

THE LOCAL ACTION PLAN: Development Process

1. **Consultation sessions were held** with 15 different groups/individuals across different sectors of the Morphett Vale community, involving workers, community members, children and young people. As part of these sessions, participants were asked to explore barriers to healthy eating and physical activity experienced by local children, young people and their families, and community views on what needed to happen to address these issues (i.e strategies).
2. Information collected from these consultation sessions was **collated together**.
3. **Common community priorities** (for barriers and strategies for the project) **were identified** within the collated information.
4. **Common community priorities were further refined after rating them** on scales for: achievability, impact, importance and resources.
5. **Extensive research was conducted on evidence-based strategies** to shape/inform the development of strategies.
6. **Prioritised strategies** were checked to ensure they **met the project's "Essential Criteria"** and were either retained or eliminated accordingly:
 - Targets children, young people 0-18 years and their families
 - Increases healthy eating and/or physical activity
 - Relevant and acceptable to local community
 - Consistent with state/National healthy eating and physical activity guidelines
 - Uses positive approaches that reduce 'victim blaming' and stigmatising people.
7. **Strategies** were further refined by **checking them against other key 'filter' criteria** (below), and were then adapted or eliminated accordingly:
 - Highly likely to be sustainable (continue well into the future)
 - Affordable
 - Feasible and achievable within project timeframe
 - Equitable, reaching all parts of the community, especially disadvantaged
 - Addresses environmental barriers (i.e social, financial, political, or physical)
 - Strengthens community by supporting community to influence their health.
8. Draft Action Plans developed for Morphett Vale and Murray Bridge from above information, distributed and **feedback sought** from consultation participants.
9. **Refinements made** to Draft to reflect feasible feedback and ensure that project activity would be measurable and meet project objectives.
10. **Final Action Plan** developed and **Action groups formed** to advise and drive Plan until 2009.