



# Media Release

1 September 2017

## **Cockburn a champion for heart health – Twice!**

The Heart Foundation has named the City of Cockburn a champion for the health of its community for the second time, in its annual awards.

The City has taken out the 2017 Heart Foundation Local Government Award for councils with a population greater than 50,000. The City also won the award in 2015.

The award acknowledges the City's Healthy Lifestyle Program which provides residents of all ages with a raft of free or low-cost, long-term health and weight loss goals across a variety of initiatives, some of which have shown real results.

A third of all 4,500 participants in the Healthy Checklist Pledge – a fridge magnet with 15 health-related behaviours to be ticked off daily – have reported a reduction in their weight.

The checklist is an agreement with participants that they challenge themselves to see how many items they can tick off each day and be contacted by the City's Co-Health team over a 12-month period for ongoing support and monitoring.

Some of the checklist items include eating three serves of vegetables, 30 minutes of exercise, sitting for no longer than 55 minutes and spending less than two hours watching an electronic screen.

Mayor Logan Howlett, who participated in the health challenge himself, losing 30 kgs over the past 12 months, said the City's health initiatives were a reflection of the council listening to its community to find practical, accessible programs that appealed to a wide range of people.

The City is also developing a Bike and Walk Cockburn Plan to achieve a more connected bicycle and pedestrian network, improving links to existing routes and making cycling and walking more accessible for people of all ages and abilities.

The City has partnered with Cockburn Integrated Health to develop the new Cockburn Healthy Lifestyle Program for individuals, families and children concerned about their



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weight and wanting to make lifestyle changes.

The new program includes weekday and weekend Healthy Eating Activity and Lifestyle (HEAL) sessions, a 4-week program run by Food Bank called Food Sensations that promotes healthy eating on a budget, plus walking groups, yoga and Zumba classes.

More information on the City's Healthy Lifestyle Programs is available at <http://www.beactivecockburn.com.au/>

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