



**Healthy
Cities
Illawarra**

Our Mission:

To reduce the prevalence of disease and prevent hospitalisations by improving health and wellbeing outcomes in communities that need it most.

Our Process:

- direct impact and individual empowerment through targeted community-based programs
- inter-sectoral leadership and collaboration
- advocacy for systemic change

Our Values:

- Integrity
- Equity
- Collaboration
- Inclusion

Healthy Eating

Promote healthy diets that are affordable, sustainable and culturally acceptable, resulting in improved nutrition and health outcomes while minimising negative impact on the environment.

Physical Activity

Enhance physical and mental wellbeing, prevent and manage chronic disease, and promote healthy environments – for people, communities and the planet.

Community Wellbeing

Enhance health and wellbeing by sharing skills and resources, fostering social cohesion and community participation.

Leadership in Partnership

Establish, lead, and grow authentic partnerships to deliver meaningful health and wellbeing outcomes where they are most needed .

Business Sustainability

Diversify and grow our revenue streams to strengthen our financial stability and enable measured growth.

////////// Minimise our negative impact on the planet while maximising our positive impact in our communities //////////

- Lead, develop and deliver programs, resources and opportunities that encourage and support increased nutrition awareness and the knowledge and skills to prepare nutritious and affordable food.
- Strengthen local food systems to favour local production, decrease food waste and increase community access to fresh, healthy and affordable food.
- Drive policy improvement and advocacy activities that encourage the production of healthier food and drinks, and reduce exposure to unhealthy food marketing, especially for children.
- Lead, develop and deliver programs, resources and opportunities that encourage and support increased physical activity across all ages and demographics.
- Grow the number of people walking and cycling to education precincts (schools, TAFE, UOW campuses) inclusive of staff, students and parents.
- Grow participation in walking, cycling, public transport, active recreation and sport by minimising cost and reducing barriers to access.
- Lead policy improvement and advocacy for urban environments that are conducive to safe walking and cycling as part of a connected healthy cities and communities movement.
- Lead, deliver, and contribute to the delivery of, community events and spaces that promote connection and belonging, and inspire people of all ages, abilities and cultures to engage in social and healthy activities.
- Lead and deliver programs, resources and opportunities that address risk factors for chronic disease, reduce social isolation and encourage dialogue that not only address immediate needs but also proactively cultivates the long-term health and happiness of our community.
- **Lead**, empower and strengthen community voices by growing a diverse member base to bring people together and facilitate:
 - Opportunities for consultation and decision-making,
 - Access to information and education,
 - Opportunities for teaching, learning, research and community service through volunteering, student placements and corporate collaborations.
 - An environment that cultivates community belonging and positive impact.
- Identify, lead and facilitate community programs using collective impact methods with key collaborators.
- Strengthen our research collaborations with the University and health sector to add to the evidence base of our work, thus influencing policy and systemic change.
- Deepen our engagement and partnership with government, multi-sectoral organisations and individuals to advocate for healthy environments that promote and enable healthy choices, thus reducing chronic disease.
- Strengthen the impact of Australian research collaborations with the University and health sector to add to the evidence base of our work, thus influencing policy and systemic change.
- Identify alternative, enduring revenue streams that provide longer-term financial sustainability for HCI and benefits for the community.
- Grow the HCI member base to increase revenue, awareness and influence.
- Ensure our systems, technology, facilities, and infrastructure are well-resourced, efficient, adaptable, user-friendly, and scalable to support our current and future needs.
- Explore opportunities to merge/ acquire aligned organisations to grow economies of scale, efficiencies and impact.