

# FitNSW

2014 Actions and Outcomes

A summary of the activities and key achievements  
arising from the 2014 FitNSW Forum

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

PCAL ([www.pcal.nsw.gov.au](http://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 NSW Physical Activity Task Force (1996-2002) which was the first time such a broad range of diverse agencies had come together to promote physical activity in Australia.

The Council comprises senior representatives from NSW Government, business and the non-government sector and reports to the Premier.

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.

### PCAL'S TERMS OF REFERENCE

- To provide the Premier with expert advice on the best ways to promote physical activity and healthy eating in NSW.
- To raise awareness and drive population level behaviour change in physical activity and healthy eating in NSW by supporting evidence-based policies in alignment with *NSW 2021: A Plan to Make NSW Number One* goals, targets and activities.
- To initiate and build sustainable partnerships within Government and with industry and the non-government sector that promotes physical activity and healthy eating.

# Background to FitNSW

NSW hosted the inaugural Australian Fit Forum in February 2014, emerging from the Integrating Health, Active Travel and Land Use Planning interagency forum held at Parliament House in Sydney in 2013.

New York City has held annual Fit City conferences since 2006 to bring together multiple disciplines – health, planning, transport and industry – to find collective solutions and co-benefits from encouraging more people to be more active, more often. Interagency Fit Conferences have subsequently been hosted throughout North America and internationally.

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 *NSW 2021: A Plan to Make NSW Number One* targets across government in collaboration with industry and the community sector.

### WHAT WE'VE DONE SO FAR

- 2013 Forum at Parliament House – Integrating Health, Active Travel and Land Use Planning interagency forum ([www.pcal.nsw.gov.au/fitnsw/2013](http://www.pcal.nsw.gov.au/fitnsw/2013)).
- Release of NSW legislative and policy documents including NSW Ministry of Health's Healthy Eating and Active Living Strategy, Transport for NSW's walking and cycling strategies and the inclusion of health as an explicit objective of the draft NSW Planning Bill.
- Quantification of the health benefits of active transport included within the review of the National Transport Infrastructure cost benefit guidelines.
- Worked with Green Building Council of Australia to help develop a Healthy and Active Living Credit within the Green Star Communities Rating Tool.
- Development of a suite of 'Take the stairs' posters ([www.pcal.nsw.gov.au/active\\_workplaces](http://www.pcal.nsw.gov.au/active_workplaces)).
- PCAL won the bid to host the 2014 Walk21 International Conference on Walking and Liveable Communities.



FitNSW 2014 was attended by 152 participants, representing a range of transport, built environment and health disciplines.

# FitNSW 2014

Supportive environments for active living – collective action and next steps

## PROGRAM/SPEAKERS

Premier's address by the **Hon. Barry O'Farrell MP.**

### International experience

**Karen Lee**  
International Healthy Built Environment Advisor from NYC (via video link)  
Congratulations to NSW for Australia's inaugural Fit City conference. This is a celebration of interagency collaboration in support of active living and healthy eating as a global trend to address 21st century liveability challenges in a resource constrained environment.

**Rodney Tolley**  
Conference Director, Walk 21  
Best practice innovations and examples of more supportive walking environments that are good for business, local economies, health, community and social engagement.

**State Government** – preparing the framework with legislation/policy/strategies to achieve NSW 2021 targets related to increasing levels of physical activity and healthy eating in NSW.

**Carolyn McNally**  
Deputy Director General, Planning and Programs, Transport for NSW  
Co-benefits of active transport as an integral component of an integrated transport system, NSW policy priorities and actions including the Long Term Transport Master Plan, the City Centre Access Strategy, the NSW Walking Strategy, and the NSW Cycling Strategy.

**Dr Jo Mitchell**  
Director Centre for Population Health, NSW Ministry of Health  
NSW Healthy Eating and Active Living Strategy, the co-benefits across sectors in creating more healthy supportive built environments for active living.

**Incentivising industry** to create more supportive environments to promote active living and healthy eating.

**Romily Madew**  
Chief Executive, Green Building Council of Australia  
Purpose of the Green Star – Communities PILOT Rating Tool, active travel and healthy planning related components of the Rating Tool, Healthy and Active Living Credit components, and tools to achieve points such as PCAL's Developer's Checklist.

### Local Council case study

**Kati Westlake**  
Manager Urban Design, Parramatta City Council  
Case study of strategies for creating and linking supportive environments for active living including the benefits of using multi-disciplinary design teams and strategic design to create active city environments within the City of Parramatta.

Symposium synthesis and final remarks by the Minister for Healthy Lifestyles, **The Hon. Kevin Humphries MP.**

For more information and session videos please go to [www.pcal.nsw.gov.au/fitnsw/2014](http://www.pcal.nsw.gov.au/fitnsw/2014)

## OBJECTIVES

- To promote greater understanding of research, evidence and key international interagency initiatives that have encouraged the creation of healthy built environments and active travel opportunities.
- To examine current NSW legislative and/or policy frameworks promoting supportive environments for active living/active travel and the benefits to planning, transport and health sectors.
- Identify forthcoming priority actions and emerging opportunities to implement more supportive environments for active living/active travel across land-use planning, transport and health.

## THEMES

**The Case for Action** – examine how cities around the world have prioritised increased walkability in the planning and design of city neighbourhoods, transportation networks and public spaces.

**A Framework for Action** – outline current Government and industry practice directed at integrating active travel, land-use planning and/or health and establish a framework 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.



# Where to from here?

## PRIORITY ACTIONS EMERGING

- Attract as many abstracts as possible to convene a world class Walk21 Conference in Sydney, October 21-23, 2014.
- Convene a Shared Space city surgery at Parramatta as part of the Walk21 Conference.
- Deliver a successful Walk21 Conference and week of associated walking events.
- Examine opportunities to enhance walkability within urban activation precincts.
- Develop a NSW Active Travel Charter for Children.
- Reinvigorate 'Walktober' as a week of NSW walking events.
- Work with the Green Building Council of Australia (GBCA) on strategies for incentivising walking.
- Work with Department of Planning and Environment towards the inclusion of health considerations within key legislation/ policy documents.
- Convene a high level Active Transport Roundtable to improve coordination of interagency Active Transport implementation opportunities.

SAVE THE DATE

2015

# FitNSW

Wednesday 18 February 2015

9:30am – 1:30pm

NSW Parliament House, Sydney

