

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/monthly_bulletin.html. If you wish to receive the PCAL Bulletin please write **SUBSCRIBE** in the subject area and email pcal@heartfoundation.org.au.

Sydney Healthy Planning Workshop

PCAL is hosting a **FREE** 2008 healthy planning workshop on the 10th November in Sydney. The workshop is the last in a 2008 series that demonstrates how Active Living Principles can be incorporated into planning and design. The workshop would be suitable for town planners, engineers, road and community safety officers, health workers and area health service staff. The [agenda](#) includes an update of relevant state and local council initiatives and to register please RSVP to: emma.costain@heartfoundation.org.au

NSW BikePlan Update

The NSW Government is continuing to seek feedback from the community in relation to the development of a new BikePlan for NSW. A BikePlan webpage is available on the PCAL site at www.pcal.nsw.gov.au which provides useful background information on cycling in NSW and elsewhere. Comments should be submitted no later than Friday 31st October at Bike_Plan@rta.nsw.gov.au

Creative Bike Racks

Musician David Byrne has designed nine unique bike racks for installation throughout New York City. The racks are designed to suit their location; a dollar sign for Wall Street and a giant high heel outside a shopping district. The designs are meant to encourage people to think about cycling as a mode of transportation as well as for recreation. To view more of the designs visit: http://www.davidbyrne.com/art/bike_racks/index.php



William Miller

US Government Fringe Benefits to Bicycle Commuters



The recent bailout bill signed by US President, George Bush, includes expanding qualified transportation fringe benefits to allow up to \$20 per month for bicycle commuters. To receive the benefit commuters need to

use their bicycles for a 'substantial portion of travel to and from work'. The program encourages employers to provide employees with 'credit' towards bicycle commuting related costs rather than 'free' car parking space. For further information see: <http://www.irs.gov/pub/irs-tege>

Childhood Obesity Challenge

The recently released [2007 Australian National Children's Nutrition and Physical Activity Survey](#) has shown that 23 percent of 2-16 year old children were either overweight or obese. 69 percent of children met the physical activity guidelines of at least one hour of moderate or vigorous exercise each day but 67 percent exceeded the recommended maximum screen time of no more than two hours per day.

The National Preventative Taskforce has also released a [discussion paper](#) (now open for public submissions until 02/01/09) which proposes a 2020 target of halting and reversing overweight and obesity levels.

Motivating Children to Move

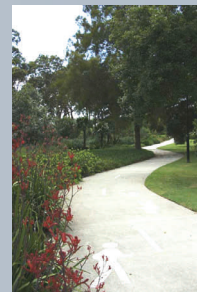
TravelSmart has already produced a [teacher resource kit](#) which aims to encourage children to identify personal and environmental benefits of planning and using a range of transport modes. Environment Victoria also has an interactive website targeted at teenagers to encourage sustainable transport options available at: www.urbantripper.org.au

Child Friendly by Design

Healthy Cities Illawarra has a current project underway which seeks to address the needs of young children and their families in the design and redesign of spaces and places in Shellharbour. The project also seeks to develop a set of child friendly indicators to assist planners, developers and designers to create more child and family friendly spaces. For more information see: <http://www.healthyiillawarra.org.au/CFBD.htm>

Queensland Healthier Communities Award

Further to previous bulletin stories, the Queensland Government has announced the establishment of a Healthier Communities Awards Program providing cash prizes for further wellbeing infrastructure to the healthiest town (\$1 million): healthiest school (\$500,000) and healthiest workplace (\$100,000). More information can be found at: <http://www.thepremier.qld.gov.au>



Grants for Local Sport & Recreation Facilities

The Capital Assistance Program helps NSW Local Councils and not for profit organisations develop community orientated local sporting and recreational facilities. NSW Sport and Recreation offers the program for the development of local level facilities, with grants of up to \$30,000. Eligible applicants are those from Local Government and incorporated not for profit organisations wishing to develop facilities that will increase participation in sport, recreation and physical activity. [Applications](#) close Friday 14 November 2008. For further information see: <http://www.dsr.nsw.gov.au/>

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