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# Be Healthy and Safe Maranoa

Initiative Type

Education and Training

Status

Deliver

Added

23 August 2018

Last updated

13 May 2020

URL

<https://test.clinicalexcence.qld.gov.au/improvement-exchange/be-healthy-and-safe-maranoa>

## Summary

'Be Healthy and Safe Maranoa' evolved from existing partnerships which included Active Roma (a partnership between Maranoa Regional Council, Queensland Health, Australian Sports Commission, Department of Communities Disability Services), Maranoa Health Enhancement Program (funded organisation that delivered primary health care services) and the Department of Communities Sport and Recreation). The initiative exists to motivate and support residents of the Maranoa to live happier

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and healthier lives. With a range of programs, activity and events on offer throughout the region, Be Healthy and Safe Maranoa has a vision to see an exciting wellbeing culture emerge in our community. Be Healthy and Safe Maranoa has been recognised for its contribution to local community at the Queensland Local Government Awards and is a finalist at the 2018 Queensland Health Awards.

#### Key dates

Jul 2016

Aug 2018

#### Implementation sites

South West Hospital and Health Service

#### Partnerships

Charleville and Western Areas Aboriginal and Torres Strait Islander Corporation, Police and Citizens Youth Club, Surat Aboriginal Corporation, Save the Children, Aftercare, Bluecare, Vital Health, Anglicare, Preventive Health Branch

## Key Contacts

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## **Aim**

Improvement in broad health outcomes encompassing social, mental and physical health.

## **Benefits**

- Increased community ownership of social, mental and physical health.
- Reduces chronic disease such as diabetes, heart disease, obesity and some cancers.
- Using a collaborative and evidence-based approach to health promotion.
- Improves knowledge and resilience, teaching new skills and encouraging healthy lifestyle and wellness.

## **Background**

In 2010, through the Healthy Communities Initiatives, Maranoa Regional Council was one of twelve pilot sites within Australia to undertake strategies aiming at addressing a variety of health behaviours related to the issue of overweight and obesity. Highlights of the program include Nutrition Education Sessions (for all life stages), Cooking Workshops, Healthy Catering Course (TAFE), Community Gardens, Walking Trails, Outdoor Exercise Equipment, Television Health Promotion and a suite of Healthy Lifestyle Programs.

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