light-rail-project) (<http://www.transport.act.gov.au/light-rail-project>)

More Information

[Frequently Asked Questions](https://www.act.gov.au/healthyliving/frequently-asked-questions) (<https://www.act.gov.au/healthyliving/frequently-asked-questions>)

[ACT Chief Health Officer Reports](https://www.act.gov.au/healthyliving/act-chief-health-officer-reports) (<https://www.act.gov.au/healthyliving/act-chief-health-officer-reports>)

[Healthy Eating websites and apps](https://www.act.gov.au/healthyliving/healthy-eating-websites-and-apps) (<https://www.act.gov.au/healthyliving/healthy-eating-websites-and-apps>)

[Making healthy food choices](https://www.act.gov.au/__data/assets/pdf_file/0008/799784/Making-Healthy-Food-Choices.pdf) (https://www.act.gov.au/__data/assets/pdf_file/0008/799784/Making-Healthy-Food-Choices.pdf) (PDF, 558kb)

[Walkshops for Canberra - Dr Rodney Tolley](https://www.act.gov.au/__data/assets/pdf_file/0003/839424/Walkshops-for-Canberra-Dr-Rodney-Tolley.pdf)

(https://www.act.gov.au/__data/assets/pdf_file/0003/839424/Walkshops-for-Canberra-Dr-Rodney-Tolley.pdf) (PDF, 347kb)



Canberra100 Challenge (<http://cbr100challenge.com.au/>)

[Calculate your BMI](#)

[Calculate your BMI](http://www.heartfoundation.org.au/healthy-eating/Pages/bmi-calculator.aspx) (<http://www.heartfoundation.org.au/healthy-eating/Pages/bmi-calculator.aspx>)

Food Environment

The Towards Zero Growth Healthy Weight Action Plan outlines four actions to improve food environments within the ACT (see below). In the early stages of the Healthy Weight Initiative, efforts have been focussed on working with stakeholders to develop and implement voluntary approaches to support these actions and improve our food environment. Over time, if the voluntary approaches do not show signs of improving the health and wellbeing of the ACT population, the ACT Government may consider other approaches.

1. Restrict the advertising of unhealthy foods within the government's regulatory control.

Australian experience suggests state or territory-based regulation of television advertising is problematic, however the ACT Government will examine its regulatory control across advertising mediums. There is a particular need to address marketing directed at children in close proximity to schools, playgrounds and child care centres.

2. Improve the availability of free drinking water in public places and food outlets.

Easy access to free drinking water can reduce consumption of sugar-sweetened beverages and have a direct impact on obesity and overweight. The ACT Government is already increasing the number of public water fountains and will work with local businesses to further increase the availability of free water.

3. Enact a mandatory code for supermarkets to require at least one checkout aisle be identified as free of energy dense, nutrient poor (EDNP) foods.

Reducing the visibility of energy dense nutrient poor foods in checkout aisles reduces the likelihood of impulse buying at the point of sale. The same factors mean that greater visibility of healthy foods in checkout areas will encourage more purchases of these foods. The ACT will seek to work with retailers at the local level and will advocate nationally for broader implementation.

4. Regulate the sale of sugar-sweetened drinks.

Given their high levels of sugar and 'empty kilojoules', combined with high rates of consumption, sugar-sweetened beverages are a major factor in obesity rates. Exploring options for regulation will include consultation with industry stakeholders and through national forums and campaigns.

Projects and initiatives within the food environment

- [Food and drink marketing - community consultation results](https://www.act.gov.au/healthyliving/food-environment/food-and-drink-marketing-in-the-act-community-consultation-results)
(<https://www.act.gov.au/healthyliving/food-environment/food-and-drink-marketing-in-the-act-community-consultation-results>)
- [Actions arising from the food and drink marketing consultation](https://www.act.gov.au/healthyliving/food-environment/actions-arising-from-food-and-drink-marketing-consultation)
(<https://www.act.gov.au/healthyliving/food-environment/actions-arising-from-food-and-drink-marketing-consultation>)
- [Choose Healthier pilot project](https://www.act.gov.au/healthyliving/food-environment/choose-healthier-pilot-project) (<https://www.act.gov.au/healthyliving/food-environment/choose-healthier-pilot-project>)
- [Water refill stations](http://www.tccs.act.gov.au/city-living/public_areas/water-refill-stations) (http://www.tccs.act.gov.au/city-living/public_areas/water-refill-stations)

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