

## Physical Activity

### Applicability

This policy applies to all NT Health employees.

### Policy statement

NT Health supports a systems approach to physical activity to enable all Territorians across their lifespan to be active every day, in many ways. The health sector is one domain within which we can promote physical activity. Most opportunities to enable and inspire physical activity are external to NT Health and require a collaborative approach.

The purpose of this policy statement is:

- To outline NT Health's position to work across government and with the community to facilitate more opportunities for people in the Northern Territory to meet the Australian Physical Activity and Exercise Guidelines
- To increase the proportion of our population who meet the Australian Physical Activity and Exercise Guidelines.
- To provide a physical activity lens at all opportunities for investment across government and work collaboratively towards a whole of government approach to physical activity.
- NT Health will work across government and with the community to create more opportunities for Territorians to meet the Australian Physical Activity and Exercise Guidelines

### Rationale

Engaging in regular physical activity provides wide ranging population health, social, environmental and economic benefits. Increasing physical activity levels benefits individuals, families and communities.

Participation in regular physical activity is essential for our long-term physical health and is a key factor in preventing cardiovascular disease, obesity, type 2 diabetes and some cancers. Regular participation in physical activity can also prevent and help manage mental health issues and improves cognitive function across the lifespan. The estimated direct healthcare costs of physical inactivity in Australia ranges from \$681 to \$850 million per annum.

NT Health recognises the largest health gains will come from enabling those who are least active to become more active and therefore resources need to be allocated according to need.

Focusing on primary prevention, and keeping our population well to reduce demand on healthcare services, is one of our key drivers within the NT Health Strategic Plan. NT Health plays an important role in promoting the benefits of physical activity and encouraging regular participation. However, NT Health has limited control over the spaces and places that enable people to be regularly physically active.

Engaging in a systems approach to physical activity across government is an effective means to ensure the health benefits of a physically active population remains a priority. A systems approach recognises there is no single solution to increasing physical activity. Coordinated, multisectorial action is required to address

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the interacting influences on physical activity. Actions need to be taken to create spaces and opportunities for people to be active close to their home, where they work, where they go to school and during their leisure time.

### Policy suite

The policy suite for this topic contains the following related documents:

- [NT Sport and Active Recreation Strategic Plan 2021-25](#)
- [NT Social Outcomes Framework](#)
- [NT Health Strategic Plan 2018-2022](#)
- [National Preventative Health Strategy](#)
- [National Obesity Prevention Strategy 2022-2032](#)
- Australian Government (2021) [Physical activity and exercise guidelines for all Australians](#)
- World Health Organisation (2018) [Global action plan on physical activity 2018-2030: more active people for a healthier world](#)

### Policy principles

The NT Health Physical Activity policy is informed by the following principles which are adapted from Getting Active Australia III:

- We value and create active societies, environments, people and systems;
- We value using a whole of systems approach to integrate action around physical activity via domains of health, education, transport, sport and recreation, the workplace and within the community.

### Policy requirements

NT Health staff holding positions relating to the promotion of physical activity have a primary role in implementing this policy.

### Legislative or other Authority

- Not applicable

### Policy compliance









- Not applicable

# Nutrition and Physical Activity Policy

## Document history

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## National Safety and Quality Health Standards

National Safety and Quality Health Service Standards							
							
Clinical Governance	Partnering with Consumers	Preventing and Controlling Healthcare Associated Infection	Medication Safety	Comprehensive Care	Communicating for Safety	Blood Management	Recognising & Responding to Acute Deterioration
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>