



Outcome 1. Healthy, Active Communities

Health and Wellbeing

Elements of a healthy and well community include personal factors, such as physical activity, nutrition, alcohol and smoking use, stress management, sleep and personal resilience, and social factors, such as access to resources, convenient and affordable health services and support, and education.

Priority Areas:

- Everyone has access to information and programs to get physically active and improve their health and wellbeing.
- Research and partnerships support opportunities to improve health and wellbeing outcomes for the community.

Trends:

- The Sunshine Coast population performs well on most health and wellbeing indicators compared to Queensland.
- Key areas to improve are skin cancer risk, alcohol consumption and mental health outcomes.
- Residents value opportunities to be healthy and active, including access to the natural environment. They also rate current access to health services highly.

Examples of Existing Council Initiatives:

- Healthy Sunshine Coast program
- Support for activities of Sunshine Coast Health Network (PHN)
- Support and collaboration with Thompson Institute at University of Sunshine Coast (e.g. membership, internal training)
- Migrant Learn to Swim and Beach Safe program.

Volunteering

Active community members are involved in volunteering, which can include participation in community, sporting or environmental groups as well as helping neighbours and friends. Volunteering benefits others, and also contributes to learning new skills, making new social connections and improved health.

Priority Areas:

- Volunteers participate and make a vital contribution to community life.

Trends:

- Volunteering rates declined during the COVID-19 pandemic.
- Rates may recover to normal rates as the pandemic subsides, but anticipated slowly due to ongoing risks and/or loss of connections.
- Volunteers are increasingly seeking informal, flexible, ad hoc, and episodic volunteering, which is a challenge for volunteer organisations.

Examples of Existing Council Initiatives:

- Volunteer Sector Reference Network Group
- Building Community: Gifting Time – Pilot Volunteering Co-Lab Project as part of Regional Partnership Agreement with University of the Sunshine Coast
- Volunteering information on council's website
- Recognition of volunteers through awards.