

Issue 7, August 07

PREMIER'S COUNCIL FOR ACTIVE LIVING 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 will focus upon material applicable to the broad range of NSW agencies represented on PCAL and will be archived on the PCAL website at: www.pcal.nsw.gov.au. If you wish to receive the PCAL Bulletin please write SUBSCRIBE in the subject area and email pcal@heartfoundation.org.au

Healthy cities?

The current NSW Public Health Bulletin is the first of two special issues that examine health and cities. The current issue introduces the topic and identifies the challenges for public health workers and their counterparts in urban management (urban, transport and social planners, environmental engineers and auditors, sustainability officers and others) and the land development and infrastructure sectors of industry. The second issue will focus on ways to move forward by describing urban planning and design approaches to enhance population health. Further information is available at: <http://www.publish.csiro.au/paper/NB07065.htm>

Beattie plans a city to walk in

A recent report released by Queensland Premier, Peter Beattie states that Brisbane relies too much on its 'benign climate', lifestyle precincts and conventional remedies to congestion such as traffic tunnels. "Necessary as they may be, they are hardly smart measures in terms of innovation," says the report by the Smart State Council. Mr Beattie endorsed the report, which he hopes will form the basis of a bid to create the pedestrian and cycling capital of Australia. Mr Beattie will take the report, Smart City Vision, to his cabinet in August. The Queensland Government has earmarked \$3.5 million over the next three years to draw up a city master plan. Further information is available at the [QLD Government's website](#).

Active Transport: Most cost efficient use of transport funds

A new Sustrans report reviews active transport evidence from around the world and concludes that schemes to encourage a shift from private motorized transport to walking and cycling are the most cost efficient use of transport funds. The research cited includes an analysis of three local walking and cycling route projects built in 2005, using a new UK Department for Transport cost benefit assessment tool. The returns on investment for these projects were far higher than for typical transport schemes focused on private motorised transport. The main reason for this is that the UK valuation now includes the impact of physically active travel on the risk of heart disease, stroke and colon cancer, although numerous other diseases are not included, meaning that the health benefits shown are still very conservative. Further information is available at the [Sustrans website](#).

All UK schools to have 'Travel Plans'

A £7.5 million annual package of Government funding has been announced to help boost sustainable travel to all UK schools. The project is based around the development of school travel plans, which set out how an individual school will encourage more sustainable travel and reduce car use. Further information is available at the [Government News Network website](#).

'Designing for bicycle riders and pedestrians' courses

One day and two day 'Designing for bicycle riders & pedestrians' courses are being conducted under license from the NSW Roads and Traffic Authority throughout NSW in August. The training aims to provide planners, engineers, architects, designers and practitioners with information on planning and designing facilities for cyclists and pedestrians. Further information for one day courses is available at [Urban Arc's website](#) or for further information regarding the two day course contact Sustainable Transport Consultants at: wsalomon@bigpond.net.au.

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