

# Beating Diabetes Together

## PREVENTION STRATEGY



Western Sydney  
**Diabetes**  
Beating Diabetes Together



# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

Diabetes is a serious and progressive condition that can lead to many other complications including heart attacks, strokes, amputations, eyes and kidney damage, dementia and mental health problems. In adults, type 2 diabetes accounts for 90 – 95 percent of all diagnosed cases of diabetes. Global prevalence of diabetes is on the rise, mirroring a rise in overweight and obesity. It is expected that the rate of deaths caused by diabetes will double by 2030<sup>1</sup> and 1 in 10 adults will have diabetes by 2040<sup>2</sup>.

At least 10% of Australians have diabetes, 85-90 percent is type 2 diabetes. The societal cost in Australia is currently \$14.6 billion per year. In health care alone, the cost to treat people with diabetes is projected to double every 10 years. Based on past trends, the increase in projected health care costs of type 2 diabetes would be \$5.6 billion by 2025<sup>3</sup>.

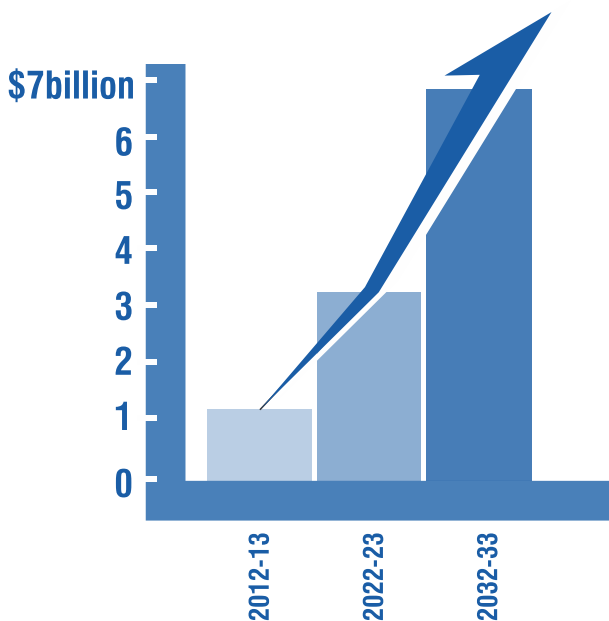


Figure 1 - Projected change in expenditure for type 2 diabetes in NSW

Western Sydney is a diverse community with diverse population health needs. The region has a high proportion of disadvantaged people and scores a low Index of Relative Social Disadvantage (IRSD). Overall people living in Western Sydney have poor health compared to those in other parts of NSW. Many

communities have high rates of overweight, obesity, type 2 diabetes and other diet-related conditions<sup>4</sup>.

Western Sydney is a “diabetes hot-spot”: Rates of diabetes are up to 1.5 times higher than the Sydney average.<sup>5,6</sup> More than half of the Western Sydney population is overweight or obese making them a high risk factor for the development of Type 2 diabetes. Patients attending the Emergency Department at Blacktown and Mount Druitt Hospitals who have a blood test are now routinely tested for risk of diabetes. Results show 30 percent of patients have pre-diabetes and 16% have diabetes.

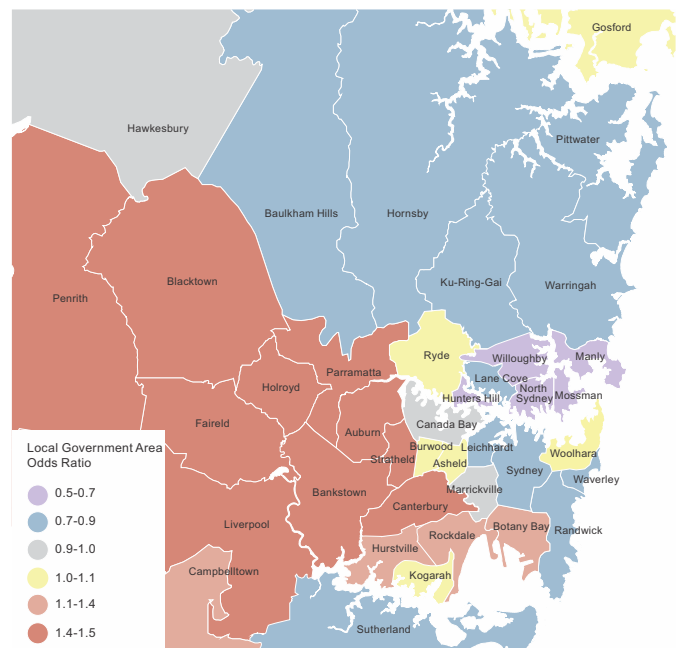


Figure 2 - Diabetes prevalence in Western Sydney

These alarming numbers reflect the high burden of disease that affects the people’s quality of life and places great demand on our acute health care sector. Without effective prevention and management programs in place these health risks and associated costs will continue to increase.

<sup>1</sup> Global report on diabetes, 2016. Geneva World Health Organisation; 2016.

<sup>2</sup> IDF Diabetes Atlas, 2015. International Diabetes Federation 7th edition, 2015.

<sup>3</sup> Future prevalence of overweight and obesity in Australian children and adolescents, 2005-2025. Government of Victoria, Department of Human Services, 2008.

<sup>4</sup> Population health profiling, Western Sydney Medicare Local 2015

<sup>5</sup> Diabetes Australia, Australian Diabetes Map, <http://www.ndss.com.au/en/Australian-Diabetes-Map/> Accessed 29 November 2012. Estimates of known diabetes from National Diabetes Services Scheme and undiagnosed diabetes from Ausdiab survey 2000.

<sup>6</sup> Western Sydney Local Health District NSW Health, WSLHD Diabetes Prevention and Management Initiative 2013-2018, accessed 30 September 2016 at <http://www.wslhd.health.nsw.gov.au/About-Us/Performance/Western-Sydney-Diabetes-Prevention-and-Management-Initiative>

The solution lies in prevention for those at risk and proactive case management to support those who are already suffering from type 2 diabetes. Previous prevention campaigns like smoking have had considerable success over time. Smoking rates in men have reduced from around 70% in the 1950s to 18% today. Similar rates of success have occurred for women.

It has taken 20 years for Australian adults to gain 4 kg in weight. An average weight loss of 2 kg in adults will reduce the risk of people with pre-diabetes converting to diabetes by 30%.

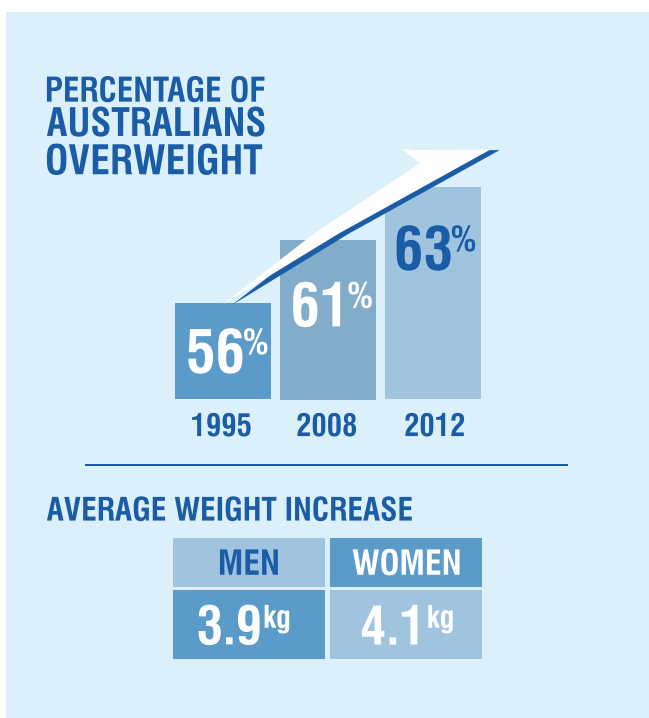


Figure 3 - Increase in weight of Australians

The health care cost savings equates to \$7311 per person for every year they avoid diabetes. However as the current situation stands, less than 1% of the Australian health budget is allocated to prevention. A transformational, long term strategy is required with scaled up investment which tackles diabetes prevention head on.

Prevention is a long-term investment. Preventing childhood obesity will deliver returns in preventing obesity after these children reach 40 years, since the highest rates of diabetes occur at that stage of life. Preventing and reducing adult obesity will see returns within the first year but the full benefits will come 10-20 years later. Long-term investments to address deeply rooted social factors, or issues beyond the control of individuals or specific sectors, are as important as strategies that focus on shorter-term clinical prevention and other direct services. Without effective interventions, the large and fast growing population of Western Sydney will be living with diabetes or will be at significant risk of developing it.

To date, the majority of health economic studies available demonstrate that prevention strategies to address and reduce overweight and obesity in all age groups are recognised to be either cost-saving or cost-effective. Preventing or delaying the progression of type 2 diabetes benefits both the patients in terms of increasing life expectancy and quality of life and economic terms for society and health-care payers.

The health sector can explain the 'burning platform' associated with the Diabetes epidemic and can better manage the risk once a person has diabetes. However it is largely powerless to address the social determinants that drive the population risk of diabetes. In Western Sydney the Local Health District (WSLHD), Primary Health Network (WSPHN), Diabetes NSW have partnered with the NSW Department of Premier and Cabinet (DPC) to form a Western Sydney Diabetes Prevention Alliance. They have conducted a series of broad ranging consultation with experts across the three levels of governments (Commonwealth, State and Local), the private sector and non-government organisations. From this, a Prevention Strategy has been developed. It is aligned with local, state and federal initiatives including:

- The Premier's *Tackling Childhood Obesity* Priority
- NSW Diabetes Framework
- National Diabetes Strategy

# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

Most importantly the Western Sydney Diabetes Prevention Strategy is targeted to the specific needs of the region covered by the Western Sydney Local Health District. A business case has been developed for the prevention strategy interventions with a conservative but robust cost-benefit analysis undertaken by PwC.

This Diabetes Prevention Strategy is one of many steps required to address the Western Sydney diabetes "hot spot". It aims to reduce the prevalence of type 2 diabetes to be less than the State average within 5 years.

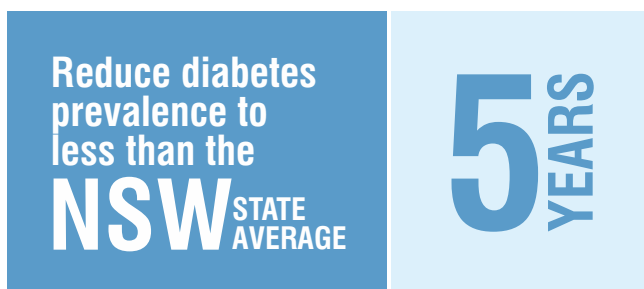
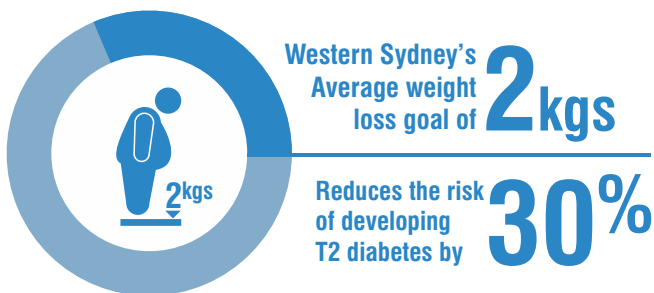


Figure 4 - Healthy Benchmarks for Western Sydney

Its measures will lead to 10,000 fewer people in Western Sydney (over fourteen years) getting diabetes. In addition to individual benefits, there are benefits of \$318,412,000 of avoided costs to NSW and \$702,261,000 to society as a whole.

**OVER 14 YEARS**  
THE PREVENTION STRATEGY  
SHOULD PREVENT AT LEAST  
**10,000**  
PEOPLE IN WESTERN SYDNEY  
FROM GETTING DIABETES

AVOIDED COST TO NSW  
**\$318,412,000**

AVOIDED COST  
TO SOCIETY AS A WHOLE  
**\$702,261,000**

Figure 5 - Avoidable costs

## WESTERN SYDNEY DIABETES PREVENTION STRATEGY

Evidence and research demonstrated that by investing in the following four themes can create the right conditions for individuals and communities to choose and to maintain healthy lifestyle.

**1** IMPROVING  
FOOD CONSUMPTION

**2** INCREASING  
PHYSICAL ACTIVITY

**3** BUILDING  
HEALTHY ENVIRONMENTS

**4** GOVERNMENT  
LEADING THE WAY

Many of the measures outlined in this Strategy can potentially fit under more than one theme.

For simplicity, measures are listed under the theme with which they most closely align.

The processes required to establish and implement the measures are set out in the measures descriptions. Where appropriate to measures in the Strategy, Implementation plans will be finalised.



# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

## 1 IMPROVING FOOD CONSUMPTION IN WESTERN SYDNEY

Type 2 diabetes, obesity and other diet related diseases are largely preventable through healthy diet and maintaining moderate physical activity. Studies show modest weight losses of 5 to 7% body weight through healthy eating and physical activities can delay or prevent type 2 diabetes and other diet related diseases. In Australia, shifts of diet toward a high-fat, energy-dense diet have contributed to more than 63% adults and at least 25% children being overweight or obese<sup>7</sup>. People need to have the skills and knowledge to be able to make healthy food and lifestyle choices for themselves and their families. Positive influences from the early years and throughout life are vital to establishing and maintaining lifelong healthy habits. Taking a life cycle approach to increase healthy food knowledge and improving food access can change eating patterns across the local health district.

### 1.1 FOOD LITERACY & SKILLS

Not everyone in our society has the necessary knowledge and skills to enable them to make healthy food choices. Making healthy choices is a learned skill and for many this education is not available and/or is not chosen as a preferred option. With the deficit of healthy food literacy in the community it is essential that people are given the opportunity to acquire the skills to cook for themselves and their family. Health literacy and cooking skills programs will equip the community with the ability to choose healthy options and be able to prepare healthy meals.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
1.1.1 Improving knowledge of healthy food options and food preparation skills	Provision of information about healthy food to people in Western Sydney	WSLH and Councils will provide information about healthy food and lifestyle choices suitable for identified target groups	WSLHD, Councils, Jamie's ministry, TAFE, St Vincent de Paul, Woolworths, Oz Harvest Nest program
	Community based cooking programs to improve cooking skills in Western Sydney	Expanding existing and creating new cooking clubs to teach cooking skills	

<sup>7</sup> Australian Health Survey: Nutrition First Results - Foods and Nutrients, 2011-12. Australian Bureau of Statistics, May 2014

## 1.2 HEALTHY EATING EDUCATION FOR YOUNG FAMILIES

Parents have an important role in influencing children's food choices and ensuring that children start life with the best possible nutrition. Poor early childhood nutrition increases the risk of type 2 diabetes later in life<sup>8</sup>.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
1.2.1 Educating families about healthy eating	Educating expected mothers and families with young children, about the provision of healthy meals for their families	Utilising and expand existing programs such as Pregnancy Birth and Baby and Munch and Move to educate expected mother and young families	WSLHD, Community Nursing Centres, Birthing Centres, Mothers Groups, Play Groups NSW and Councils
	Education and guide to Healthy Pregnancy for expecting mother at risk of gestational diabetes	Prenatal education program to include general guidelines for managing gestational diabetes	

<sup>8</sup>Global report on diabetes, 2016. Geneva World Health Organisation; 2016.

# WESTERN SYDNEY DIABETES PREVENTION STRATEGY





## 1.3 HEALTHY EATING IN SCHOOLS

Schools are an important influence in the development of children's food preferences. They can play an important role in promoting lifelong healthy eating

habits. School-based programs can help children to adopt healthier eating patterns. It also helps with their overall and intellectual development.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
1.3.1 Creating an understanding of food production and nutrition	Establishing vegetable gardens in Western Sydney Schools	Expanding the kitchen garden programs and in Western Sydney Schools	DET, local schools, P&Cs and Stephanie Alexander Kitchen Garden
	Incorporating healthy eating and cooking skills into school activities	Schools where possible include healthy eating and cooking skills in day to day activities	DET, local schools, TAFE
	Developing an understanding amongst students of where food comes from	Explore suitable options to initiate "farm-to-school" initiatives	DET, local school, Councils, Australian Farmers Markets Association, Harvest Hub, Hawkesbury Harvest
1.3.2 Peer educational program	Establishing peer educational program in high schools to provide students with knowledge and skills to maintain healthy lifestyle	Expanding the Students as Lifestyle Activists Program	DET, SALSA
1.3.3 Healthy food choices in school canteens	Providing healthy nutritious canteen menus and removal of all sugar sweetened drinks	Implementation of the Fresh Tastes NSW Healthy School Canteen Strategy in all NSW government schools  Working with non-government schools to provide healthy food choices in school canteens	DET, local schools, non-government schools

# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

## 1.4 INCREASING ACCESSIBILITY OF HEALTHY FOODS

Food deserts are areas where there is limited access to affordable, healthy food options especially fresh fruits and vegetables due to absence of grocery stores within convenient travelling distance. In Sydney food deserts are found all over the city with a concentration of them in the western suburbs. People living in food deserts have higher rates of obesity, type 2 diabetes and other diet-related conditions than the general population.

Encouraging existing food retailers to expand their selection of healthier food and lower the prices of fresh food in key communities will remove impediments to healthy eating particularly in lower socio-economic communities. This coupled with initiatives to place fresh food directly into communities should lead to increased consumption of fruit and vegetables.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
1.4.1 Increasing accessibility to fresh and affordable food	Community oriented markets targeted to known food deserts to increase access to fresh affordable food	Councils and NGOs will establish regular farmers market in underserved fresh produce areas	Councils, Sydney Markets, Australian Farmers Markets Association, Hawkesbury Harvest and Harvest Hub
	Encouraging local shops and supermarkets to increase the number of healthy food options	Working with food outlets to broaden the range of fruit and vegetables available	Supermarkets, Sydney Markets and Councils
	Encourage local shops and supermarkets through promotional activities to reduce some prices of fruit and vegetables	Working with food outlets to lower prices of fruit and vegetables particularly in lower socio economic areas	Supermarkets, Sydney Markets and Councils
1.4.2 Increased fresh produce in social housing estates	Establishment of community gardens on social housing estates  Teaching of food production skills	FACS and NGOs working with communities on social housing estates to establish community gardens	FACS NGO's and local communities
1.4.3 Increased opportunities to grow food	Establishment of community gardens and verge gardens in Western Sydney	Councils working with communities to establish community gardens  Councils encouraging the establishment of verge gardens	Councils and local communities

## 2 INCREASING PHYSICAL ACTIVITY

Increased physical activity is one of the most effective preventive measures and treatment for both obesity and type 2 diabetes. Physical activity also helps control blood glucose levels in persons who already have type 2 diabetes.

Physical activity includes a broader range of activities than sport alone. People can be physically active at work or engaged in domestic tasks at home. Much evidence suggests that 150 min (2 hours and 30 minutes) a week of moderate-intensity of leisure-time such as brisk walking, taking a bike ride or using the stairs, consistently reduces diabetes risk and other adverse health outcomes.

### 2.1 WALKING

Walking is a healthy, low cost and flexible leisure activity and a travel option that is accessible to everyone. Encouraging people to walk for short, local trips, or in combination with public transport trips, is an effective way to integrate incidental physical activity into daily routines as well as to enhance wellbeing and enjoyment from green space and well-designed outdoor areas. It also helps to free up capacity on the transport system, improve personal security and safety through increased numbers of people on the street and support social interaction and a sense of community.

People living in Western Sydney are less likely to walk for transport than people living in Central and Eastern Sydney suburbs. Providing supporting infrastructure and promoting health benefits will encourage people to walk.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
2.1.1 Promote walking as a transport mode	Promote the benefits of walking	Promote walking and highlighting the health, social and economic benefits	Walking Groups, TfNSW, DET, Local Councils, non-Gov & Doctors' Surgeries, Went West Primary Health Care Network
	Create a culture of walking	Increase participation in the "Walk to School" Program  Support workplace walking challenges  Develop and support a range of local Western Sydney walking groups	TfNSW's Walking and Cycling Programs, Councils, school, Doctor surgeries
	Address barriers which discourage walking	Identify initiatives to improve walking safety and security such as slowing traffic in the busy areas, safety audits and good lighting on footpaths  Provide education platforms for Road Safety  Promote safe use of shared paths for both pedestrians and cyclists	Local Councils, TfNSW

# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
2.1.2 Connect people to places with safe and direct walking infrastructure	Improve local walking infrastructure	Provide local walking infrastructure that connects communities to public transport interchanges and key destinations and improves walking amenity	TfNSW's Walking and Cycling Programs, Councils
	Provide supporting facilities for convenient and enjoyable walking	Deliver better protection from the weather and more signage on key walking routes	TfNSW, Councils non-Gov and private sector
	Develop a Walkability Tool to understand how well a location is connected for pedestrians	The Walkability Tool will assess pedestrian walking distances to public transport, key destinations and public open space.	TfNSW, private sector
2.1.3 Make walking accessible for everyone	Provide high quality, accessible footpath infrastructure throughout centres and transport interchanges	Address Disability Discrimination Act non-compliances on footpath network and around transport interchanges including footpath widths, crossing infrastructure & facilities for people with sight, hearing and mobility impairments	TfNSW, Councils
2.1.4 Integrate walking with public transport trips	Provide information on the walking component of public transport trips	Public transport trip planning guidance to include walking info	TfNSW
	Provide clear & consistent way finding signs to and from all transport interchanges, stations, stops and wharves	Way finding signs installed to direct people to key destinations	TfNSW, Councils
2.1.5 Prioritise walking over other transport modes in centres	Make walking the highest priority and the preferred mode of transport in Western Sydney centres	<ul style="list-style-type: none"> <li>• Signalised intersections provide longer crossing times for pedestrians</li> <li>• Provide additional pedestrian crossings including missing legs at all signalised intersections</li> <li>• Reduce traffic speeds in centres</li> <li>• Investigate pedestrian only streets and conversion of lanes to shared zones</li> <li>• Reduce crossing distances and increase footpath space</li> </ul>	TfNSW, RMS, Councils

## 2.2 CYCLING FOR TRANSPORT

Cycling for transport offers health and economic benefits to individuals and can reduce traffic congestion and emissions. To encourage more people to cycle instead of drive, it needs to be considered as a safe and convenient transport choice by a wide range of people. Separated cycleways and end-of-trip facilities like bike sheds and showers will help to address the barriers to cycling.

Western Sydney's existing cycle network can be improved by addressing missing links and providing dedicated space for cycling at intersections. Education and promotion around cycling should focus on addressing the perceived barriers and letting people know about the benefits of riding a bike and the existing cycle ways.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
2.2.1 Promote cycling as a transport mode	Promote the benefits of bike riding	Provide Community information about existing bike networks, trip planning and local roads	Transport NSW, Councils, NGOs and Bicycle NSW
	Support the trial of cycling for transport	Increase bike facilities at schools and participation in "Ride to School" Programs  Work with workplaces to promote cycling and to provide end-of-trip facilities	TFNSW, RMS, Councils, schools, private sector
	Address barriers which discourage cycling	Deliver cycling confidence courses Provide education platforms for Road Safety Run campaigns to educate both drivers and bicycle riders about safely sharing the road  Promote safe use of shared paths for both pedestrians and cyclists	Local Councils, TfNSW
2.2.2 Provide safe local cycling routes within five kilometres of centres	Expand network of separated cycle ways throughout Parramatta – both on & off road links	Complete the update of the Parramatta Bike Plan and Parramatta Valley Cycleway. Continue to support projects that exist to improve cycling connections to Western Sydney centres	Transport NSW, City of Parramatta City, Blacktown Council
	Complete missing links and address problem intersections in local bicycle networks around Western Sydney	Completing missing links, fixing pinch points and providing space for bicycles at intersections.	Transport NSW, RMS, Councils

# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
2.2.3 Complete Sydney's Principal Bicycle Network	Deliver Western Sydney's Principal Bicycle routes	Connect centres and provide high quality transport options to travel within the region	TfNSW, Councils, WSLHD
2.2.4 Integrate cycling with public transport	Provide information on cycling routes to access public transport trips	Public transport trip planning guidance to include cycling information	TfNSW, councils, WSLHD
	Provide clear & consistent way finding signs to all transport interchanges, stations, stops & wharves	Way finding signs installed to direct bicycle riders to transport interchanges and bicycle parking	TfNSW, councils
	Provide secure bicycle parking and end-of-trip facilities	Provision of secure, visible and high quality bicycle parking and end-of-trip facilities at transport interchanges	TfNSW

## 2.3 EXERCISE

People with type 2 diabetes or those at risk of developing it are often overweight. Reducing weight is recommended to regulate appropriate blood glucose level. Exercise can help with weight loss and maintaining

it. By incorporating 20 minutes of aerobic exercise at least 3 times per week or 15 minutes of moderate exercise daily such as brisk walking, can initiate weight loss and improve overall wellbeing.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
2.3.1 Expanding planned-activities for weight loss, improved fitness and overall wellbeing	Encourage more people with types 2 diabetes or prediabetes to participate in weight management programs	Increasing participation in the Beat it Program Increase community based group programs ie. Live Life Get Active.	Diabetes NSW, WSLHD WS Parklands Trust, Councils
	Programs and activities targeting pre-school and school age children to learn about healthy lifestyle and positive attitude to healthy food and exercise	Expansion of the following Government Initiatives in Western Sydney: -Go4Fun -Munch & Move -Live Life Well @ School -Finish with the Right Stuff -NSW Premier's Sporting Challenge -Sporting Schools Initiative	DET, NSW Office of Sport, WSLHD, NSW Health, Australian Sports Commission



# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

## 2.4 PLANNED EVENTS

Social and environmental factors have direct influence on the health and wellbeing of people in the community. Planned events at a community-wide level can be a platform for raising health awareness and initiating population-level changes in health outcomes. Examples of effective community engagement approaches are community workshops improving awareness and the adoption of a healthy lifestyle, planned events that include promotion of healthy diet or promoting physical

activity through walking. Regular events are a regular feature in the Sydney City Centre and eastern suburbs, less so in Western Sydney. These events offer the opportunity for people to train regularly with a purpose or goal and to share their enjoyment for exercise in a wider social setting. Many events become iconic in their own right and in addition to the health benefits can bring economic benefits to an area.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
2.4.1 Improved community engagement through local events	Establish/ increase events for mass participation	Councils arrange and host community based events; fun day, food festivals, arranged community based recreational activities	Councils, Western Sydney Parklands Trust

## 2.5 COACHING SERVICES

Information and lifestyle coaching services provide new ways of engaging people in making or sustaining improvements in healthy weight and overall wellbeing. Such services can be targeted to those in the community

most at need and at a population level. They aim to improve healthy lifestyle behaviours and can be delivered through various platforms for example in a small group or telephone based (or in combination of).

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
2.5.1 Provide intervention to improve healthy lifestyle behaviours	Free Personal telephone-based health coaching	Promote to the broader community the free NSW Health Service "Get Healthy"	Councils, WSLHD, NSW Health, DET
	Provide free health, fitness and nutritional education in suitable platform	Expansion of the Live Life Get Active Program and other similar programs	Live Life Get Active, Councils, WSLHD



### 3 BUILDING HEALTHY ENVIRONMENTS

Creating supportive built environments is a well-recognised way of improving health and wellbeing. There is now considerable research evidence demonstrating a direct relationship between the built environments and our health. It has profound impact in getting people active, connecting people and providing access to healthy food options<sup>9</sup>.

Planning for residential and population growth in Western Sydney presents the opportunity to create and enhance communities that facilitate and encourage people to choose walking and cycling as transport modes and to access recreational open space for exercise. Higher density developments with a mix of land uses will support short local trips which can be taken by walking or cycling. Creating attractive links from homes to high quality recreational space will invite people to spend time exercising outdoors.

#### 3.1 THE BUILT ENVIRONMENT TO SUPPORT A HEALTHY LIFESTYLE AND LIVEABILITY

Improving livability requires the right built environment, and open space and active transport options. Planning new communities with a mix of land uses, close to public transport, with attractive and safe walking and cycling environments will reduce reliance on private motor vehicles. Linking the existing greenspace with new enhanced natural corridors in Western Sydney will provide better accessibility options for local residents, will increase incidental active transport and generate more public space.

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
3.1.1 Incorporating Liveability Framework in Western Sydney urban developments	Integration of the Liveability Framework of the draft West-Central District Plan into the respective Councils' Community Strategic Plans	Ensure new communities include a range of retail and recreational land uses within walking distance of all homes	Greater Sydney Commission, Department of Planning and Environment, FACS, Local Councils
	Place based urban developments that incorporate and demonstrate healthy living design principles	NSW government will ensure the Telopea redevelopment masterplan demonstrates healthy living design principles	
	Plan higher density communities with a range of land uses	Ensure new communities include a range of retail employment and recreational land uses within walking distance of homes	
	Plan new communities around existing and new public transport infrastructure	Seek to locate communities close to high quality public transport infrastructure as well as walking and cycling infrastructure to access the services	

<sup>9</sup> Healthy Built Environment Indicators. City Futures Research Centre, 2016

# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

<p>3.1.2 Connecting existing parks and public areas with new green space corridors</p>	<p>Building on the Metropolitan Greenspace Program (Sydney's Green Grid) to create and improve green spaces</p>	<ul style="list-style-type: none"> <li>• Councils will work with the Greater Sydney Commission, Department of Planning to further develop green spaces</li> <li>• Parramatta Ways</li> <li>• Duck River Cycleway</li> <li>• Eastern Creek Corridor</li> </ul>	<p>Parramatta City, Blacktown, Cumberland Councils, NSW Government Agencies, Greater Sydney Commission</p>
<p>3.1.3 Increased use of open spaces</p>	<p>Increased use of state and local government owned open spaces to encourage improved fitness and overall wellbeing</p>	<p>An initial trial project in 2 local government areas</p>	<p>Department of Education, Parramatta and Blacktown Councils</p>
<p>3.1.4 Provide walking and cycling infrastructure as part of new projects</p>	<p>Prioritise walking and cycling in the planning, design and construction of new transport and urban development projects</p>	<p>All new transport and urban development projects consider and provide for walking &amp; cycling. For urban developments this could mean:</p> <ul style="list-style-type: none"> <li>• Footpaths provided on both sides of every street</li> <li>• Pedestrian crossing infrastructure to facilitate safe &amp; convenient road crossings on desire lines</li> <li>• Cycling facilities provided throughout developments to connect homes with public transport, centres, Sydney's principal bicycle network and recreational areas</li> <li>• Comfortable facilities provided such as seating and shade along streets and paths. For new transport projects this could mean:</li> <li>• Access to the new transport services</li> <li>• Walking and cycling routes aligned with the routes of the major transport project.</li> <li>• Enhancement of walking and cycling connectivity across the transport project corridor</li> </ul>	<p>TfNSW, DPE, local Councils</p>
	<p>Develop and implement Green Travel Plans to encourage active transport choices by new residents and workers</p>	<p>All new residential and commercial developments in Western Sydney are to develop and implement Green Travel Plans ahead of occupation. This could include transport information packs, end-of-trip facilities, trip planning services &amp; communication campaigns</p>	<p>DPE, Councils, private sector, TfNSW</p>
<p>3.1.5 Create safe streets for vulnerable road users</p>	<p>Plan and design streets with priority for people, not motor vehicles</p>	<p>Create a range of guidelines and tools to support councils, planners and developers campaigns</p>	<p>DPE, Councils, private sector, TfNSW</p>



# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

## 4 GOVERNMENT LEADING THE WAY

The NSW Government is a significant employer in Western Sydney with many employees living locally. Improving the overall health of government employees will not only contribute to reducing rates of diabetes but also importantly demonstrate leadership and thus

encourage community acceptance of the need to make healthy lifestyle choices.

Improving the food environment in Government settings will also demonstrate the Government's commitment to addressing this problem.

### 4.1 HEALTHY LIFESTYLE CHANGES FOR WESTERN SYDNEY GOVERNMENT EMPLOYEES

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
4.1.1 Develop a whole of WSLHD approach for healthy weight and lifestyle	Development of a whole wellness program called 'Lighten up Western Sydney' for WSLHD Workers	A whole wellness program is developed for WSLHD workers Agencies, and NSW government employees are approached to join the 'Lighten up Western Sydney' campaign	WSLHD, NSW Government Agencies operating in WSLHD area
4.1.2 Expand 'Get Healthy at Work'	Get Healthy at Work is a free NSW Government workplace health service that aims to help improve the health of working adults	Expand the Get Healthy at Work program throughout NSW Government workplaces in Western Sydney	WSLHD, NSW Govt Agencies operating in WSLHD area

### 4.2 IMPROVING THE FOOD ENVIRONMENT IN GOVERNMENT SETTINGS

Measure	Key Elements	Indicative Pathway	Implementation Responsibility
4.2.1 Improving the food environment in Government settings	Inclusion of clauses in catering & retail contracts preventing the sale of unhealthy and food and drink in WSLHD premises	WSLHD at the time of the renewal of catering and retail contracts will include clauses preventing the sale of unhealthy food and drink	WSLHD, NSW
	Explore opportunities to improve the promotion of healthy eating in Government settings	The NSW Government will explore options to improve the food environment in Government settings. This will include both the provision and promotion of foods in facilities owned by NSW Government agencies	NSW and Local Governments

## IMPLEMENTATION

Implementation responsibility for the Western Sydney Diabetes Prevention Strategy is to be undertaken by a Steering Committee entitled 'Western Sydney Diabetes Prevention Alliance (The Alliance).' The direct government oversight for this will be under a partnership arrangement between Western Sydney Local Health District and the NSW Department of Premier and Cabinet. This arrangement will ensure that the Alliance will not be seen just as a health issue but one for all of government and everybody.

### COMPOSITION

The Alliance will comprise representatives from state and local government, peak bodies that are concerned with diabetes prevention and its complications, the private and non for profit sectors and consumers.

### OBJECTIVE

The Alliance is intended to play a vital role in the delivery of the strategy by using a collaborative, pro-active and analytical approach to implementation of the Western Sydney Diabetes Prevention Strategy. An easy to use but rigorous 'centre of excellence' framework will support the focus on key opportunities and efficient scaling of evidence-based initiatives that have been proven to make a difference.

Specifically, the proposed role of the Alliance is centred on:

- Creating integration rather than fragmentation.
- A multi-disciplinary approach.
- A core team that is highly collaborative with stakeholder groups.
- A phased approach.
- An 'outcomes-driven' focus.
- A 'centre of excellence' approach.
- Encouraging communities to take ownership in creating healthy living.

### RESPONSIBILITIES OF THE PREVENTION ALLIANCE

The Prevention Alliance's proposed responsibilities include:

#### 1. Leadership and vision

- Providing strategic advice on the diabetes epidemic and initiatives being undertaken in other regions, jurisdictions and internationally'.

- Identify short and long term opportunities to integrate and coordinate initiatives across the various organisations / agencies in order to scale up the initiatives, whilst actively incorporating existing capability and seeking to build upon what is already in place wherever this is possible.

#### 2. Implementation

- Oversee the effective implementation of the Western Sydney Diabetes Prevention Strategy and its associated measures.
- Establish and maintain the strategy and implementation plan and schedule – with project timelines, scope and accountabilities clearly defined and dependencies between initiatives clearly identified, communicated, transparently stored in a central location, and actively managed.

#### 3. Reporting and Evaluation

- Furnish regular reports to participating organisations and the NSW Department of Premier and Cabinet Western Sydney Regional Leadership Group.
- Evaluate impacts of the Western Sydney Diabetes Prevention Strategy.

#### 4. Development of funding mechanisms

- Support and inform efforts to create sustainable funding mechanisms for prevention work (e.g. through private wealth, insurers, Government, local, State-wide and Federal level grant funding, etc.).

#### 5. Stakeholder and community engagement and communication

- Undertake and maintain a stakeholder needs analysis and communication strategy to ensure stakeholders affected by the initiatives are appropriately informed / engaged.
- Work in partnership with communities to develop initiatives that are sustainable.
- Work with the Western Sydney Diabetes Strategic Prevention Alliance and any other supporting governance bodies to inform and provide updates on progress.
- Develop and implement a community awareness campaign and bring the public along in support of the efforts to beat diabetes in Western Sydney and engage with the interventions.

# WESTERN SYDNEY DIABETES PREVENTION STRATEGY

## IMPLEMENTATION *Continued...*

- Develop and utilise website capability (<http://www.wslhd.health.nsw.gov.au/About-Us/Performance/Western-Sydney-Diabetes-Prevention-and-Management-Initiative>) to enable a virtual collaborative environment and house information centrally, supported by social media and other innovative communications.
- 6. Quality assurance, risk and issue management and benefits tracking
- Introduce a surveillance system that captures information from a number of sources to inform efficacy of the strategy and required changes to resourcing.
- Establish mechanisms to regularly improve and evolve the Alliance offerings to better meet the needs of the targeted communities / participant groups as major milestones are achieved, or as the needs of impacted stakeholders change.



## EVALUATION AND MEASUREMENT

The Western Sydney Diabetes Prevention Strategy is a broad-reaching, long term collaborative effort to reduce the burden of our diabetes epidemic. With such a wide range of goals, proper process and progress evaluation is essential to develop and grow interventions, as well as determine efficacy for the program as a whole.

The aim of evaluation for the initiative is to provide feedback on quality improvement to ensure that program benefit is maximized, as well as demonstrating objectively the impact that the initiative has on the Western Sydney diabetes epidemic. This will allow for optimal program efficiency as well as ongoing monitoring of the diabetes situation, and adjustment of the initiative as it moves from containment of diabetes into a long term prevention and management strategy.

There are two main components that this evaluation process will take:

**1. Process evaluation:** each program will identify key indicators that allow quality control of the output, as well as long-term scalability of the intervention. This will allow each intervention to identify the key drivers behind participation and quality, which will aid in scaling programs up to their full potential. It will also apply to the process as a whole; key indicators such as reach of programs will be used to identify how the initiative can lead the way to prevent diabetes.

Specifically the process evaluation will determine:

- if the strategy is achieving its overall aims and objectives?
- are individual measure being implemented efficiently, effectively and to the expected reach?
- are individual measures delivering their targeted outputs?

**2. Impact/Outcome evaluation:** This will identify crucial health indicators in order to measure the impact that interventions have. Whilst every intervention will be different in its scope and aim, most if not all will include measures of diabetes prevalence in their participants. Population surveillance will also be undertaken in the Western Sydney area to ensure that the initiatives with broader scope are also being measured, using existing frameworks that can be accessed and expanded to cope with the increased needs of the initiative.

Specifically, the Impact/Outcome evaluation will determine:

- the extent that the strategy has reduced the progression of diabetes in Western Sydney Local Health District.
- the overall net social and economic benefits.
- whether individual measures are leading to reduced rates of diabetes compared to normal practice.
- whether individual measures are delivering reduced long term expenditure for the state.
- any unintended consequences from implementing an individual measure.

### COLLECTION OF DATA

Data collection will be centred around a key principle: - measurable for real insight with minimum extra expense.

This has two primary impacts; firstly, that all data collected for programs must be a real measure of either the effectiveness or the impact of the program; and secondly that where possible the data will be collected through existing systems rather than by setting up new monitoring methodology. Examples of data potentially available for evaluation purposes include routinely collected hospital data, the 45 and Up study, primary health information, routinely collected private and NGO data, and government department data. One particularly important measure is the availability of population estimates of BMI through routinely collected pathology data, which will allow for an accurate estimate of the impact of the interventions on weight and other health outcomes.

However, many interventions will require very specific measures to gauge their efficacy and outreach in a comprehensive manner, and to measure whether the inputs effectively impact health in a meaningful way.

# Beating Diabetes Together



OVER 14 YEARS  
THE PREVENTION STRATEGY  
SHOULD PREVENT AT LEAST  
**10,000**  
PEOPLE IN WESTERN SYDNEY  
FROM GETTING DIABETES



## CONTACT

Janine Dawson  
Diabetes Prevention Program Manager  
Western Sydney Diabetes Initiative  
Integrated and Community Health  
Phone (02) 8670 0015 Mobile 0419 239179  
Janine.Dawson@health.nsw.gov.au

Fay Bushell | Regional Coordination Officer  
Department of Premier and Cabinet  
Level 13, 52 Martin Place, Sydney NSW 2000  
GPO Box 5469, Sydney NSW 2001  
Phone (02) 9228 3643  
fay.bushell@dpc.nsw.gov.au

