

Issue 4, May 07

PREMIER 'S COUNCIL FOR ACTIVE LIVING 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 will focus upon material applicable to the broad range of NSW agencies represented on PCAL and will be archived on the PCAL website at: www.pcal.nsw.gov.au. If you wish to receive the PCAL Bulletin please write SUBSCRIBE in the subject area and email pcal@heartfoundation.com.au

May 4- Walk Safely to School Day

The Pedestrian Council of Australia (PCA) is encouraging all primary school children to walk and commute safely to school on Friday 4 May 2007. *Walk Safely to School Day* is a community event which combines road safety, health, public transport and environmental objectives to promote the health benefits of walking and the use of public transport while reducing car dependency habits at an early age and consequent traffic congestion. Further information is available at: www.walk.com.au.

Almost half of Sydney's peak hour trips could be made at other times

Up to 40% of Sydney drivers sitting in traffic during peak 'hour' are on trips that could be made at any other time of day such as shopping or running errands. An analysis, by the NSW Transport and Population Data Centre studied Sydney's peak hour car habits and found congestion could be reduced by encouraging people to drive at other times. Other ideas included; working from home, car pooling, changing work hours to spread the peak and the availability and price of parking to increase public transport use. Further information is available at the TDM website: <http://www.tdmcentral.net/research.htm> and www.planning.nsw.gov.au/tpdc/pdfs/sydneypeakhourtravel_final.pdf

World Health Organisation links transport and health policy practice

The purpose of this report is to present the findings of a study which explored the growing links between transport and health at the policy level. The overarching recommendations from the study identify the need for a strong policy framework that clearly states the need to link health improvement with transport policies and projects; a requirement to monitor and ensure progress is achieved; and securing long-term funding to achieve the outcomes required. For further information: www.scottishexecutive.gov.uk/Resource/Doc/153939/0041413.pdf

Collaborative Centre for Aboriginal Health Promotion (CCAHP) —Physical Activity and Nutrition Forum

The CCAHP recently held a forum on nutrition and physical activity in Aboriginal communities as part of an Aboriginal Health Promotion Forum series. The aim of the forum was to develop a coordinated approach to nutrition and physical activity within Aboriginal communities across NSW, showcase programs in these areas and highlight best practice and evidence based on research in the area. Presentations were provided by researchers, policy makers and practitioners and are all available on the CCAHP website: www.ccahp.org.au.

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