



# PCAL Bulletin

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Dear Subscriber,

Welcome to the PCAL monthly bulletin.

This news bulletin reports up to date news and research of interest to people who want to promote active living choices in NSW.

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## This issue at a glance...

- The Impact of Density and Urban Design Upon Health
- Liveable Communities
- Connecting Sydney with Sustainable Transport
- How Fast Do You Walk?
- Active Travel in Regional Communities
- Sitting vs Standing
- Shared Use of School Recreational Facilities
- National Community Street Football Festival

## Articles

### The Impact of Density and Urban Design Upon Health

The Heart Foundation has released a [report](#) summarising the research evidence regarding the impact of increased urban density upon health. A [Victorian State Government Inquiry](#) is also investigating the impacts of environmental design on public health.

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### Liveable Communities

Hunter New England Population Health have developed a [Liveability Assessment Tool](#) providing an evidence based framework against which local government can assess liveability. A number of [case studies](#) have also been compiled, while a [US data base](#) provides a library of North American liveability tools.

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### Connecting Sydney with Sustainable Transport

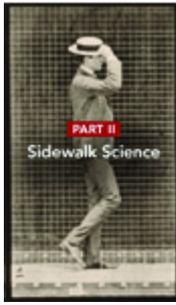
The City of Sydney has released its [framework for action](#) to improve transport and access in the City. The report highlights how over 90% of internal trips within the city are by foot and that the number of cyclists riding into Sydney has increased by 60% in the last 12 months.

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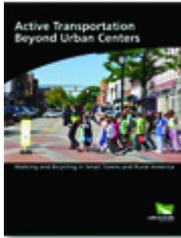
### How Fast Do You Walk?

The [speed](#) at which we walk may be a function of many things including urban design and the size of the cities we live in. A US active



travel advocate, Tom Vanderbilt has also compiled a [series of essays](#) on the science of the sidewalk.

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### Active Travel in Regional Communities

A US [report](#) has challenged the myth that people walking or cycling for transport only live in major urban areas.

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### Sitting vs Standing

A US [website](#) has compiled resources and research evidence highlighting the health risks of long periods of sitting. [Workplaces in Sydney](#) are beginning to embrace the challenge.

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### Shared Use of School Recreational Facilities

[US research](#) indicates that children who have access to school recreational facilities after school are more likely to be active, however progress towards opening school facilities for recreational use outside of school hours is slow.

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### National Community Street Football Festival

[The National Street Football Festival](#) will once again take place on a floating pitch in Sydney during April. The competition encourages homeless and marginalised men and women from around the country to participate in the national championships.

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