



The new
state of
business



FitNSW

2016 Actions and Outcomes

*Supporting local communities to move more:
Interagency strategies to reduce childhood obesity.*

FitNSW 2016 was held at NSW Parliament House on Wednesday 9th March 2016.

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

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

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.

STOP PRESS!

On 31st August 2016, notification was received that a decision has been made to discontinue PCAL, with a transition arrangement in place until the end of December 2016 to allow for this to occur.

For further information please see the PCAL website, www.pcal.nsw.gov.au

(Pictured) **1.** Western Sydney Mayors sign the Walk21 Charter. **2.** Shellee Pfohl with the NSW Premier and NSW Health Minister at Crown Street Public School. **3.** Barangaroo Reserve.

Background to FitNSW

FitNSW is a series of annual forums to showcase international and NSW best practice initiatives to encourage increased levels of active living. The activities are linked to the achievement of active living related targets across government in collaboration with industry and the community sector. The inaugural FitNSW was held in 2014.

WHAT WE'VE ACHIEVED SINCE FITNSW 2015

- PCAL Active Transport Roundtable reconvened.
- A further nine NSW local councils signed the Walk21 International Charter for Walking.
- PCAL Integrated Planning & Reporting (IP&R) web resource launched to assist local councils to address healthy eating and active living through their IP&R frameworks – www.nswpcalipr.com.au
- Local government case study prepared to assist local councils with the incorporation of healthy eating actions within their IP&R frameworks – www.pcal.nsw.gov.au/case_studies/IP_and_R_and_the_Illawarra_Regional_Food_Strategy
- Healthy eating and active living key messages developed by PCAL - http://www.pcal.nsw.gov.au/healthy_eating/pcal_healthy_eating_and_physical_activity_messages. These messages have subsequently been incorporated into NSW Health's state-wide Make Healthy Normal campaign – www.makehealthynormal.nsw.gov.au
- FitNSW 2016 Barangaroo walkshop showcased active recreation opportunities in Sydney's CBD.



FitNSW 2016 attracted over 170 registrations representing a range of transport, planning, built environment and health disciplines.

PROGRAM AND SPEAKERS

Opening address by the Minister for Health, the Hon. Jillian Skinner, MP.

Let's Move! Keynote: Cities, Towns and Communities

Shellie Pfohl

Executive Director,
President (Obama's)
Council on Fitness,
Sports and Nutrition

Successful policies and programs from across North America that have led to better interagency coordination between Government, industry and community organisations to increase population levels of physical activity and decrease childhood obesity. Key lessons learnt, innovative case studies and ongoing challenges emerging from the Obama Administration 'Let's Move' Childhood Obesity initiative.

Q&A with Shellie Pfohl

Transport overview: Keeping NSW moving

Clare Gardiner-Barnes

Deputy Secretary,
Transport for NSW

Delivery of walking and cycling as part of an Integrated Transport System; influencing major projects; investment, promotion, cycling towns, action update and ongoing priorities.

Healthy Planning

Lucy Turnbull

Chief Commissioner,
Greater Sydney Commission

Purpose and function of the Greater Sydney Commission, opportunities to help facilitate health promoting communities and future priorities.

Local Government Engagement

Melissa Gibbs

Director Policy & Sector
Development,
Office of Local Government

Policies and resources available to assist local councils to facilitate health promoting communities, Integrated Planning and Reporting as an opportunity to promote active living and healthy eating, NSW Office of Local Government's future priorities.

Western Sydney Local Council Case Study

Kelly-Anne Gee

Media and Communications
Officer, Western Sydney
Regional Organisation of
Councils (WSROC)

In 2015 a collaboration between PCAL, WSROC, Western Sydney, Nepean-Blue Mountains and South Western Sydney Local Health Districts led to a number of initiatives to enhance healthy built environments in local communities across Western Sydney. The collaboration led to eight WSROC Local Council Mayor's signing the Walk21 International Charter for Walking and committing to investigate opportunities to promote increased levels of physical activity across local council business.

Christine Newman

Deputy Director, Centre for
Population Health/Manager
Health Promotion, Western
Sydney Local Area Health
District (WSLHD)

Symposium synthesis and final remarks by **Dr Jo Mitchell**, Director, Centre for Population Health, NSW Ministry of Health.

Videos & presentations are available at www.pcal.nsw.gov.au/fitnsw/fitnsw_2016

FitNSW OBJECTIVES

- Promote greater understanding of international interagency initiatives and better practice examples to increase physical activity and reduce childhood obesity.
- Examine current NSW legislative and/or policy frameworks promoting supportive environments for active living / active travel to increase physical activity across planning, transport and health.
- Showcase better practice examples, identify forthcoming priority actions and emerging opportunities to implement more supportive environments for active living / active travel across NSW local communities to help decrease childhood obesity.

OVERVIEW OF FitNSW 2016 – KEY THEMES

The Case for Action – examine international better practice interagency examples that have prioritised physical activity and healthy eating to reduce childhood obesity levels.

A Framework for Action – outline current State and local Government initiatives integrating active travel, land-use planning and/or health and examine frameworks for enhanced collaboration across sectors.

Leadership and Action – Identify opportunities, challenges and required next steps to more systematically integrate active travel, health and land-use planning into all stages of planning and practice to help reduce childhood obesity levels.



Where to from here?

THE NATIONAL HEART FOUNDATION (NSW DIVISION) WILL WORK WITH THE MINISTRY OF HEALTH TO:

- Support the Healthy Planning Expert Working Group to prepare guidelines for planning, designing and developing a healthy built environment, as specified in *A Plan for Growing Sydney*.
- Support the Healthy Planning Expert Working Group to work with the Greater Sydney Commission to promote the inclusion of healthy planning considerations within District Plans.
- Host FitNSW 2017.
- Deliver a series of regional capacity building workshops to support the inclusion of healthy eating and active living actions within local council updated IP&R documents.
- Evaluate the incorporation of healthy eating and active living actions within updated local council Community Strategic Plans.

DATE TBA

2017

FitNSW