In 2016, ActiveSmart was successfully delivered by the Department of Local Government, Sport and Cultural Industries across 11 local governments in the WA Wheatbelt.

ActiveSmart aimed to get Wheatbelt residents more physically active and connected to their community by providing motivation and encouragement to achieve their personal physical activity goals.

$900K investment state government + 11 local governments + local business + community

What we aimed to achieve

- Increase daily physical activity levels
- Increase participation in local sport and recreation programs
- Activate community places
- Build a more connected community

Who was involved?

- 4001 registered participants across the Wheatbelt
- approx 1 in 3 households per local government registered
- 11 local government areas
  - Beverley
  - Dowerin
  - Goomalling
  - Koorda
  - Merredin
  - Moora
  - Narrogin
  - Northam
  - Toodyay
  - Wyalkatchem
  - York

How did it work?

- Stakeholder engagement
- Invitation to participate
- Personalised resources
- Social support
- Ongoing coaching support and resources
- Goal setting
- behaviour change / engagement in physical activity
What were the Wheatbelt’s motivations?

- To be healthier
- To look better
- To engage in my community
- To have a balanced lifestyle
- To have more energy

Walking 58%
Gym / fitness classes 18%
Sports 16%
Cycling 7%
Recreational 6%

What did people set their goals around?

Community connections

- 20 local business provided 1332 vouchers to participants
- Mapping of 322 facilities and programs across the Wheatbelt
- Developed Sport and Recreation Directory
- Localised walking and trail maps
- Social media network
- Attendance and support provided at community events
- Referral to community programs

Participants journeys

As the program progressed, I became more confident with encouraging other friends and neighbours to get active with me. I successfully started a walking group with my friends. I thought that the program was a great idea and really appreciated the personalised letters and calls.

My mum and I did ActiveSmart together, it was a great way to reconnect with our community. Together we reached our goal of walking three times a week, and even started going to yoga. I certainly started feeling healthier, and even lost some weight.

The program was great – it really motivated me to be more active. I used to rely on my car to get around my property, but after ActiveSmart I have made some small changes and will now walk when I can. These small changes have certainly made a difference to my health.

People in the community talk about being active a little more now. I’ve also started noticing active opportunities that I wouldn’t normally, like I saw a canoe on a man’s car the other day and thought maybe I should give that a go!

“After looking through the Sport and Rec Directory I realised how many things were going on around town, I am going to try and find something new to get involved in.”
What were the results?

16 min increase in daily physical activity.

14 min decrease in daily sitting.

43% increase in number of sessions of physical activity per week. On average participants are now doing 6 sessions a week.

14% increase in participants exceeding physical activity guidelines*. *doing more than 150 minutes of physical activity per week.

84% achieved or took steps towards their physical activity goal.

76% achieved or took steps towards their new daily healthy habit.

66% program had changed their lives for the better.

90% would recommend ActiveSmart to others.

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