Supersized lifestyles - largest houses in the world

Super sized lifestyles wherever we live including houses and apartments
An Auto City

Outer suburb residents, away from railways, drive much more than inner suburb residents (Rickwood, 2006).
Adequate physical activity

People living in outer Sydney suburbs were 20-30% more at risk of being overweight and 40-60% less likely to be adequately active than inner-city counterparts (Garden and Jalaludin, 2008)
PCAL 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 behavioral change in healthy eating and physical activity in NSW by supporting evidenced based policies in alignment with NSW 2021 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
## PCAL Members

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<th>Ministerial</th>
<th>Industry</th>
<th>NGO’s / Peak Bodies</th>
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<td>• Department of Premier and Cabinet</td>
<td>• Premier’s</td>
<td>• Coles Supermarkets</td>
<td>• Australian Diabetes Council</td>
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<td>• NSW Food Authority</td>
<td>• Planning and Infrastructure</td>
<td>• Woolworths Limited</td>
<td>• Cancer Council of NSW</td>
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<td>• NSW Ministry of Health</td>
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Walking opportunities

Converting short car trips of under 1km provides the most realistic opportunity to increase walking.
5% and 10% conversion of car trips under 1km to walking would save $134 and $214 million over five and ten years respectively.
NSW 2021 – New State Government’s ‘State Plan’

TARGET
Increase the mode share of walking trips made in the Greater Sydney region, at a local and district level, to 25% by 2016.

ACTIONS:
To increase walking to help ease transport congestion and build a healthier, more active community we will:
• Develop and implement a NSW Walking Strategy to encourage and promote walking for travel and recreation, and to enhance walking environments.
TAKE THE STAIRS
IF YOU'RE ONLY GOING A FEW FLOORS
Development & Active Living Resource

- Subdivisions
- Residential – medium density
- Seniors Housing
- Industrial
- Businesses – commercial;
- Institutional – hospital etc
- Transport Infrastructure
Working with Industry
Department of Planning and Infrastructure
Active Living Position Statement

PCAL Healthy Planning Resources

PCAL online planning and design guidelines resource

Healthy Eating Priorities

- Development of key healthy eating messages
- Expansion of PCAL’s Integrated Planning and Reporting Active Living resource to include food planning
- Promotion of fast food kilojoule labeling
For additional information:

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