



PCAL Bulletin

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Dear Subscriber,

Welcome to the PCAL monthly bulletin.

This 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...

- Healthy Built Environment Literature Review
- NSW Healthy Workplace Guide
- Walking infrastructure that worked
- Home buyers continue to prioritise access to public transport
- Austcycle training scheme funding extended
- Lessons from Dublin's BikeShare success
- Bike energy generators to recharge phones
- Active events

Articles

Healthy Built Environment Literature Review

UNSW's Healthy Built Environments Program has completed a comprehensive [literature review](#) on the role of the built environment in supporting human health in the three key domains of; getting people active, connecting and strengthening communities and providing healthy food options. The review also includes an annotated bibliography of key research articles.

[Back to top](#) ▲

NSW Healthy Workplace Guide

The Heart Foundation, Cancer Council and the Physical Activity, Nutrition and Obesity Prevention Research Group have collaborated to develop a [Healthy Workplace Guide](#). The practical guide is intended to assist small to medium size businesses (2 to 200 employees) implement sustainable, cost effective workplace health programs.

[Back to top](#) ▲

Walking infrastructure that worked

The New Zealand Transport Agency has released a [report](#) that explores case studies at eight New Zealand sites where the implementation of new pedestrian facilities or the improvement of existing facilities led to increased pedestrian usage and improved perception of the sites. A UK Living Streets [report](#) also summarises recent evidence for investing in walking.

[Back to top](#) ▲

Home buyers continue to prioritise access to public transport

Recent [research](#) by PRD Nationwide found 57% of house hunters rated access to public transport as a top priority. The report supports previous [consumer data](#) from the Heart Foundation that identified a





number of healthy neighbourhood features influenced peoples decision on where to live.

[Back to top](#) ▲



Austcycle training scheme funding extended

The NSW Office of Environment and Heritage has extended the [Austcycle](#) proficiency bicycle training voucher scheme until 2013. The program offers free cycle education to NSW businesses, organisations and community groups.

[Back to top](#) ▲



Lessons from Dublin's BikeShare success

[Dublinbikes](#) has been reported as one of the most successful bike rental schemes in the world with over 58 000 subscribers and 2.2 million rentals so far. The success has been attributed to the public embracing the scheme, the quality of service and the low annual fee. Meanwhile [discussion](#) about the challenges compulsory helmet laws may pose for bike hire schemes in Australia continues.

[Back to top](#) ▲



Bike energy generators to recharge phones

Eurobodalla Shire Libraries were one of three NSW community groups to recently win [LGSA Empowering Communities Competition grants](#). The library group noticed the growing need for people to charge electronic devices, and as a solution will now provide human powered bike energy generators spreading a healthy and sustainable message.

[Back to top](#) ▲



Active events

- Keep up to date with social, fun and competitive cycling events on the NSW Governments [BicycleInfo website](#).
- [Sydney Rides Challenge](#) is a free friendly workplace competition to encourage people to ride a bike for at least 10 minutes between 26th September to Sunday 16th October.

[Back to top](#) ▲

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