

Issue 1, Feb 07

# PREMIERS 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](http://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](mailto:pcal@heartfoundation.com.au)

## Marrickville Council plan to reduce car use and increase cycling and public transport

Public comment will be sought on a Marrickville Council plan to reduce car use and increase walking, cycling and public transport use in the community. For more details go to the TDM Central website at [www.theglebe.com.au/article/2007/01/09/1131\\_news.html](http://www.theglebe.com.au/article/2007/01/09/1131_news.html)  
For those particularly interested in travel issues to subscribe to the TDM Central website just write SUBSCRIBE in the subject line of an email and send it to [listserv-on@list.tdmcentral.net](mailto:listserv-on@list.tdmcentral.net)

## Children growing up near roads suffer serious damage to lungs

Parents who teach their children to take care crossing a road may be neglecting a greater danger by living next to one. Researchers have found that young people growing up in homes within 500 metres of a major road suffer significant damage to their lungs from exhaust fumes. Compared with those who live at least 1,500 metres away, their breathing is not as deep or vigorous and their lungs do not develop to the same degree. This puts them at greater risk from asthma, bronchitis and chronic obstructive pulmonary disease, and weakens their sporting ability, the research suggests. For more details go to: [http://findarticles.com/p/articles/mi\\_qn4158/is\\_20070126/ai\\_n17164731](http://findarticles.com/p/articles/mi_qn4158/is_20070126/ai_n17164731)

## Australian Government's 'Get Moving' physical activity and 'Go for 2&5' fruit and vegetable advertising campaigns.

New research reveals that the Commonwealth Government's 'Get Moving' physical activity and 'Go for 2&5' fruit and vegetable advertising campaigns have made an impact. Evaluations show that the campaigns have increased awareness about the need to exercise 60 minutes a day and of those exposed to the \$6 million 'Get Moving' campaign, 93 per cent of children and 84 per cent of teenagers said that it prompted them to act. For the media release, click on: [www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2007-ta-abb004.htm](http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2007-ta-abb004.htm)

## Get Some Love

The Love Your Bike campaign was launched in March 2006 and is led by Manchester Friends of the Earth with the support of Manchester City Council. Participants are encouraged to demonstrate their bike loving credentials by downloading posters and campaign images <http://www.manchesterfoe.org.uk/lyb/index.php>. Those not yet in love (i.e. not yet riding their bike to work) are encouraged to complete a questionnaire stating why. Preliminary results reveal that 6 out of 10 respondents don't cycle to work because of the lack of safe routes for cycling, and half believe that there's too much traffic on the roads.

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Peter McCue | Manager | Premiers Council for Active Living  
Ph: (02) 9219 2438 | [peter.mccue@heartfoundation.com.au](mailto:peter.mccue@heartfoundation.com.au)  
[www.pcal.nsw.gov.au](http://www.pcal.nsw.gov.au)

