



Our Achievements

2008 – 2012

A summary of the activities and key achievements led by the NSW Premier's Council for Active Living (PCAL)

About the NSW Premier's Council for Active Living (PCAL)

An Australian First

PCAL (www.pcal.nsw.gov.au) aims to build sustainable partnerships across Government, industry and the community sector to promote healthy eating and physical activity. PCAL emerged from the NSW Physical Activity Task Force (1996 – 2002) which was the first time such a broad range of diverse agencies had come together to promote physical activity in Australia.

The Council comprises senior representatives from NSW Government, business and the non-government sector and reports to the Premier.

PCAL's activities are informed by better practice recommendations that highlight the need for high-level interagency collaboration as a key component of a comprehensive strategy to increase health promoting physical activity and healthy eating. Most other Australian states and territories have established similar interagency groups.

Key achievements led by PCAL

PCAL's focus has been on initiating policy change through the provision of strategic advice and advocacy. Through its partnership agreements PCAL also works with government and a range of non government and business stakeholders. The Council's workplan endorsed by Members has previously prioritised active travel, health promoting urban environments and the liveability of NSW cities and towns. PCAL's Terms of Reference have recently been expanded to also include population level strategies to promote healthy eating. PCAL is funded through a range of sources to advance work in these areas.

This document provides a summary of recent activities and key achievements led by the Council. The key achievements have been summarised according to PCAL's three primary ways of doing business which are:

- Communication, Leadership and Advocacy
- Policies, Guidelines and Legislation and
- Partnership and Resource Development

PCAL'S TERMS OF REFERENCE

- To provide the Premier with expert advice on the best ways to promote healthy eating and physical activity in NSW.
- To raise awareness and drive population level behaviour change in healthy eating and physical activity in NSW by supporting evidence-based policies in alignment with *NSW 2021: A Plan to Make NSW Number One* goals, targets and activities.
- To initiate and build sustainable partnerships within Government and with industry and the non-government sector that promotes healthy eating and physical activity.



Achievements in Communication, Leadership and Advocacy

Active Transport Roundtable

PCAL has hosted a series of high-level Active Transport Roundtable meetings with Executive representation from health, transport, environment and planning agencies to improve coordination of active transport provision within NSW.

Achievements: Roundtable meetings led to the development of the first NSW State Plan Active Transport Target; a range of policy changes to support the mandatory provision of end-of-trip facilities within NSW Government workplace refurbishments; development of a draft NSW Walking Plan; and oversight of an updated NSW BikePlan.

NSW Walking and Bike Plans

PCAL instigated an interagency governance model to oversee the development of a NSW BikePlan and draft NSW Walking Strategy. A number of background studies were compiled by PCAL to help inform the development of the draft Walking Strategy including a proposed cost benefit methodology for estimating the financial benefits of walking. The individual reports are available on the PCAL site.

Achievements: Walking indicator included within *NSW 2021* Active Transport targets.

Updated *Why Active Living Statement*

To help leaders in the public, private and community sectors make evidence based decisions that will encourage active living, PCAL summarised the key evidence related to the benefits of active living and the individual and social costs of a sedentary lifestyle in a document called the *Why Active Living Statement*.

Achievements: Active living principles as defined within the *Why Active Living Statement* have been incorporated within relevant NSW policy documents.

PCAL Bulletin and PCAL Website

PCAL disseminates a free monthly bulletin of key active living policy and research issues to over 1000 national and international healthy planning and transport professionals.

Achievements: Dissemination of evidence based information to improve application of active living principles within the NSW Planning System. International and national key note presentations showcasing NSW coordinated multiagency efforts.

Achievements in influencing Policies, Guidelines and Legislation

Department of Planning and Infrastructure (DP&I) Active Living Position Statement

To help articulate active living as a priority of the NSW Planning System PCAL worked with the Department of Planning and Infrastructure to develop an Active Living Position Statement.

Local Council Integrated Planning and Reporting (IP&R) reform

PCAL facilitated the inclusion of evidence-based active living indicators within the Division of Local Government's Long-term Integrated Planning & Reporting (IP&R) Manual. An IP&R active living manual was also prepared to demonstrate how the reform could be used to encourage more people to be active within their local communities.

Achievements: Together with the DP&I Active Living Position Statement, the IP&R active living indicators and manual provide the framework for local councils to create and resource more supportive local environments for active living.

Bonnyrigg (NewLeaf) Housing redevelopment

The Bonnyrigg Living Communities Project is a NSW Government initiative to redevelop and revitalise a large 1970s public housing estate in Western Sydney.

Achievements: The project represents the first application of PCAL's *Designing Places for Active Living Guidelines* as a formal condition of consent for a major development process. A detailed case study of the work is available on the PCAL website.

Achievements in Partnership and Resource Development

NSW Workplace Travel Plan Resource and case studies

PCAL has prepared a NSW specific *Workplace Travel Plan (WTP)* resource and case studies. A WTP spells out the actions a workplace will take to support active travel (including walking, cycling and public transport use).

Achievements: PCAL WTP resource and case studies recommended by Government as a best practice model to develop and implement WTP's in NSW.

Designing Places for Active Living – Design Guidelines and case studies

These guidelines propose key design considerations for urban places in metropolitan, regional and rural areas. A series of urban and regional NSW case studies have also been compiled to demonstrate the successful application of Active Living design considerations for each of the specific environments.

Development and Active Living – Development Assessment Resource and Developer's Checklist

Development and Active Living aims to assist Local Councils address active living within new and existing plans and policies and provides specific advice on major Development Assessments (DAs). The PCAL *Developer's Checklist* provides a voluntary tool for developers to self-assess their development and respond to policy directions outlined in DP&I's Active Living Position Statement.

Achievements: Collectively these resources and policy developments were commended by the Planning Institute of Australia (NSW Division) awards as a systematic approach to improve incorporation of Active Living principles within the NSW planning system.

Healthy Planning Capacity Building Workshops

To assist local councils, area health service staff and related professionals implement healthy planning and active travel design principles, PCAL has provided healthy planning and active travel capacity building workshops throughout NSW.

Achievements: Over 500 NSW staff, elected officials and related professionals from over half of the State's local councils have participated in a PCAL Healthy Planning Workshop.

Guidelines for the use of Physical Activity for community Development Purposes

These guidelines are intended to support the delivery of best practice, evidence-based, physical activity/active living programs which strengthen community engagement and build social capital.

Guidelines for using contracted external provider for physical education, school sport and in Out of School Hours (OOSH) centres

PCAL has developed guidelines to help school Principals and NSW OOSH centres decide whether or not they want to hire an external provider to enhance physical education, sport provision or physical activity programs within their school or OOSH program.

Chairperson

PCAL is chaired by an independent chairperson, Geoff Huegill. Geoff is a five times world champion swimmer who is particularly interested in promoting opportunities for people to build healthy eating and active living into their everyday lives.

Membership

The Council comprises senior representatives from across government, industry and the community sector. Member agencies include:

- Australian Diabetes Council
- Australian Food and Grocery Council
- Cancer Council of NSW
- Coles Supermarkets
- Department of Premier and Cabinet
- Local Government and Shires Association
- Ministerial Office for Planning and Infrastructure
- Ministerial Office for Transport
- National Heart Foundation (NSW Division)
- NSW Food Authority
- NSW Ministry of Health
- Office of Communities – Sport and Recreation
- Woolworths Supermarkets

Future Priorities

Some of PCAL's future priorities include:

- Work with industry to promote and implement strategies to support voluntary reformulation of processed foods
- Support the development and implementation of the NSW Walking Strategy
- Development of NSW Government agency Healthy Workforce Programs incorporating the provision of workplace travel plans
- Continue to work with the development industry to implement more supportive environments for active living and healthy eating

If you'd like to know more subscribe to the free PCAL monthly bulletin at www.pcal.nsw.gov.au/resources and follow the links to the bulletin.