

# MEDIA RELEASE

**Chris GULAPTIS** MP

The Nationals Member for Clarence



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## **CORAKI WINS 2018 HEALTHY TOWN CHALLENGE**

The community of Coraki has taken out the title of the year's healthiest town, Clarence MP Chris Gulaptis has announced.

Mr Gulaptis said he was pleased to announce that Coraki, located in the heart of the Richmond Valley has won the Healthy Town Challenge, an initiative of the NSW Office of Preventative Health and the Heart Foundation which encourages small regional and rural communities to get active and eat healthier.

"Coraki took on the Challenge, led by Martina Pattinson, a health promotion officer working on healthy eating and active living projects in Northern NSW, who worked with a number of people in particular Coraki locals Cheryl Marshall, Patricia Hughes, Shelly Hayes, Jodie Hughson, Yvonne Lawrence and Brenda James.

"They poured a lot of effort into helping its residents to be as healthy as they can be and should be proud of their efforts," Mr Gulaptis said.

A total of 32 people in Coraki signed up to the free, personalised telephone coaching 'Get Healthy Service' as part of the Challenge.

"I'm told those residents from Coraki who participated during the Challenge period between January and August have lost an average of 3.3 kilograms in body weight.

"This is a terrific result and a great example of how a small but determined community can tackle such an important health issue," he said.

Mr Gulaptis said the Healthy Town Challenge is just one element of the NSW Government's comprehensive plan to support individuals and families to eat well and be active.

This year's Challenge is the fourth one. Five towns were selected and given an initial \$15,000 grant to implement healthy initiatives, with the winning town receiving a further \$5,000.

The Coraki community has invested its \$15,000 in a range of initiatives to encourage the community to be more active and foster healthier food choices, including:

- Establish a local walking group
- Introduce healthy food options at the local takeaway
- The local supermarket adopted a healthy catering policy
- Investing in lights for the local tennis courts so they can be used after dark
- Providing equipment for sport and physical activity
- Sponsoring a young Indigenous woman to complete a Certificate 3 in fitness

In 2018/19, NSW Health will invest \$38 million to tackle obesity, \$25 million of which has been allocated specifically to fight childhood obesity.

Applications are open for the NSW Healthy Town Challenge 2019. Please visit the NSW Office of Preventive Health for more information.

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