



## INFORMATION ON THE NSW PREMIER'S COUNCIL FOR ACTIVE LIVING

### 1. Introduction

The Premier's Council for Active Living (PCAL) reports to the NSW Premier annually. It has a comprehensive intersectoral plan that has prioritised the following issues; urban planning and its influence on health and well being, community inclusion and the liveability of NSW cities and towns.

The focus of the Council is providing advice to government and influencing and improving government guidelines, policy, and ultimately legislation with a view to increasing the physical activity levels of all citizens in NSW.

The work and the focus of the Council have become even more important as the evidence detailing the human and economic costs of sedentary living are revealed. We can now confirm that many of the health impacts of sedentary lifestyles such as diabetes, heart disease, obesity, depression, and various forms of cancer are preventable, or manageable, through moderate regular physical activity of some type.

We also know that the economic costs of inactivity are in the billions for NSW alone and they are growing.

As the Terms of Reference intimate, the Council is very well aware that it will not achieve the vision of all people in NSW being engaged in regular physical activity unless supportive physical and social environments are created to encourage and facilitate active living, and unless all levels of government and the private sector are involved.

### 2. PCAL Terms of Reference

- Provide leadership and advice to the Premier to encourage more people, to be more active, more often
- Initiate and manage partnerships and harness resources, across government, nongovernment organisations and the private sector
- Work collaboratively with key organisations to develop a comprehensive physical activity strategy for NSW
- Make recommendations for mechanisms to implement and monitor progress against the strategy
- Report to the Premier of NSW every year

### **3. Website**

The PCAL website is [www.pcal.nsw.gov.au](http://www.pcal.nsw.gov.au)

### **4. Council Membership**

The Council has an independent Chair (Ms Libby Darlison). PCAL members include senior representatives from the following government and non-government sectors:

- Department of Ageing, Disability & Home Care Office for Ageing
- Department of the Arts, Sport and Recreation
- Department of Community Services Communities Division
- Department of Education & Training
- Department of Environment & Climate Change
- Department of Health
- Department of Housing
- Department of Local Government
- Department of Planning
- Department of Premier and Cabinet
- Roads & Traffic Authority
- Ministry of Transport
- National Heart Foundation

### **5. Council Projects**

PCAL's focus is on initiating policy change through the provision of strategic advice and advocacy. Through its partnership agreements PCAL is also able to work with government and a range of non government and business stakeholders. The Council's work plan endorsed by members includes a key focus on health promoting urban environments, active transport, and the facilitation of community development through active communities. PCAL is funded through a range of sources to advance work in these areas.

PCAL has developed a number of resources for use by planning and health professionals including Planning and Design Guidelines for Active Living, Active Living Fact Sheets, case studies, a free monthly bulletin, presentations and evidence papers all available at <http://www.pcal.nsw.gov.au/resources>

### **6. PCAL Position Statement**

To assist and support leaders in the public, private and community sectors to make decisions that will facilitate and encourage active living, PCAL has summarised in an Active Living Statement the key evidence demonstrating the benefits of active living and the individual and social costs of a sedentary lifestyle.

The final draft is available both in print and on the PCAL website:  
[http://www.pcal.nsw.gov.au/\\_data/assets/file/0007/27646/active\\_living\\_statement.pdf](http://www.pcal.nsw.gov.au/_data/assets/file/0007/27646/active_living_statement.pdf)