

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.org.au

Schools should be 'free of cars'

Exclusion zones should be set up around schools to force parents and children to walk to class, a European report suggests. The Institute for European Environmental Policy blames over-use of cars for fuelling the "twin crises" of global warming and an obesity epidemic. Researchers found the amount of walking fell from two hours a week to just one when households started using a car. They say banning cars around schools would instill good habits early on and call for "concerted action". The IEEP study says that if people walked one more hour a week - the typical difference between those who own a car and those who do not - it could mean a reduction in average weight of more than 10 kilograms. And the additional walking could displace at least 11 million tones of carbon dioxide from cars.

Further information is available at:

http://www.ieep.eu/publications/pdfs/2007/IEEP%20-%20Unfit%20for%20purpose_transport%20climate%20change%20and%20obesity.pdf

Chain Reaction

Blue Mountains City council was recognised for its outstanding contribution to the community at the 2007 NSW Annual Local Government Awards. The council was awarded for its innovative Bike to School program. Mayor Jim Angel said the Bike to School Program was a resounding success, with more than 400 participants directly involved in bike training and safety education last year and another eight schools lined up for the program this year. As well as providing road safety and bike maintenance education, the program also supplied Australian Standard bike racks in schools. It produced a resource kit to assist schools in running their own programs and provided logbooks to all participants to record their training, safety information and their daily riding activity. Further information is available at:

<http://www.bmcc.nsw.gov.au/mediacentre/roadsafety/biketoschool/>

Reducing car travel less than 7kms a day saves over \$2.6 billion annually

A briefing paper by the CEO's for Cities has estimated that Portland, USA has added \$2.6 billion annually to its local economy by inducing its citizens to drive approx 7 fewer kilometres a day. As a result of enacting a growth boundary, increased density, mixed land uses, and investments in public transportation, walking and biking, Portlanders are saving time and money on transportation that gets funnelled back into the local economy. Critics have long characterised Portlanders as "depriving themselves in the name of saving the environment." Some have argued that "planning, policies and regulations that restrict use or access to resources impede growth and lower household income." But the new study found that assumption is simply not true. There is, in fact, a Green Dividend that accrues to cities willing to make certain choices about urban form and transportation.

Further information is available at: <http://www.ceosforcities.org/internal/files/PGD%20FINAL.pdf>

Walk to Work Day - Friday 5th October

Walk to Work Day is an annual, national event where community members can become Walking Class Heroes by walking all or part of the way to work. The community are being encouraged to use public transport and get off the bus, train or ferry a few stops early and walk the rest of the way to work. Employers and managers are urged to set an example by participating and encouraging all employees to walk as part of commuting to work. Local Councils are urged to support walking by improving footpaths and access to public transport and promoting local walking routes. Further information is available at: <http://www.walk.com.au/>

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