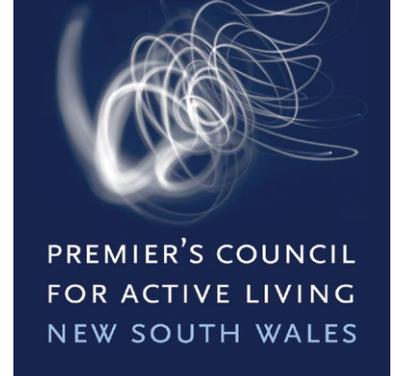




The new
state of
business



FitNSW

2015 Actions and Outcomes

A summary of the activities and key achievements
arising from the 2015 FitNSW Forum

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 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.
- To initiate and build sustainable partnerships within Government and with industry and the non-government sector that promotes physical activity and healthy eating.

(Pictured) 1. Keynote speaker Steven Burgess. 2. Walk21 Sydney 2014 delegates. 3. Walk21 walking group.

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 2014

- An entire section on healthy planning was included in the NSW Government's *A Plan for Growing Sydney* (the Sydney Metropolitan Delivery Plan) under the goal of "strong, healthy and well connected" communities. The strategy also commits to developing Government principles for a healthy built environment. The PCAL NSW Healthy Planning Expert Working Group has been identified as a key partner in the development of the healthy planning guidelines.
- The NSW Government and the City of Sydney co-hosted the 2014 Walk21 Conference in Sydney. PCAL coordinated the week of events with subsequent achievements listed below.



WALK21 SYDNEY CONFERENCE ACHIEVEMENTS

- Over 500 delegates from around the world attended the Conference in October 2014 which included 12 keynote speakers, 100 papers, 11 workshops and a 'speed dating' session where 35 researchers and practitioners simultaneously talked about how their work is helping to encourage more people to walk.
- Five pre-conference workshops were convened including a Parramatta Shared Space demonstration project where active travel professionals from across the world prepared a number of laneway shared space design solutions.
- A shipping container 'parklet' was created for the Clovelly Road Better Block to provide a mobile 'parklet' legacy project.
- The NSW Assistant Minister for Health launched the NSW Active Travel Charter for Children.
- 21 Local Council Mayors from across NSW signed the Walk21 International Charter for Walking.
- Two high level Active Transport Roundtable meetings have been convened to improve coordination of interagency Active Transport implementation opportunities.



Abstracts, videos and presentations are available at www.walk21sydney.net

FitNSW 2015 attracted 174 registrations representing a range of transport, built environment and health disciplines.

PROGRAM AND SPEAKERS

Opening address by the Assistant Minister for Health, **the Hon. Jai Rowell, MP**

Complete Streets – They are not just streets, they are the threads that weave a sustainable, active place

Steven Burgess
Principal MRCagney
The evolution of streets and its impact upon street design rules and subsequent practise. The consequences of prioritising road design rather than complete streets such as shopping centres instead of main streets, driving instead of walking, loss of neighbourhood connections and casual contact (including play) in the street. Why do we continue to build streets for cars not people and is there a better way?

Stephen Moore
Principal RobertsDay
Challenges and solutions for implementing complete streets – an industry view.

David Barnard
National Urban Design
Manager Stockland
Challenges and solutions for implementing complete streets – a developer's view

Panel
Steven Burgess, Stephen
Moore, David Barnard
Making Complete Streets happen in NSW communities (questions and answers)

NSW Active Transport Overview

Anissa Levy
Deputy Director General,
Planning & Programs,
Transport for NSW
Active transport as an integral component of an integrated transport system; walking and cycling as travel modes; NSW policy priorities and action update.

Western Sydney Green Grid

Barbara Schaffer
Principal Landscape
Architect, Government
Architect's Office
The Government Architect's Office in collaboration with Parramatta City Council has created a strategic network of open space to ensure that green space is an urban design outcome that will be embedded and articulated in the ensuing process of urban transformation. Providing the spatial framework for future growth in Sydney and offer significant opportunities for healthy active living.

NSW Regional Healthy Town Challenge

Michelle Daley
National Heart Foundation
and Santosh Khanal,
NSW Office of
Preventive Health
Regional Healthy Town Representatives
■ Bomaderry – Kim Thompson
■ Cooma/Monaro – Natania Copp
■ Tullamore/Tottenham – Cr Barbara Newton
■ Wellington – Rusan Hill
■ Yamba – Kate Collins
The NSW Healthy Town Challenge is a joint initiative of NSW Office of Preventive Health and Heart Foundation to help small rural communities become healthier by creating environments that encourage healthier living. The towns discussed their activities for the challenge and how they intend to sustain the initiatives.

2015 local council leadership

Jacqui Townsend
Mayor of Pittwater
Local council and Regional Organisations of Council (ROC) leadership to promote active transport, active living and sustainability and strategies to engage with local communities to support active transport.

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

Videos and presentations are available at www.pcal.nsw.gov.au/fitnsw/2015

FitNSW OBJECTIVES

- Promote greater understanding of interagency initiatives and better practice examples that have encouraged the creation of healthy built environments and active travel opportunities.
- Describe metropolitan, regional and rural case studies that promote 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 NSW local communities.

OVERVIEW OF FitNSW 2015 – KEY THEMES

The Case for Action – examine better practice examples around Australia that have prioritised increased walkability in the planning and design of local neighbourhoods, transportation networks and public spaces.

A Framework for Action – outline current NSW Government and industry practice directed at 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.



Where to from here?

PRIORITY ACTIONS EMERGING

- Work with the Department of Planning and Environment to prepare Healthy Planning Guidelines as specified in *A Plan for Growing Sydney*.
- Reconvene the PCAL Active Transport Roundtable to progress actions emerging from the Sydney Walk21 Conference.
- Support further local councils to sign the Walk21 International Charter for Walking and translate their commitment into action.
- Prepare an Integrated Planning & Reporting (IP&R) resource to assist local councils to address healthy eating and active living.
- Prepare a local government case study for healthy eating applications within the IP&R process.
- Develop healthy eating key messages for consideration by key industry and government stakeholders.
- Expand workshop opportunities within the FitNSW 2016 program.

SAVE THE DATE

2016

FitNSW

Wednesday 9th March 2016

9:30am – 1:30pm

NSW Parliament House, Sydney