Healthy Collaborations:
Bridging the gap between Research and Policy

Peter McCue, Executive Officer
New South Wales Premier’s Council for Active Living
Overview of today's session

Overview of NSW Premier’s Council for Active Living (PCAL)

NSW active travel policy success

Healthy Planning legislative case study
NSW PCAL 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 behavioral change in physical activity and healthy eating in NSW by supporting evidenced based policies in alignment with NSW 2021 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.
PCAL Members

**Government**
- Department of Premier and Cabinet
- NSW Food Authority
- NSW Ministry of Health
- Sport and Recreation

**Ministerial**
- Premier’s Office
- Planning and Infrastructure
- Office for Transport

**Industry**
- Coles Supermarkets
- Woolworths Limited

**NGO’s / Peak Bodies**
- Australian Diabetes Council
- Cancer Council of NSW
- National Heart Foundation
- Australian Food and Grocery Council

Focus on evidence translation to legislative/policy implementation for healthy built environments, active travel and healthy food supply
NSW Policy / Legislative Context

NSW 2021
- Transport
- Planning / Local Government
- Health

- Long Term Transport Masterplan
- Healthy Eating and Active Living
- NSW Planning Review
- Modal Strategies
- Regional Growth and Infrastructure Plans
- Local Government Act Reviews
- Integrated Planning and Reporting Framework
- Subregional Plans
- IP&R Manual
NSW Policy / Legislative Context

- Long Term Transport Masterplan
- Healthy Eating and Active Living
- NSW Planning Review
- Local Government Act Reviews
- Regional Growth and Infrastructure Plans
- Integrated Planning and Reporting Framework
- Subregional Plans
- IP&R Manual

NSW 2021
- Transport
- Planning / Local Government
- Health

(2011: Updated Cycling Target)
(2011: Walking Target)
NSW Policy / Legislative Context

NSW 2021
- Transport
- Planning / Local Government
- Health

(2013: Health Objective)

Long Term Transport Masterplan
Healthy Eating and Active Living
NSW Planning Review
Local Government Act Reviews
Regional Growth and Infrastructure Plans
Integrated Planning and Reporting Framework
Subregional Plans
IP&R Manual

Modal Strategies
(2013: HEAL Strategy)
(2013: Indicators updated)
(2013: HEAL Strategy)
(2013: Walking Strategy Cycling Strategy)
NSW Policy / Legislative Context

NSW 2021
- Transport
- Planning / Local Government
- Health

Long Term Transport Masterplan
Healthy Eating and Active Living
NSW Planning Review
Local Government Act Reviews

Modal Strategies
Regional Growth and Infrastructure Plans
Integrated Planning and Reporting Framework

(2014: Plan for Growing Sydney – Health Objective)

Subregional Plans
IP&R Manual
PCAL Success factors

• Ongoing State Health agency commitment to prevention to fund the secretariat
• Secretariat located within a non-government
• Premier’s whole-of-government imprimatur
• Independent Chair to advocate for change
• Flexibility to respond to current political priorities
• Clear evidence based policy/legislation development priority
• Longevity has led to ‘trusted source’ status
Aligning evidence based policy with political context

- Windows of opportunity
- Awareness of current Government and departmental priorities
- Strategic evidence based solutions to policy challenges
Aligning evidence based policy with political context

- Windows of opportunity
- Awareness of current Government and departmental priorities
- Strategic evidence based solutions to policy challenges
Sydney – traditionally an auto City

Outer suburb residents, away from railways, drive much more than inner suburb residents (Rickwood, 2006).
Studies about physical environment and physical activity

Source - Gebel et.al. (2008)
Walking trips increasing

Percentage of walking only trips under 10km increasing over the last decade (NSW Household Travel Survey, 2009)
Walking opportunities

Converting short car trips of under 1km provides the most realistic opportunity to increase walking.
Financial benefits of Walking

5% and 10% conversion of car trips under 1km to walking would save $134 and $214 million over five and ten years respectively

www.pcal.gov.au/draft_nsw_walking_strategy
## Principles and Guidelines for Economic Appraisal of Transport Investment and Initiatives

### Table 55: Active transport parameters

<table>
<thead>
<tr>
<th>Costs / Benefits</th>
<th>Cycling ($/bicycle-km)</th>
<th>Walking ($/km)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health benefits</td>
<td>1.07 (0.064 – 1.155)</td>
<td>1.61</td>
</tr>
<tr>
<td>Congestion cost savings</td>
<td>0.31</td>
<td>0.31</td>
</tr>
<tr>
<td>Vehicle operating cost savings</td>
<td>0.28</td>
<td>0.32</td>
</tr>
<tr>
<td>Public transport fare cost savings</td>
<td>0.11</td>
<td>0.11</td>
</tr>
<tr>
<td>Tolling cost savings</td>
<td>0.36</td>
<td>0.36</td>
</tr>
<tr>
<td>Accident cost</td>
<td>0.26</td>
<td>0.12</td>
</tr>
<tr>
<td>Air pollution</td>
<td>0.0297</td>
<td>0.0297</td>
</tr>
<tr>
<td>Greenhouse Gas Emission</td>
<td>0.023</td>
<td>0.023</td>
</tr>
<tr>
<td>Noise</td>
<td>0.010</td>
<td>0.010</td>
</tr>
<tr>
<td>Water Pollution</td>
<td>0.0045</td>
<td>0.0045</td>
</tr>
<tr>
<td>Nature and Landscape</td>
<td>0.00054</td>
<td>0.0005</td>
</tr>
<tr>
<td>Urban Separation</td>
<td>0.0068</td>
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<tr>
<td>Roadway provision cost savings</td>
<td>0.04</td>
<td>0.04</td>
</tr>
<tr>
<td>Parking cost saving</td>
<td>0.013</td>
<td>0.013</td>
</tr>
<tr>
<td>Travel time cost</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
National Cost/benefit Guidelines

- Review of existing cost/benefit processes to incorporate health (Mulley et al, 2013)
- International Forum on quantifying the health impacts of transport investments
  [Link](http://www.pcal.nsw.gov.au/resources/presentations)
- Incorporation of health benefits of active travel within scoping of revised national guidelines
- Benefits of $2.12/km walked and $1.43/km cycled per person
**NSW 2021 – New State Government’s ‘State Plan’**

**TARGET**

Increase the mode share of walking trips made in the Greater Sydney region, at a local and district level, to 25% by 2016.

<table>
<thead>
<tr>
<th>ACTIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>To increase walking to help ease transport congestion and build a healthier, more active community we will:</td>
</tr>
<tr>
<td>• Develop and implement a <a href="#">NSW Walking Strategy</a> to encourage and promote walking for travel and recreation, and to enhance walking environments.</td>
</tr>
</tbody>
</table>
2014 Walk21 Outcomes

- Australian Population Health Journal Healthy Spaces and Places Special issue
- NSW Government Active Transport Roundtable
- NSW Active Travel Charter for Children
- Assorted demonstration projects; parklets, shared space,
- Better Block community event
- 20 Mayors of 152 NSW signed the Walk21 Charter
Priority implementation Walk21 Councils
2015 State Election Issues

Issues most important to you personally in deciding who you will vote for

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health, hospitals</td>
<td>26%</td>
</tr>
<tr>
<td>Education</td>
<td>17%</td>
</tr>
<tr>
<td>Jobs</td>
<td>13%</td>
</tr>
<tr>
<td>State finances</td>
<td>10%</td>
</tr>
<tr>
<td>CSG, mining</td>
<td>8%</td>
</tr>
<tr>
<td>Law and order</td>
<td>7%</td>
</tr>
<tr>
<td>Environment</td>
<td>6%</td>
</tr>
<tr>
<td>Public transport</td>
<td>5%</td>
</tr>
<tr>
<td>Roads</td>
<td>5%</td>
</tr>
<tr>
<td>Council mergers</td>
<td>1%</td>
</tr>
</tbody>
</table>

NSW
November 2014
What consultation told Planning

Frequency of issues raised at community drop-ins
Building the Evidence

Healthy Built Environments: A review of the literature

Systematic, comprehensive and rigorous review using built environment and health databases

April and May 2010

1,080 references relevant for inclusion in the review

Links research and policy to underpin actions
The three domains of healthy built environments

Kent and Thompson, 2012
Health objective: Advocacy Timeline

- **Sept 2011**: Presentation to Planning System Co-Chairs
- **Feb 2012**: Expert Healthy Planning Group formed
- **July 2012**: Issues paper joint submission
- **Sept 2012**: Green Paper joint submission
- **Nov 2012**: Health Ministerial Advisory Council briefing
- **Feb 2013**: Premier and joint Ministerial briefing
- **April 2013**: Draft Bill released
- **Nov 2013**: Bill back to Lower House
- **Dec 2014**: Metro Plan with health objective
Planning Requirements incorporate active living considerations within affordable housing estates; PCAL Developer’s Checklist included within Healthy and Active Living Credit - Green Star Communities Project

NSW Planning System Review

The object of this Act is to promote the following:

(a) economic growth and environmental and social well-being through sustainable development,

(f) the effective management of agricultural and water resources,

(g) health, safety and amenity in the planning, design, construction and performance of individual buildings and the built environment,

Sustainable development – economic/environment/social

Social
Facilitating housing that meets the needs of the whole community, creating a high quality built environment that promotes the health of all communities and ensuring accessibility to services and employment opportunities.
Draft Metropolitan Strategy –
A plan for Growing Sydney
Pittwater 2014
Local Environment Plan

Aims of the plan:

(e) to improve access throughout Pittwater, facilitate the use of public transport and encourage walking and cycling

(j) to protect and promote the health and well-being of current and future residents of Pittwater
Content of submissions

Health agency submissions referring to 'determinants of health'

7000+ submissions
Across 3 stages of review
3 Groups: Health, key stakeholders and ‘other’
n= 31 ‘Health agencies’
Coded for references to ‘determinants of health’
‘Other’ stakeholder priorities

n= 47 sample from ‘other’
Indicative results only
Responses guided by departmental framing
Health issues raised by health submissions only
Stages involved

• Collaborative leadership advocating for healthy built environments during a strategic window of opportunity
• Stakeholder engagement; Gov/NGO/Peak body/industry
• Refined and prioritised our key evidence based requests
• Legitimised the ‘Expert Healthy Planning Working Group’ with Terms of Reference reporting via PCAL to the Premier
• Advocacy to influential stakeholders
• Compiled evidence reviews in professional journals
• Participated in the formal and informal political process as opportunities arose
For additional information:

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