

PREMIER'S COUNCIL FOR ACTIVE LIVING MONTHLY BULLETIN

Welcome to the Premier's Council for Active Living (PCAL) Bulletin

The purpose of the bulletin is to provide people interested in promoting active living choices within NSW with relevant up-to-date news and research. The monthly bulletins focus upon material applicable to the broad range of NSW agencies represented on PCAL and will be archived on the PCAL web-site at: http://www.pcal.nsw.gov.au/resources/monthly_bulletin.html. If you wish to receive the PCAL Bulletin please write SUBSCRIBE in the subject area and email pcal@heartfoundation.org.au.

Healthy Planning Evidence On-line

The 2006 special issue of the Journal of the American Planning Association on Health and Planning is now available free at <http://www.activelivingresearch.org>. Full text



of each article is available through until the end of September. Links to several other journal specials relating to active living, healthy planning and

childhood obesity are also provided on the above site.

Australian Healthy Spaces and Places

The Healthy Spaces and Places project is a collaboration between the Australian Local Government Association, the National Heart Foundation and the Planning Institute of Australia to develop awareness of the relationship between health and the built environment and promote the on-going development and improvement of Australia's built environments. A draft national planning guide for discussion and consultation is available at www.planning.org.au. Comments relating to the discussion paper are invited to be sent to healthyplaces@planning.org.au by the 30th September 2008.

Obesity linked to newer less walkable neighbourhoods

The age of your neighbourhood may influence your risk of obesity, according to a new US Study. Residents were found to be at less risk of being obese or overweight if they lived in older, more walkable neighbourhoods. The full



study is to be published in the September issue of the American Journal of Preventative Medicine. Further Details are available at: <http://www.newswise.com/articles>

NSW Obesity Strategy Unveiled

The NSW Health Minister recently unveiled a \$36 million state-wide obesity strategy. Key aspects of the strategy include a social marketing campaign, the NSW "Get Healthy" Information and Coaching Service, a parenting program supporting parents of overweight and obese children, specialized medical and surgical clinics and an obesity prevention research centre. The "Get Healthy" service will provide information regarding healthy eating and physical activity to callers as well as providing a coaching service that will provide a number of individual tailored telephone coaching sessions aimed at changing individual's behaviour. The service is scheduled to commence in 2009.

NSW early childhood sector to Munch and Move

Munch and Move is a recently launched fun, games-based program for the NSW early childhood sector promoting physical activity, healthy eating and reduced small screen time. Participating pre-schools receive training, information, resources and support. The program is a joint initiative of the NSW Department of Health, NSW Department of Community Services and the University of Sydney. Further information is available by emailing: munchmove@health.usyd.edu.au

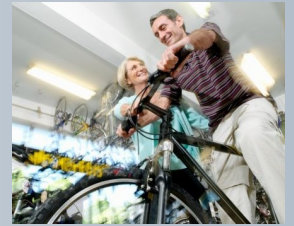


Australian Physical Activity Policy 1996-2006

A recently published review of physical activity policy development in Australia during the period 1996-2006 has concluded more effective responses to physical inactivity can only be built on sustainable multi-sectoral partnerships. Prerequisites for success include political support and long term investment. Media and political advocacy for physical activity were identified as urgent priorities. For further details see: <http://www.anzhealthpolicy.com/>

National Ride to Work Day

Environment Minister, Peter Garrett has called upon commuters across Australia to do something for their own health and the health of the environment



by registering to take part in National Ride to Work Day on October 15th. People can register for the event at: www.ride2work.com.au

NSW Bike Week 2008 Seed Funding

NSW Bike Week is a state-wide NSW Government initiative which provides an opportunity for local communities to participate in organised bicycle events in a safe and supported environment. Participation is aimed at all members of the community, with a particular emphasis on encouraging new cyclists to take part in the event. The RTA facilitates NSW Bike Week activities through administration of seed funding to assist event co-ordinators in the promotion of their local events. NSW Bike Week events will be held across the state between 20-28 Sept, 2008. For more information see: <http://www.rta.nsw.gov.au/>

Aboriginal men get on their bikes

A new bike fleet is providing Aboriginal men with a healthy way to travel around Sydney's South West. The fleet has been established as a partnership project between a number of sectors and the Miller



Aboriginal Men's group. Members recently undertook a bike fleet maintenance course and plan to complete cycling coach training later in the year. Further information is available at:

www.cyclingconnectingcommunities.net/

URLs represent primary source unless otherwise specified.
Some links may expire due to archiving by original source organisation.