

## 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](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](mailto:pcal@heartfoundation.org.au).

### Australians in denial about obesity

More than half of Australian adults are now overweight and getting fatter. Furthermore, according to the Australian Bureau of Statistics' (ABS) latest report, "Overweight or obese men and women are increasingly likely to see themselves as having an acceptable weight." Sports Medicine Australia have also revealed that an alarming 47% of Australians are not sufficiently active for good health. However, a report by the Centre for Physical Activity and Health (CPAH), based on analysis of PA trends in recent years, indicates that trends in physical activity levels within NSW rates are beginning to improve.

To view the ABS' latest report see: [www.abs.gov.au/AUSSTATS/abs@.nsf/ProductsbByReleaseDate/B74F385A774F9977CA2573DA0016E439?OpenDocument](http://www.abs.gov.au/AUSSTATS/abs@.nsf/ProductsbByReleaseDate/B74F385A774F9977CA2573DA0016E439?OpenDocument)

For further information regarding NSW physical activity statistics see: [www.cpah.health.usyd.edu.au/research/reports.php](http://www.cpah.health.usyd.edu.au/research/reports.php)



### Britain's \$842m Plan to tackle obesity

In light of the recent ABS report on obesity, the Australian Medical Association has demanded the Federal Government follow Britain and adopt a national obesity strategy, drawing together a campaign based on healthy diet, physical activity and healthier communities.

The British National Obesity Strategy is a comprehensive, cross government and multi-faceted one. Some of the key components of the plan are to; increase school children's

participation in physical activity and improve nutrition, develop a marketing campaign to support parents, invest in healthy schools to boost physical activity and nutrition education, create a food code of good practice with industry, review advertising restrictions, restrict the locations of fast food outlets near schools, pilot financial incentives to encourage healthy living and to increase funding for weight management strategies.

To view Britain's National Obesity Strategy see: [www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_082378](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_082378)

### Building Solutions for Childhood Obesity

Evidence modules, 'Building Solutions for Childhood Obesity' are now available for download from the NSW Centre for Overweight and Obesity (COO) at: [www.coo.health.usyd.edu.au/research/intres.php](http://www.coo.health.usyd.edu.au/research/intres.php). The modules are designed to provide up-to-date and solution-oriented information to guide the development and implementation of child obesity prevention strategies in NSW. This series of modules synthesises recent evidence of the effectiveness of interventions for preventing weight gain and promoting healthy weight among children and adolescents. The modules are particularly suitable for relevant policy-makers, government agencies, area health service workers, non-government and community organisations, and health practitioners.

### New Cycling Resource Centre

The Australian Bicycle Centre has launched a new web resource ([www.cyclingresourcecentre.org.au](http://www.cyclingresourcecentre.org.au)) for those involved in the planning and provision of bicycle facilities and programs including planners, engineers and cyclists and cycling groups generally. The website is designed to be a 'one stop shop' for information on cycling.

### Bicycles outsell cars in Australia

A record 1.4 million bicycles were sold in 2007, for the 8th consecutive year Australian's purchased more bicycles than cars.



Furthermore, according to the 2006 census bicycle journeys to work have also increased by 22%. For further information see: [www.cyclingpromotion.com.au/content/view/298](http://www.cyclingpromotion.com.au/content/view/298)

### It's not Cars VS Bikes - We're all in this Together

In response to concerns about new cycleway infrastructure development along Epping Road in Sydney, Bicycle NSW have released the results of an online poll which has found that 74% of their respondents both ride a bike and drive a car at least once a week. Despite the number of drivers who responded to the poll, an overwhelming majority of respondents (92.4%) support the development of cycling infrastructure, such as separated bicycle lanes.

For further poll results by NSW Bicycle see: [www.bicyclensw.org.au/Assets/Downloads/final\\_bnsw\\_poll\\_summary\\_20jan08.pdf](http://www.bicyclensw.org.au/Assets/Downloads/final_bnsw_poll_summary_20jan08.pdf)

### Fat Roads take Crash Diets

Similar developments are being made in Seattle USA, where "Complete Streets" are being introduced. These are streets which are designed to be safe, accessible and convenient for all users and include measures such as "road diets" where the width of the road is reduced and bicycle lanes are added.

For further information on "Complete Streets" see: [www.newurbannews.com/CompleteDec07.html](http://www.newurbannews.com/CompleteDec07.html)

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