

## 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 website at: [http://www.pcal.nsw.gov.au/resources/pcal\\_monthly\\_bulletin](http://www.pcal.nsw.gov.au/resources/pcal_monthly_bulletin).

### Cycling in New South Wales: What the Data Tells Us

The NSW Government has released a major report on the current status of cycling in NSW and Sydney, produced as part of work on the new PCAL NSW BikePlan. The [report](#) provides an extensive overview on who is cycling where and why across NSW, and associated road safety and bicycle theft issues. The study has found bicycle use

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### Green Infrastructure

A recent article published in [The Age](#) notes that cycling in Melbourne increased 40% between the 2001 and 2006 census. Sustainable transport infrastructure investment is identified as a key component for the success. The Green Building Council of Australia also encourages sustainable transport infrastructure development by incorporating bike parking and end of trip facilities towards its Green Star Rating of building development.

Criteria include bike parking, showers and change room facilities proportional to staff numbers. For a brief outline of the credit point criteria see:

<http://www.bv.com.au/change-the-world/42003/>



### Take the Stairs

Queensland Premier, Anna Bligh has unveiled a plan to encourage desk-bound bureaucrats to walk off unwanted weight and take easy steps towards a healthier lifestyle. Staff will be encouraged to walk the stairs instead of riding the lift. Stairwells will be open for employees to access their workspace in preference to the lift in 13-government-owned CBD office buildings, home to over 13,000 public servants. In addition, more showers, lockers and secure bicycle parking will be installed in the city to encourage all Queensland Government staff to ride or walk to work. For further information click here <http://www.news.com.au/>

### New Awareness Test

A new awareness test has been developed by a UK bicycle advocacy group that challenges readers to recheck their peripheral vision. To take the new 30 second test go to: [www.dothetest.co.uk/](http://www.dothetest.co.uk/).

Walkers will be pleased to discover that a [car](#) has been developed that can dodge pedestrians. While cyclists and pedestrians are both being encouraged to look out for each other under a new innovative [shared path plan](#) the City of Sydney is considering for certain busy streets.

### City Living Fights the Bulge

The closer you live to the city, the better chance you have of being trim, according to a UNSW study recently reported in the [Sydney Morning Herald](#). Residents of outer suburbs were found to be 30-50% more at risk of being overweight and 40-60% less likely to be physically active than their inner-city counterparts. The link between urban sprawl and obesity replicated previous results from international studies. The Australian study is available at: <http://www.springerlink.com/>

### New 2009 PCAL Healthy Planning Workshops- The Next Steps

PCAL is planning a series of 2009 one-day Healthy Planning workshops that would be suitable for professionals interested in learning more about strategies to improve the interplay between planning and health. The 2009 workshops



build on previous healthy planning professional development opportunities provided by PCAL. The workshops will be offered in six different NSW locations starting with Newcastle on February 26th. The agenda and registration details for the workshops are available [here](#).

### Screen Time Holidays

Screen watching is now the main form of children's recreation during school holidays, according to research reported by Sports



Medicine Australia. Children spend an average 91 minutes extra in front of the TV, on

the computer or playing video games each day they are on holidays. They also do up to 17 minutes less exercise, go to bed later, spend an extra hour in bed and twice as long lying around when compared to during the school week. Suggestions to get kids active these schools holidays include: Limiting time spent in front of the television/computer/video games, buying gifts that encourage children to be active and playing with your children. Further suggestions are available [here](#)