



Acknowledgement of Country

We acknowledge the Traditional Owners and custodians of Country throughout Australia and their continuing connection to land, waters and community.

We pay our respect to them and their cultures, and Elders past, present and future.





Heart Foundation Walking In Your Neighbourhood

April 2023

National Heart Foundation of Australia

Today's session - we will cover:

- The National Walking Strategy
- Benefits of walking
- Existing walking groups in NMHS
- Heart Foundation's role in walking programs
(including new Walk Coordinator roles in all States)
- Resources LGAs can use to promote
and/or support walking groups
- Personal Walking Plans



Heart Foundation

– who we are + what we do

Heart Foundation

The Heart Foundation is a leading organisation in the fight against **Australia's biggest killer**: heart disease.

Our Vision: Towards an Australia free of Heart Disease

Mission: To reduce heart disease and improve the heart health and quality of life of all Australians through our work in Risk Reduction, Support and Care and Research



The National Strategy - to increase physical activity of all Australians



1. Encourage more Australians to participate in the **Heart Foundation Walking program** (Group Walking, Walking Challenges and Personal Walking Plans).



3. Undertake the **Active Australia Innovation Challenge** for schools, universities, councils, and community groups.



2. Deliver supportive public **education and communication** through mass media campaigns and Heart Foundation communication channels.



Healthy Active by Design

4. Promote and support **safer and more walkable built and natural environments** through the mobilisation of our walking community and **working collaboratively with local governments** and planning agencies.



Heart Foundation Walking



Launched in 1995 in QLD



Nationwide by 2007



1,055 groups across Australia
(84 WA Groups)



2787 walkers in WA



660 Host Organisations support walking groups locally
(**local councils**, GP clinics, shopping centres, neighbourhood houses)



Current Heart Foundation Walking
team

Walking Across the Country

Heart Foundation Staffing for the new Walking Initiative

- Walking Project Officers in each State and Territory
- Dedicated Western Australian Walking Project Officer (in recruitment)

Social, fun and free

Groups led by volunteers

Walkers join for the walking, stay for the talking! - Brings people together!





Walking - the wonder drug

Walking for as little as 30 minutes a day, five days a week can:

- reduce your risk of heart disease and stroke by a third
- manage weight, blood pressure and cholesterol
- prevent and control diabetes
- reduce your risk of developing some cancers
- improve your strength and balance
- maintain your bone density
- help you sleep better
- help you to reduce stress, feel more alert and improve self-confidence.



Benefits of Walking

Physical Activity & Heart Foundation Walking

Regular physical activity **reduces the risk of cardiovascular disease** (and other chronic diseases).

Physical activity, such as walking, can reduce the risk of heart disease **by around 35%** [1].

55% of adults aged of 18-64 years meet the Australian Physical Activity guidelines of 150 min of cardiovascular exercise in the past week [2].

Heart Foundation walking - going for more that **25 years!**

1. Department of Health and Social Care. Physical activity guidelines: *UK Chief Medical Officers' report*. 2020. <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>
2. Australian Bureau of Statistics. *National Health Survey: First results, 2017-18*. 2018. <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-first-results/latest-release>

Heart Foundation Walking





Heart Foundation Role in Walking – diversity groups

Heart Foundation Walking

Walking groups and Personal Walking Plans are accessible to all Australians.

Irrespective of:

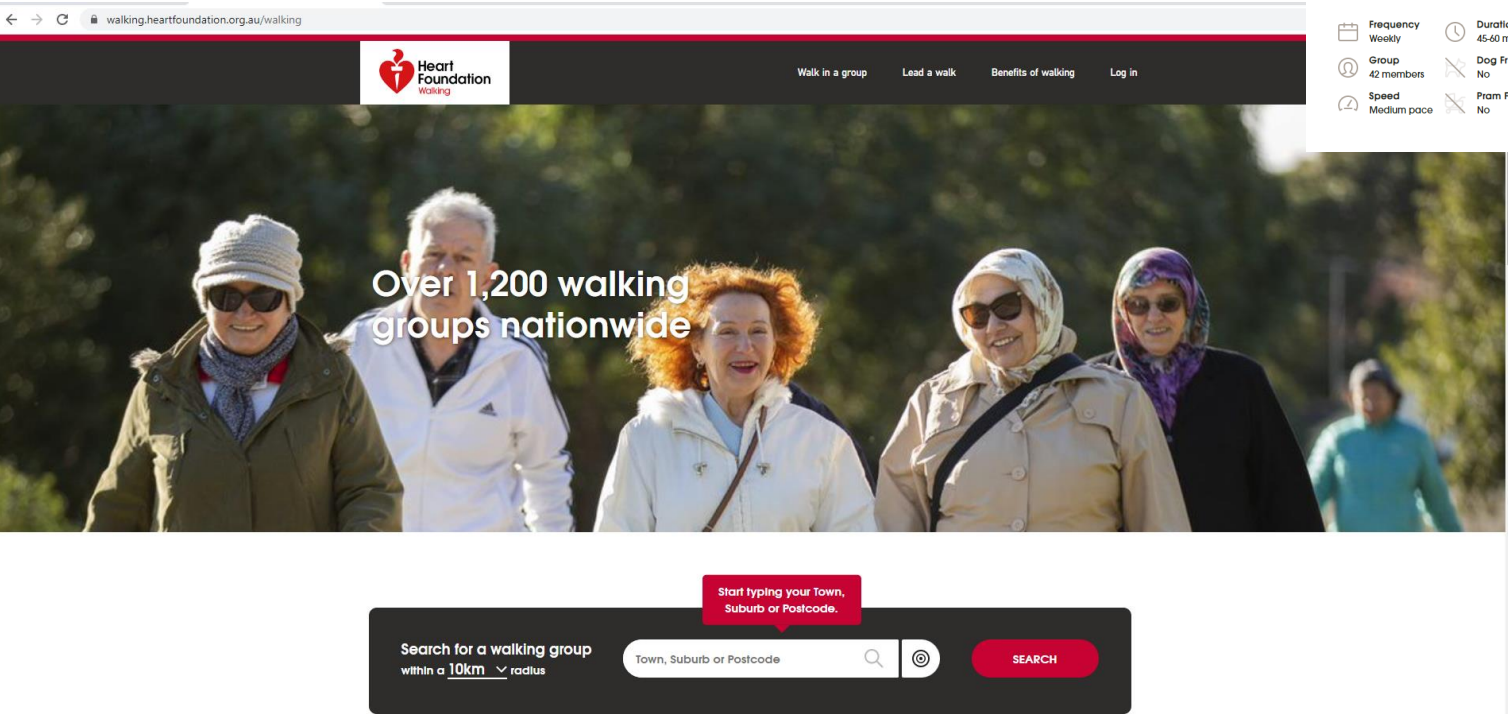
- Where they live
- Their age
- Their socioeconomic status
- Their cultural background
- Their gender



Walking Groups in NMHS

Finding a group

61 groups in total Stirling/ Cambridge /Subiaco
/ Nedlands / Joondalup / Wanneroo / Mirrabooka
84 groups in WA



Cheetah Walking Group Walking Group

TRIGG

General

Frequency
Weekly

Duration
30-45 min

Mon

Tue

Wed 7:30 am

Group
3 members

Dog Friendly
Yes

Thu

Fri

Sat

Speed
Slow pace

Pram Friendly
Yes

Sun

Zamia Walkers Walking Group

SUBIACO

Other

Frequency
Weekly

Duration
45-60 min

Mon

Thu

Sun

Group
42 members

Dog Friendly
No

Speed
Medium pace

Pram Friendly
No

Grass Tree Walking Group Balga Walking Group

BALGA

General

Frequency
Weekly

Duration
45-60 min

Mon

Tue

Wed

Group
10 members

Dog Friendly
Yes

Speed
Medium pace

Pram Friendly
Yes

Thu

Fri

Sat

Sun

Balga Boodja Walking Group

BALGA

General

Frequency
Daily

Duration
45-60 min

Mon

Tue

Wed

Group
25 members

Dog Friendly
Yes

Speed
Medium pace

Pram Friendly
Yes

Thu

Fri

Sat

Sun

Hollywood Stars Walking Group

NEDLANDS

Other

Frequency
Weekly

Duration
45-60 min

Mon

Tue

Wed

Group
25 members

Dog Friendly
No

Speed
Medium pace

Pram Friendly
No

Thu

Fri

Sat

Sun

Darch Walkers Walking Group

DARCH

General

Frequency
Weekly

Duration
30-45 min

Mon

Tue

Wed

Group
7 members

Dog Friendly
No

Speed
Medium pace

Pram Friendly
Yes

Thu

Fri

Sat

Sun

•Groups can be found via our postcode function on our website



Walking Groups in NMHS

Osborne Community
Jackadder Lake Reserve
Cheetah Walking Group
Lake Monger Walking Group
Scarborough Community Hub
Scarborough Community Walking Group 2
scarborough hub walking group
Heartmoves Walking Group
Carine Heartmoves Walking Group
Stirling Striders
The Stirling Spoonbills
Walking group Balcatta
Hillary's Urban Strollers
Kommuniti Walking Group
Kingsley fun walks
Medibank Private Joondalup WA (Private-Workplace)
Elite Physio Iluka Community Walkers
Burns Beach Walking Group
Kinross walkers

Zamia Walkers
Heart Foundation Walkers WA (Private - Workplace)
HF Perth Workplace Walking
Lake Monger Waddlers
Subiaco Strollers
Subiaco Walking Group
Hollywood Stars
Waratah Walkers
UWA Sport Walking Group
UWA Walking Group
Claremont Cruisers
Claremont walking group
Peppy Walkers
Cottesloe Walkers
Mosman Movers
Waterside Walkers
Grow Office walk
Pharmacy 777 Wembley Walkers
St Ives Centro Walking Group
City Beach Walkers
Ben Trager Homes

Trigg
Trigg Health Walkers
Beach babies
Clarkson Walking Group
North Coastal Womens Shed Walking Group
WalkFit Northern Coastal Perth
The Carramar Walkers
360 Health + Community Walking Group
Osborne Community Hub
Balga Boodja
Balga Rainbow Walkers
Elaine's Walkers
Grass Tree Walking Group
Ironbark walkers
Mirrabooka Square Walking Group
Westminster Family Walking Group
30 minutes
The Walkers of Marangaroo
Darch Walkers
Elite Physio Drovers Community Walkers
Hiday Striders



Heart Foundation Walking groups in Western Australia

- Groups **led by volunteers**

Host Organisations support our walking groups locally

- Local councils
- GP clinics
- Shopping centres
- Neighbourhood houses

Groups can be any size

- They cater for different abilities
- Walks go for different durations
- Walkers join our Walker Recognition Scheme



Host Organisations / Local Coordinators

Benefits:

- Access to dashboard and reporting
- Training resources
- Great for setting up multiple groups
- Support from Heart Foundation
- Access to promotional templates and resources
- Risk management included
- Walking groups promoted through HFW activities
- Don't need to reinvent the wheel!





Walk Organiser

Role of the Walk Organiser

- Attends walks, welcomes walkers and marks attendance, and encourages walker registration
- Groups can have more than one Walk Organiser
- Promotes group
- Keeps group details up to date via online dashboard or via HFW staff
- Groups can be public or private
- Covered by HF insurance
- Receive training and resources





Walk Organiser Benefits

What you receive to support your group and community

- Tools and resources to manage and promote their walking group
- Receive training and free merchandise
- Access to online dashboard
- Recognition throughout the year
- Annual Meet and Greet events
- Belonging to a network of walking groups
- Sustainability through **support and engagement from the Heart Foundation, local organisations and by being part of a larger network**



Resources to support promote and support Walking groups



Walk towards a healthier heart



Scan the below code or call 13 11 12 to find out more.



Heart Foundation Walking encourages people to walk more and offers support, ongoing information and advice about how to keep active.

Walking will help to:

- unwind and disconnect.
- discover new places.
- connect with friends and loved ones.
- improve your daily mood.
- reduce your risk of heart disease, stroke and some cancers.

Join a walking group

Walking with the Heart Foundation is a great way to make new friends and build connections within your community.

Get your Personal Walking Plan

The Heart Foundation has created Personal Walking Plans to help you be active, healthier, and happier in just six weeks.

Find a walking group near you or get your Personal Walking Plan today at walking.heartfoundation.org.au

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Walk towards a healthier heart

with Australia's largest free walking program



Heart Foundation Walking encourages people to walk more and offers support, ongoing information and advice about how to keep active.

Scan the code below to find out more.



Proudly supported by



Australian Government

walking.heartfoundation.org.au • 13 11 12



Volunteer with us, it's good for your health




Scan the below code to find out how you can get involved.



Proudly supported by




Australian Government



I walked my way to better health


And walked my mob away from diabetes and heart disease



Help get your mob active and moving

To download the app or find a walking group near you visit walking.heartfoundation.org.au or call 13 11 12

Proudly supported by



Australian Government



Personal Walking Plans

In March 2021 we launched easy-to-follow 6-week physical activity plans designed to get people moving 30 minutes or more on most days each week.

Using walking as the main activity, the plans **progress** each week in either number of sessions, duration or intensity.

Plans also incorporate both **flexibility and strength exercises**.

Each week has a theme that guides the messaging (happiness, breath, discovery, positivity, flexibility & progress)

Participants receive **regular supportive and encouraging messages** throughout their plan.

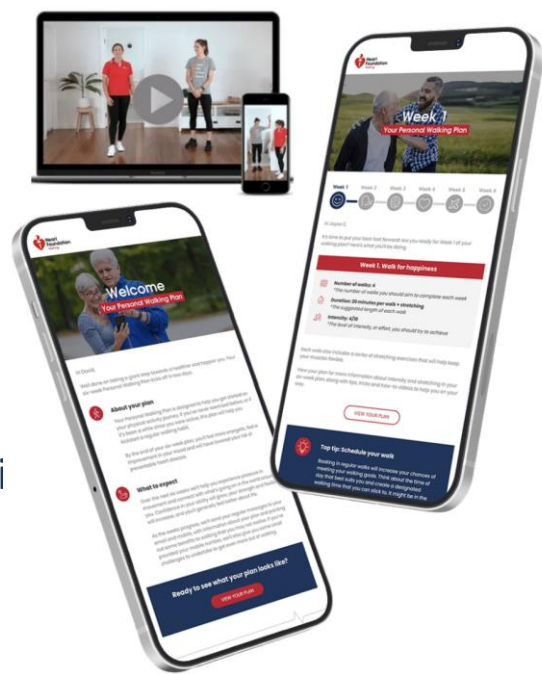


The Program

Physical activity program designed for participants to meet Australian physical activity guidelines by week six

This included four **graded** walking programs with:

- Weekly progression and RPE recommendation
- strengthening and flexibility exercises online instructional videos
- **Strength** – 6 exercises, 6 min
- **Stretching** – 6 stretches, 4 min
- **Exercise log** to record progress
- **Motivational messaging** via email or text (SMS) messages.
- **Weekly emails** that check in, with general information and advice as well as a link to the upcoming weeks activities



Personal Walking Plans



RPE SCALE	RATE OF PERCEIVED EXERTION	© iRunMaps.com
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.	
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.	
7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence.	
4-6	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.	
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation.	
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, slow walk, etc.	



Campaign Survey 2021

- On average, participants increased the number of days they engaged in physical activity (walking) and strength training

Changes in physical activity levels pre vs. post the 6-week Personal Walking Plans:



Physical activity for 30 minutes or more, which is enough to raise your breathing rate.

Average number of days at start of walking plan:

2.7



Average number of days after walking plan:

4.4



Any strength or toning activities such as lifting weights, resistance training etc.

Average number of days at start of walking plan:

0.9



Average number of days after walking plan:

2.4

- Participants that reported **they paid attention to motivational messages** increased their physical activity more than those who ignored/did not receive

Number of days doing physical activity for 30mins or more after PWP:

Paid attention to text messages:

4.4 days

Ignored/did not receive text messages:

3.9 days

Number of days doing strength training after PWP:

Paid attention to text messages:

2.5 days

Ignored/did not receive text messages:

2.0 days

- Nearly all (99%) reported that they would continue walking following the program.
- 11% said that they would join a walking group.



Community Walkability Checklist

How Local Governments can support more walkable communities

Community Walkability

The purpose of the checklist is to help individuals and communities **review their local neighbourhood** during a regular walk, or a walk around their local neighbourhood whether it be for health and wellbeing, for recreation, or for getting from A to B.

The checklist is divided into four sections:

1. Walker friendliness
2. Comfort
3. Convenience
4. Safety

<https://walking.heartfoundation.org.au/resources/community-walkability-checklist>

Community Walkability Checklist

How walkable is your neighbourhood?



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Walking in your neighbourhood

1. Walker friendliness

An appealing neighbourhood promotes walking.

	Yes	No	N/A
1. Are there trees or plants along the walk to provide shade/shelter and an enjoyable place to be?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are there any points of interest? E.g. historical markers, public art, parks, community gardens, cafés.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are the street frontages interesting and attractive? E.g. landscaping, fences, shop fronts, buildings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Is the walking route generally clean and tidy? E.g. free from vandalism, rubbish and broken glass.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is the terrain relatively flat and easy to walk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Is traffic generally light throughout your walk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. In your opinion, is any playground equipment and parkland maintained to a suitable standard?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rating ☐ ☐ ☐

Comments or suggestions (including the location of any issues):

2. Comfort

Well-designed streets and places to walk, and access to facilities along the way, encourage walking.

	Yes	No
1. Are there pathways to use on your walk? a. Are the paths easy to walk on, with consistent, even surfaces free from obstacles for people with prams, mobility aids, wheelchairs and small children on wheeled devices? Look out for holes, overgrown plants, sign poles, advertising boards, parked cars and business signage. b. Can people walk side by side on the paths, particularly people with prams and people in wheelchairs?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are there seats along the way to stop and rest?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are there drinking fountains along the way?	<input type="checkbox"/>	<input type="checkbox"/>
4. Can you easily access toilets along the way?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are there places to shelter from the weather?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the street noise or pollution along the way generally light?	<input type="checkbox"/>	<input type="checkbox"/>

Rating ☐ ☐ ☐

Comments or suggestions (including the location of any issues):

3. Convenience

Having direct connected routes between homes, shops, workplaces and other places is important to create shorter distances between places and promote walking.

	Yes	No	N/A
1. Are there directions to help you find your way? E.g. direction or distance signs, maps.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Does this route link with public transport?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you able to walk in your desired direction without leaving the path you are on?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do the paths all link up, with no missing sections?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Can this route lead to a destination such as a school, café, shop, library, workplace or community facility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Are there separated off-leash dog parks on your route?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. If the route leads to a cul-de-sac or dead end, was the route linking you through?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rating ☐ ☐ ☐

Comments or suggestions (including the location of any issues):

4. Safety

Lighting, safety measures and well-maintained paths promote walking.

	Yes	No	N/A
1. Do you generally feel safe on this walk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are there other people around as you walk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is the walk well lit, for when it's dark?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Does the wait to cross the road at traffic lights feel reasonable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you think there is enough time to cross the road at traffic lights?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you feel safely separated from the road traffic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Are there roundabouts, humps, signs or other measures to slow vehicles?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Can you cross streets without the speed of road traffic creating a problem for you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Is the route generally free from hazards so you can walk safely?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rating ☐ ☐ ☐

Comments or suggestions (including the location of any issues):

Healthy Active by Design



A program advocating for healthier Australian hearts

The Heart Foundation advocates for environments that promote and support physical activity. Through our Healthy Active by Design program, we have developed a range of resources, information and advice to support organisations who are interested in developing healthy, liveable places and spaces.

We need your support to create a positive change to influence healthy active urban planning nationwide.

For more information, and to sign up to our regular newsletter, visit healthyactivebydesign.com.au



Active Australia Innovation Challenge

AAIC

\$10,000 grants to fund community led innovative physical activity programs

- Challenge has run for 5 years
- Winners in 2022
 - 10 grant winners across Australia



campaigns.heartfoundation.org.au/aaic/

Active Australia Innovation Challenge

[MORE WINNER STORIES](#)

Millennium Kids Inc (Western Australia)

Getting Active on Country

Young people in the remote town of Coolgardie have limited access to recreational activities. This grant will fund a series of skateboarding and scooting workshops about 30 kids aged six to 17. The workshops, by a professional skateboarder, will also teach participants how to activate the town's skate park and run skate and scooter competitions.

Empowering young people in this way will teach responsibility and build community relationships, including with police. The program will also include workshops about healthy eating, exercise and mental health.



Thank you for listening.

Contact NMHS: assunta.difrancesco@health.wa.gov.au

To connect you with.....

W: walking.heartfoundation.org.au

E: walking@heartfoundation.org.au

PH: 13 11 12



www.facebook.com/HFWalking

Presenter:

Helen McLean

Helen.McLean@heartfoundation.org.au



Heart Foundation Walking

