

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

Health Impact Assessment (HIA) in Urban Settings

The current NSW Public Health Bulletin focuses on HIA in urban settings and describes the contribution HIA can make to sustainable urban growth by establishing health as a core outcome. The issue has nineteen articles on urban planning and HIA including topics such as 'A planner's perspective on the health impacts of urban settings' and 'Health impacts of urban development: key considerations'. Nine HIA case studies are also included, many describing NSW projects. Further information is available at: <http://www.publish.csiro.au/nid/226>

How Australians Can Make Climate Clever Transport Choices Now

The Australian Greenhouse Office has produced a resource demonstrating how to be Climate Clever at home. Within the transport section, the booklet notes that "fuel for private transport is the biggest generator of greenhouse gasses for most Australian households." The booklet recommends to 'ride a bike, use public transport or walk- even if only once a week, avoiding car trips can help households get fit, reduce driving stress and save money on fuel and parking.' Further Links are provided for more information on how to make sustainable transport choices see: <http://cc.greenhouse.gov.au/at-home/makeyourhouse/transport.html>

How Far, By Which Route and Why? Pedestrian Preferences

A U.S. report recently examined the distance pedestrians walk to rail transit stations and the environmental factors that influence their route choice. The survey found that pedestrians walk considerably farther than commonly acknowledged. Commuters primary goal in choosing a route was to minimise distance and time, however safety and aesthetic considerations were also important. The full report is available at:

<http://transweb.sjsu.edu/mtiportal/research/publications/documents/06-06/MTI-06-06.pdf>

A recent NSW Ministry of Transport study has found that people living in the Sydney Metropolitan area were more likely to choose public transport over cars when parking was problematic and car travel more expensive. Environmental concerns are also becoming a factor. Further information is available at:

<http://www.transport.nsw.gov.au/tdc/documents/public-private-choice-factors.pdf>

Separated Cycle Lane Proposal for Sydney

Up to 55 kilometres of new separated cycle lanes are proposed under a City of Sydney plan adopted by Council recently. The lanes form part of the City of Sydney's Cycle Strategy and Action Plan, which aims to more than double the number of bicycle trips in the next five years and increase the current two percent of trips to 10 percent by 2017. A survey conducted by the City of Sydney Council found that 37 percent of people surveyed owned a bicycle and one in five people rode a bicycle at least once a month. Respondents said they would be more likely to cycle if there were dedicated bicycle lanes and better awareness by motorists of bicycle safety. The proposed design of separated cycle lanes maintains existing parking and bus stops and is relatively inexpensive as existing kerb and gutters are retained. For more information see:

<http://www.cityofsydney.nsw.gov.au/AboutSydney/ParkingAndTransport/Cycling/CycleStrategyAndActionPlan.asp>

The Cost of Physical Inactivity in Australia

A recent report commissioned by Medibank private has found that physically inactive Australian adults are costing the health care system an avoidable \$1.5 billion a year. The research estimated the direct costs, attributable to physical inactivity for seven medical conditions demonstrating a strong relationship between physical inactivity and the increased risk of mortality and/or incidence of the conditions including: Coronary Heart Disease, Stroke, Type II Diabetes, Breast Cancer, Colon Cancer, Depression and Falls.

The full report is available at: http://medibank.com.au/Client/Documents/Pdfs/pyhsical_inactivity.pdf



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