

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

Local Government Act
Reviews

Modal Strategies

Regional Growth and
Infrastructure Plans

Integrated Planning
and Reporting
Framework

Subregional Plans

IP&R Manual

NSW Policy / Legislative Context

(2010: Cycling Target)



NSW 2021

- Transport
- Planning / Local Government
- Health

(2010: Position Statement on Planning and Active Living)

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

Subregional Plans

IP&R Manual

(2009: Active Living Indicators)

NSW Policy / Legislative Context

(2011: Updated Cycling Target)

NSW 2021

- Transport
- Planning / Local Government
- Health

(2011: Walking Target)

Long Term Transport Masterplan

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NSW Policy / Legislative Context

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Long Term Transport
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Local Government Act
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Modal Strategies

(2014:
Plan for
Growing
Sydney –
Health
Objective)

Regional Growth and
Infrastructure Plans

Integrated Planning
and Reporting
Framework

Subregional Plans

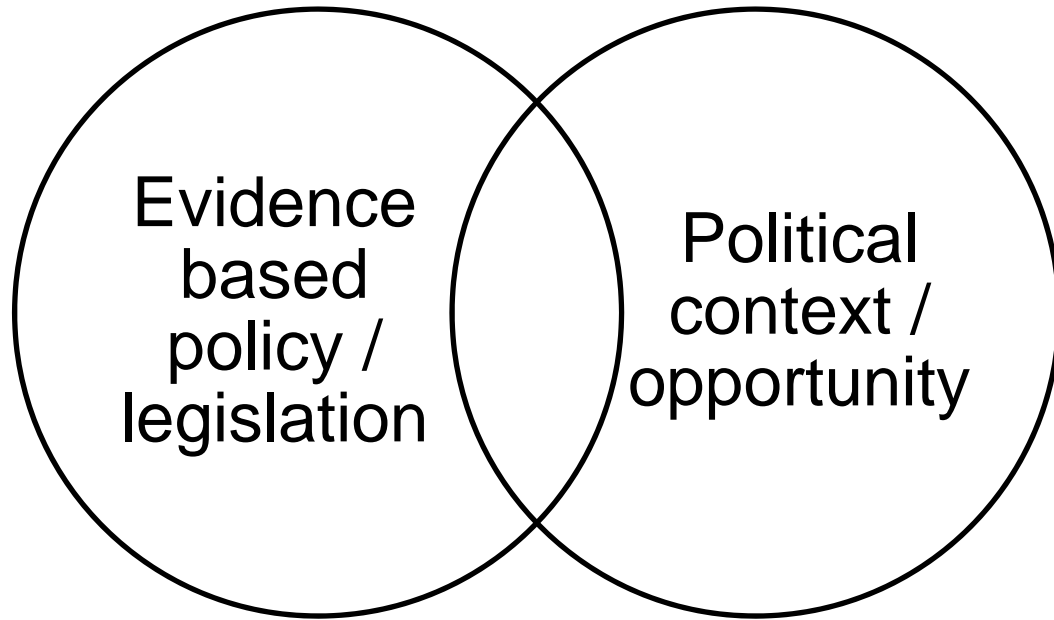
IP&R Manual

PCAL Success factors



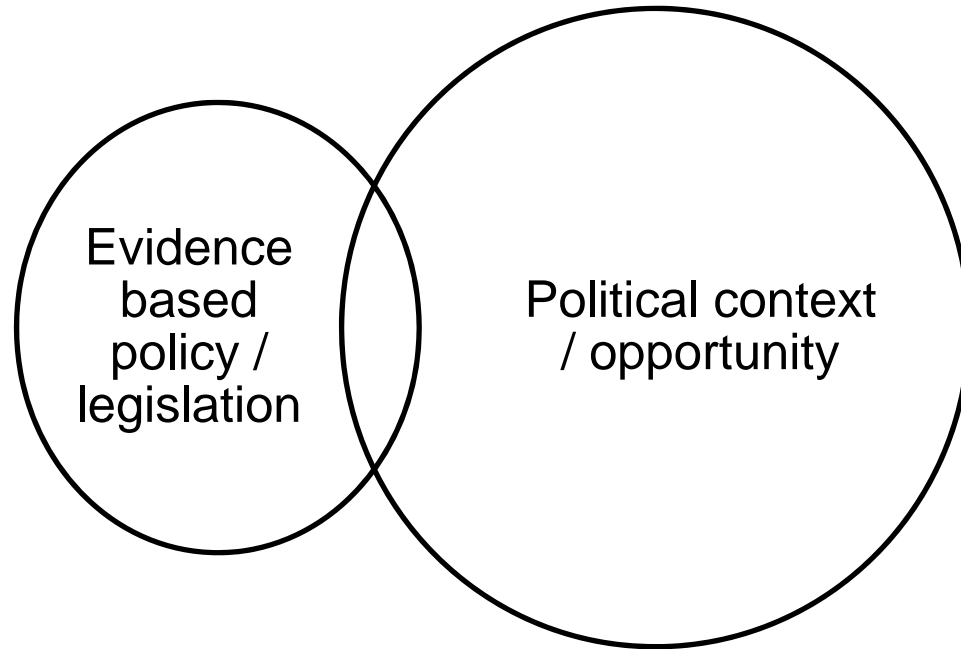
- Ongoing State Health agency commitment to prevention to fund the secretariat
- Secretariat located within a non-government
- Premier's whole-of-government imprimatur
- Independent Chair to advocate for change
- Flexibility to respond to current political priorities
- Clear evidence based policy/legislation 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

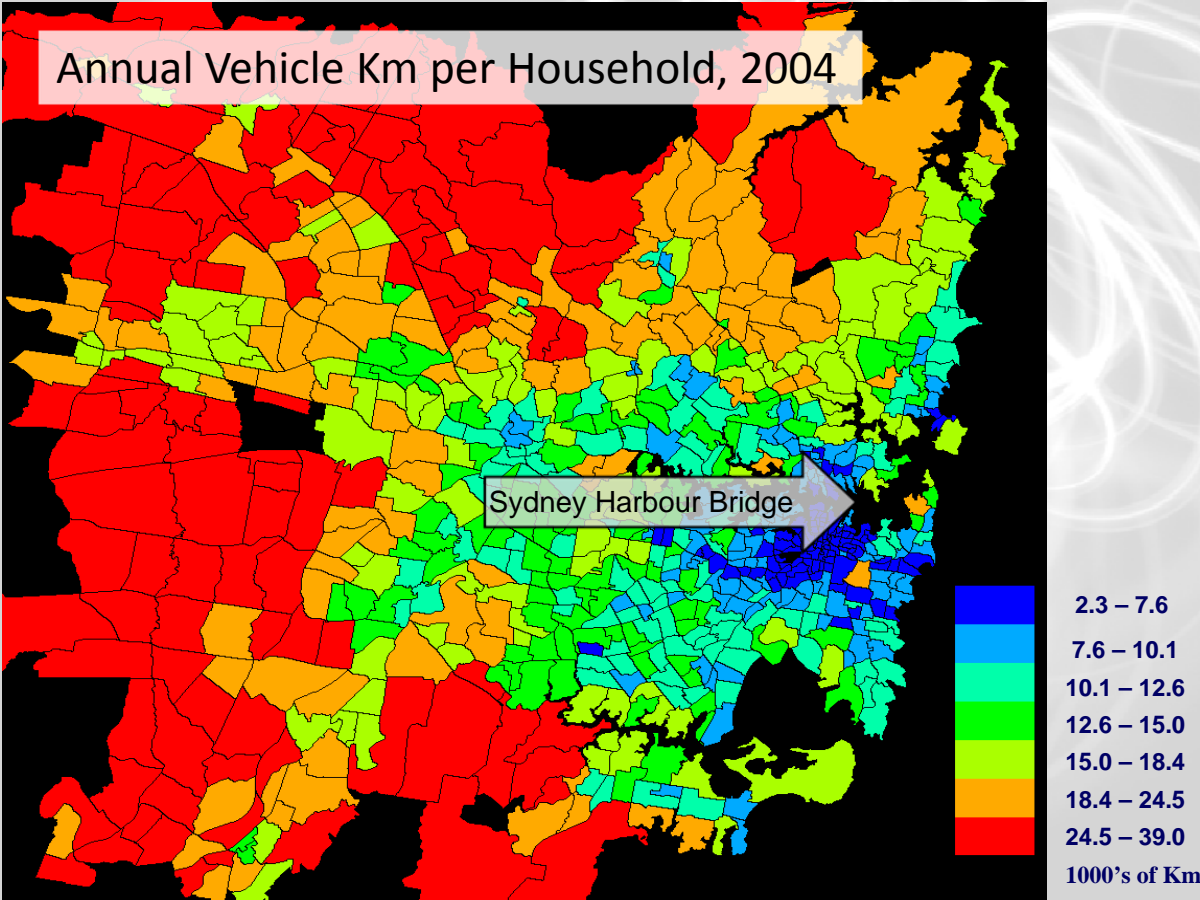
Aligning evidence based policy with political context



- Windows of opportunity
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Triumph – tragedy - triumph

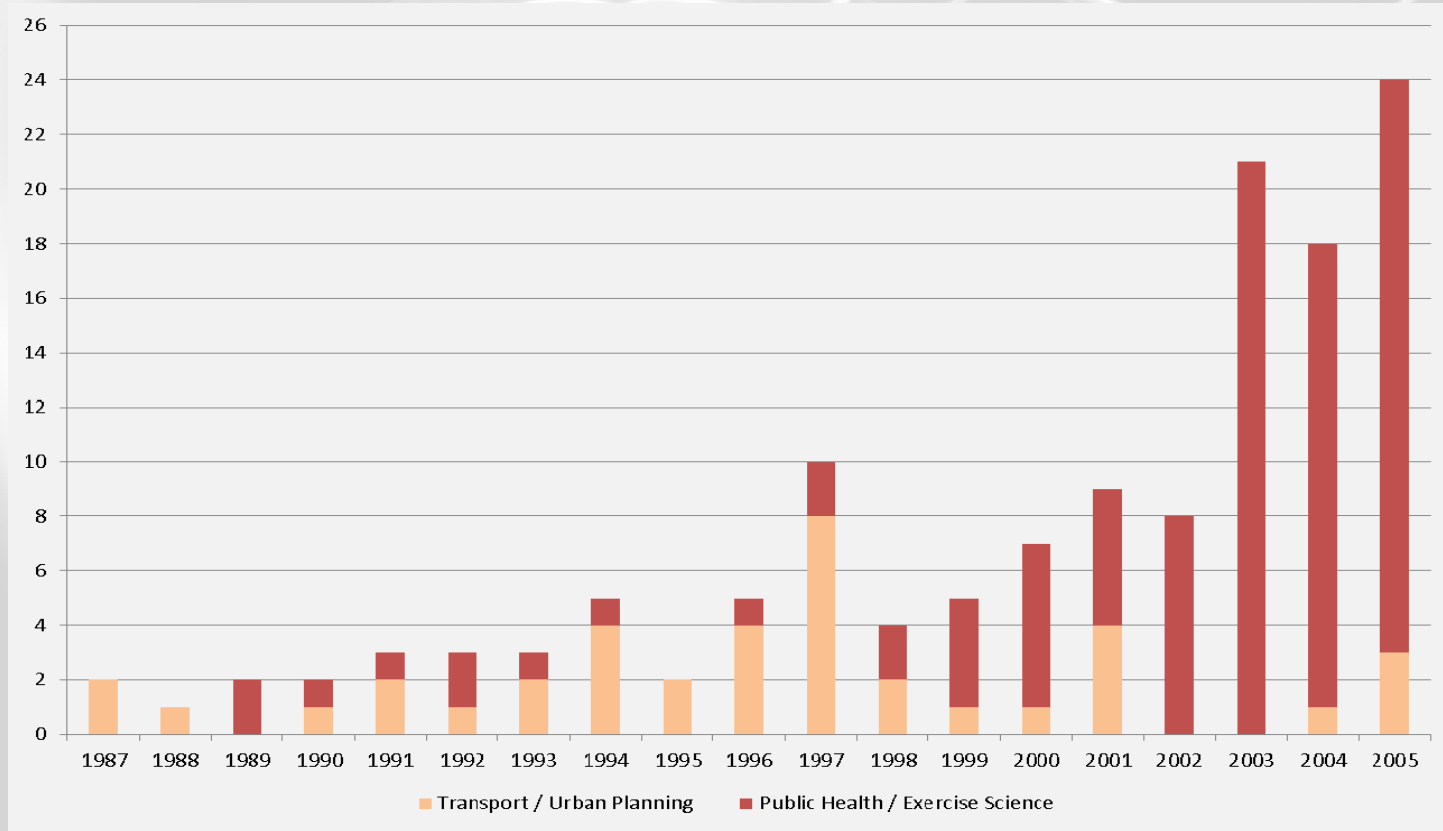
Annual Vehicle Km per Household, 2004



**Sydney –
traditionally
an auto City**

**Outer suburb residents,
away from railways, drive
much more than inner
suburb residents
(Rickwood, 2006).**

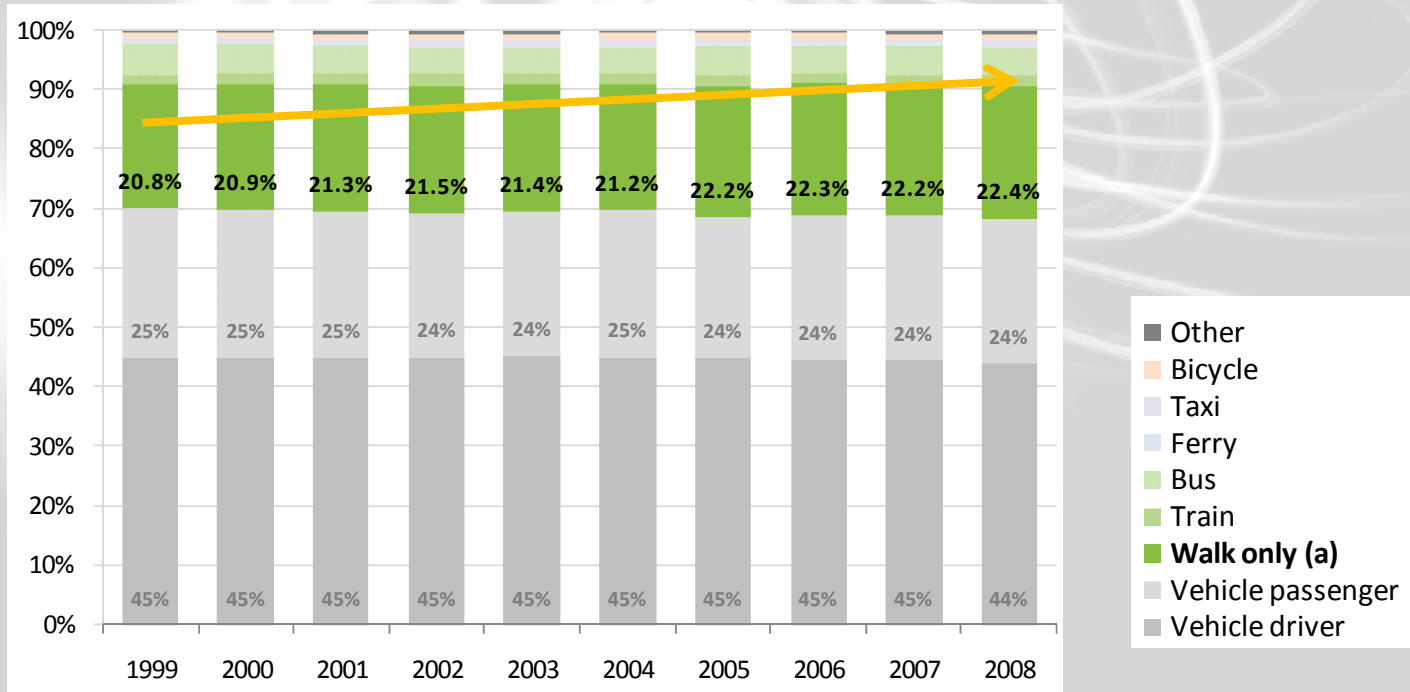
Studies about physical environment and physical activity



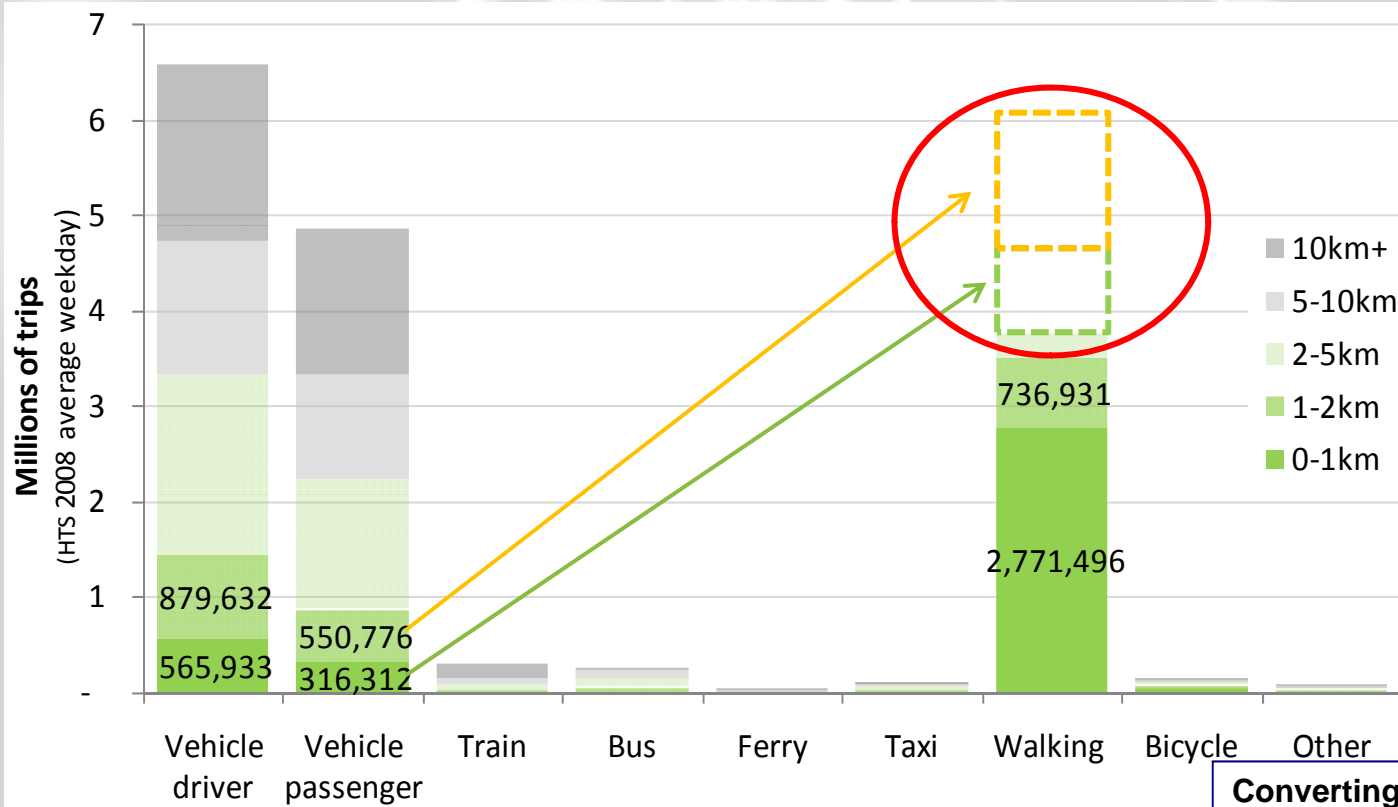
Source - Gebel et.al. (2008)

Walking trips increasing

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

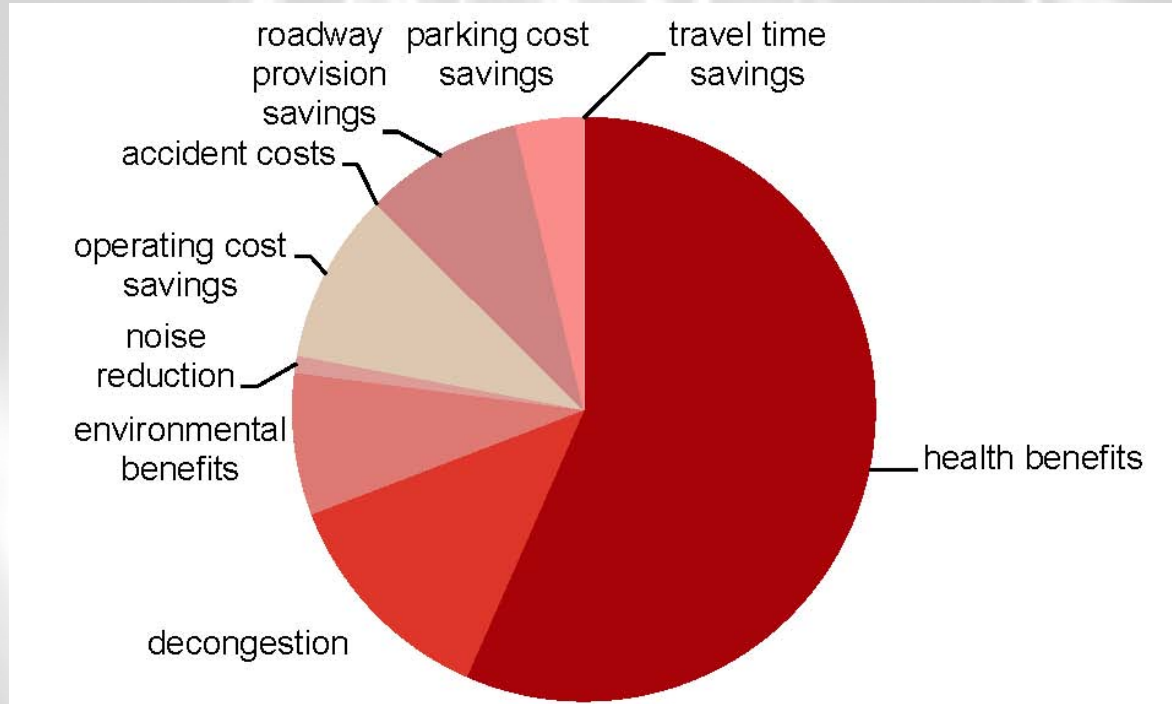


Walking opportunities



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

Financial benefits of Walking

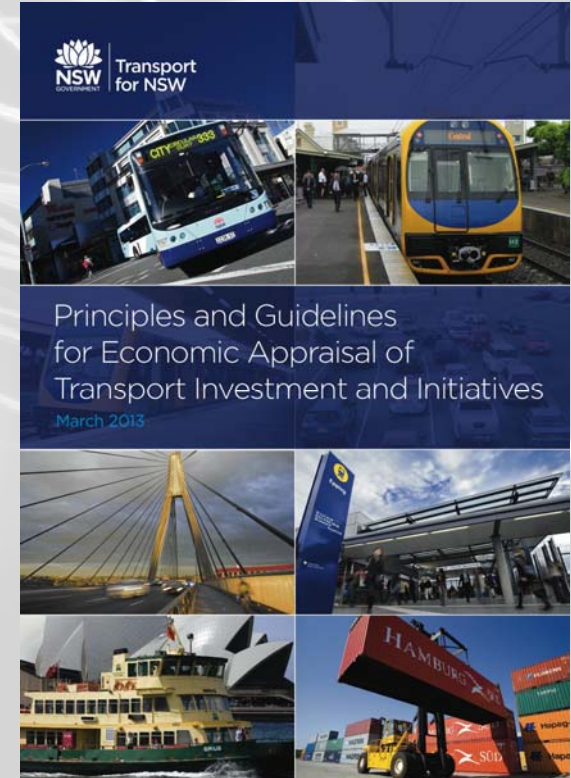


5% and 10% conversion of car trips under 1km to walking would save \$134 and \$214 million over five and ten years respectively

www.pcal.gov.au/draft_nsw_walking_strategy

Principles and Guidelines for Economic Appraisal of Transport Investment and Initiatives

Table 55 Active transport parameters Costs / Benefits	Cycling (\$/bicycle-km)	Walking (\$/km)
Health benefits	1.07 (0.064 – 1.155)	1.61
Congestion cost savings	0.31	0.31
Vehicle operating cost savings	0.28	0.32
Public transport fare cost savings	0.11	0.11
Tolling cost savings	0.36	0.36
Accident cost	0.26	0.12
Air pollution	0.0297	0.0297
Greenhouse Gas Emission	0.023	0.023
Noise	0.010	0.010
Water Pollution	0.0045	0.0045
Nature and Landscape	0.00054	0.0005
Urban Separation	0.0068	0.0068
Roadway provision cost savings	0.04	0.04
Parking cost saving	0.013	0.013
Travel time cost	0	0

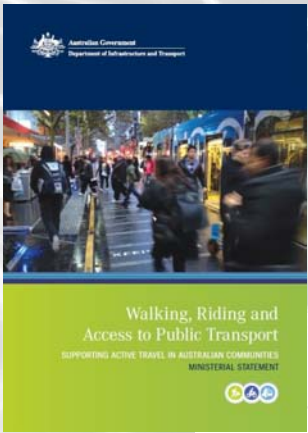


National Cost/benefit Guidelines

- Review of existing cost/benefit processes to incorporate health Mulley et. al (2013)
- International Forum on quantifying the health impacts of transport investments

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



Valuing active travel: Including the health benefits of sustainable transport in transportation appraisal frameworks

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^c NSW Premier's Council for Active Living (PCAL), Australia
^d University of Sydney, Australia
^e CDM Research, Melbourne, Australia

Abstract

Sustainable transport investments linked to improving public transport or designed specifically to improve walking and cycling networks (for example, bicycle infrastructure) typically underestimate the contribution of these active travel modes. This is because the investment appraisal mechanism, social cost benefit analysis, lacks an agreed methodology or well defined parameter values for establishing the demand and the associated health benefits and costs of active travel.

Correcting for the acknowledged benefits of walking and cycling (including contributions to achieving physical activity targets and maintaining health) requires an appropriate framework and parameter values to allow these benefits to be captured in a robust and consistent manner. This paper proposes such a framework for the Australian context and a consequent weighted benefit of \$1.68 per km (range \$1.23-\$2.50) for walking and a \$1.12 per km (range \$0.82-\$1.67) for cycling that includes both mortality and morbidity changes resulting from a more active lifestyle. Investigation of the potential health costs associated with motorised travel and reduced physical activity requires further detailed research.

NSW 2021 – New State Government's 'State Plan'



NSW2021
A PLAN TO MAKE NSW NUMBER ONE

TARGET

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

ACTIONS:

To increase walking to help ease transport congestion and build a healthier, more active community we will:

- Develop and implement a **NSW Walking Strategy** to encourage and promote walking for travel and recreation, and to enhance walking environments.



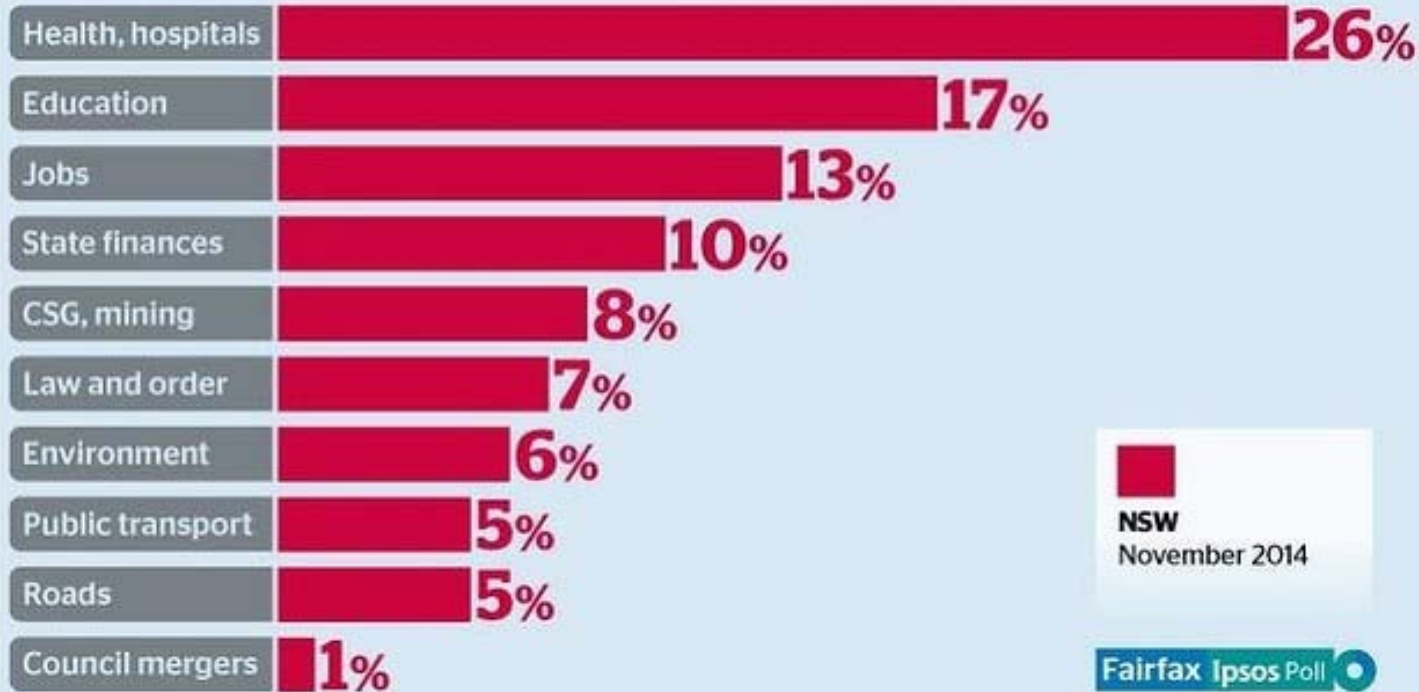
2014 Walk21 Outcomes

- 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

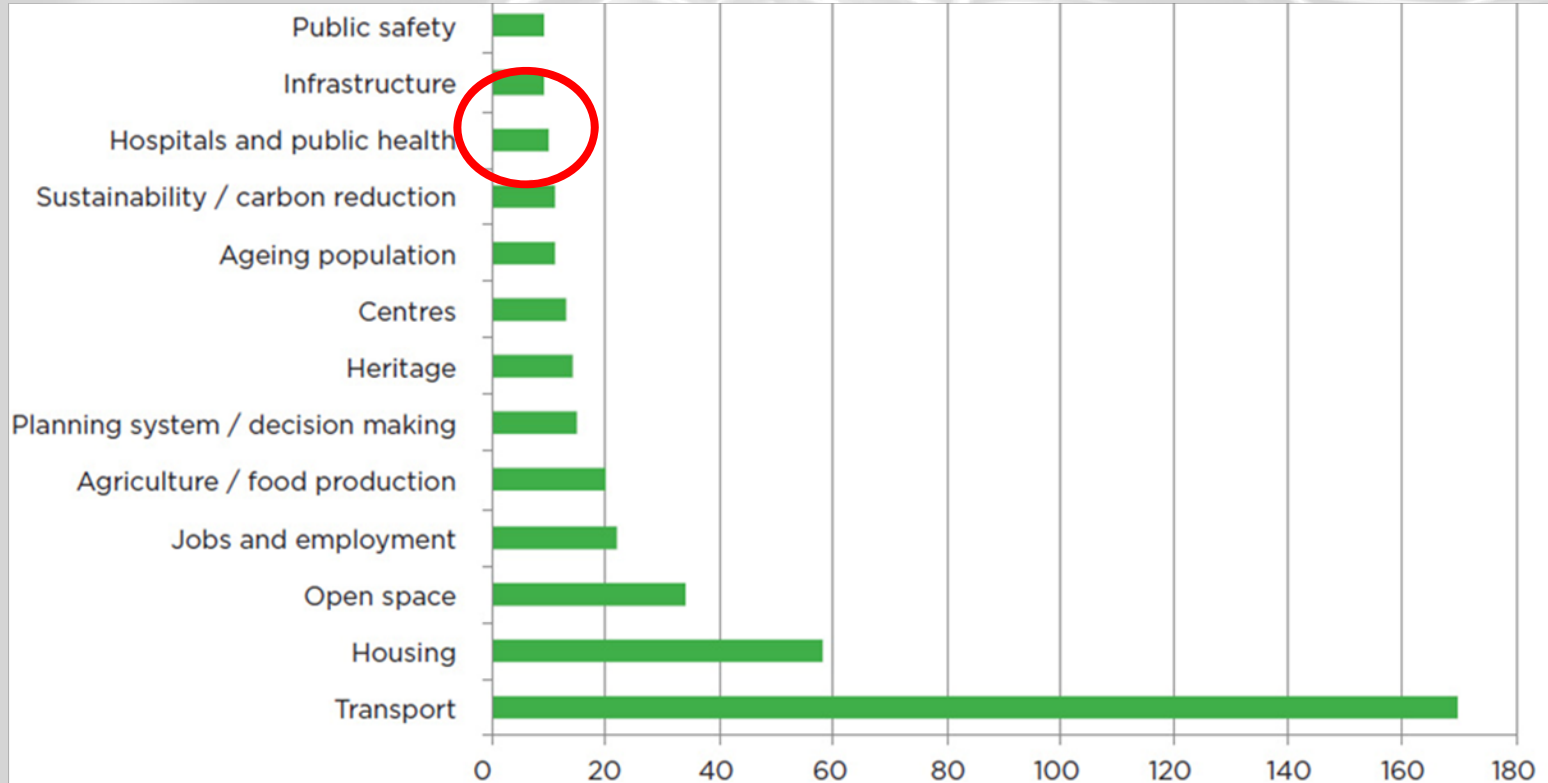


2015 State Election Issues

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



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

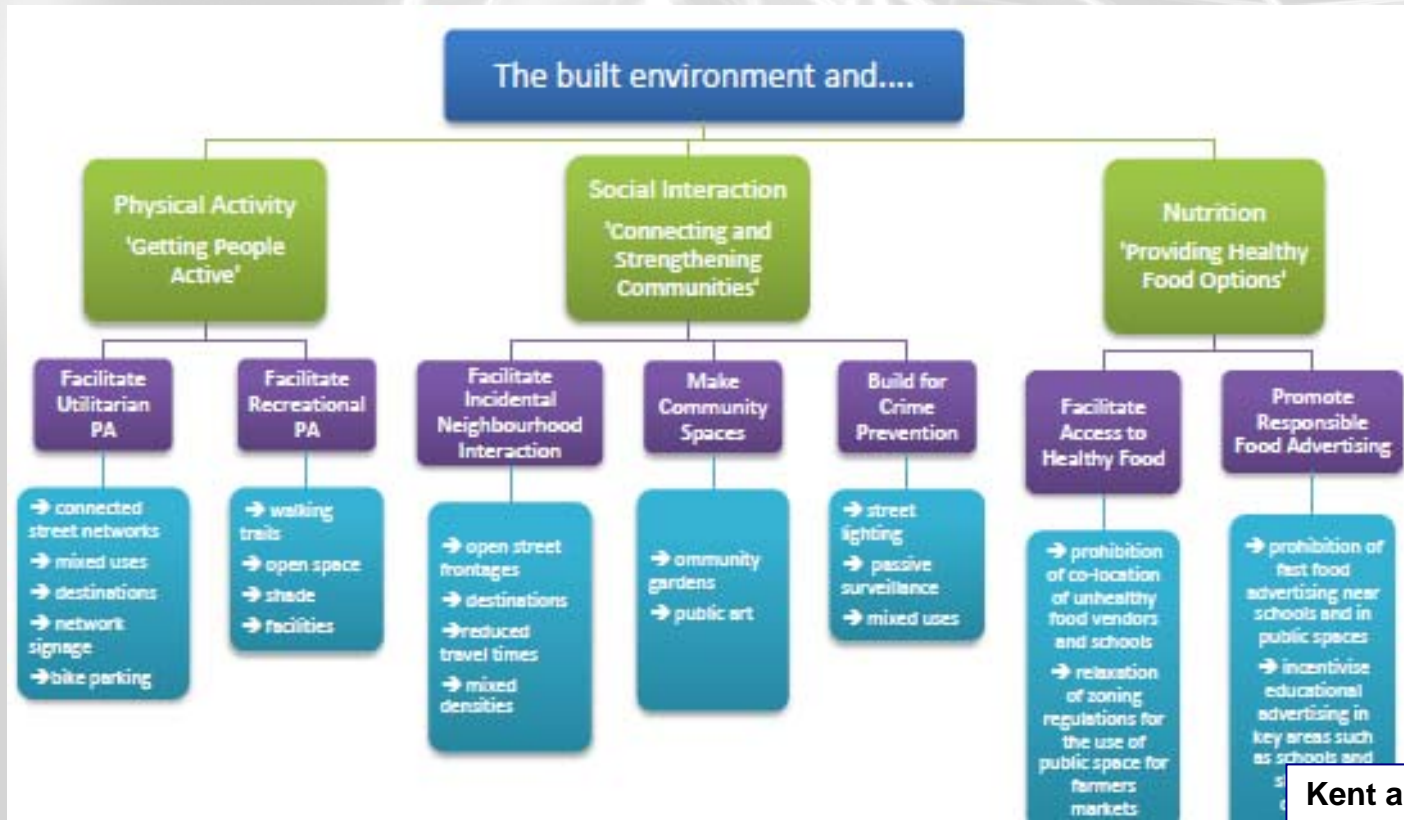
April and May 2010

1,080 references relevant for inclusion in the review

Links research and policy to underpin actions



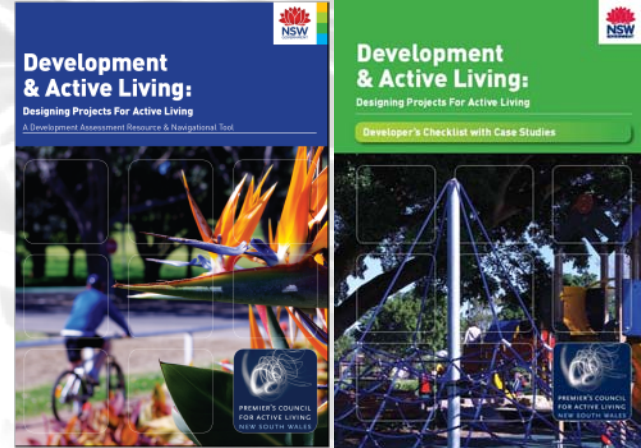
The three domains of healthy built environments



Health objective: Advocacy Timeline

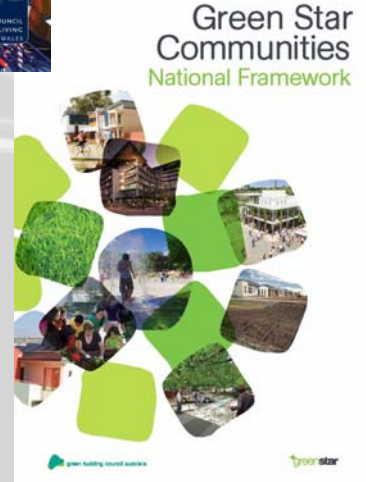


Finding common ground with industry



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

www.pcal.nsw.gov.au/case_studies/glenmore_ridge



NSW Planning System Review



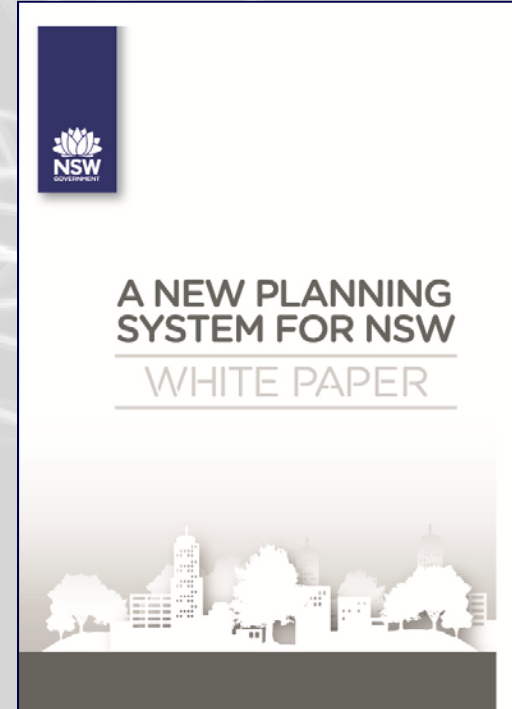
The object of this Act is to promote the following:

- (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,**

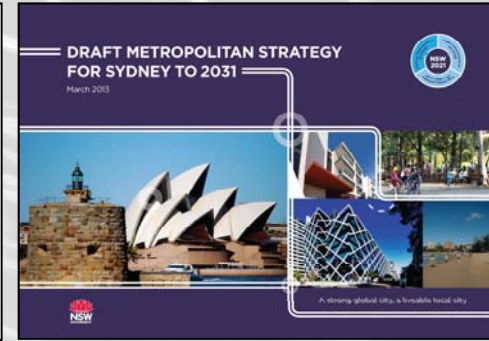
Sustainable development – economic/environment/social

Social

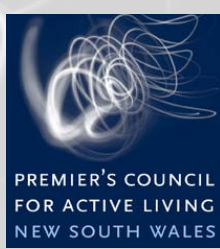
Facilitating housing that meets the needs of the whole community, creating a high quality built environment that promotes the health of all communities and ensuring accessibility to services and employment opportunities.



Draft Metropolitan Strategy – A plan for Growing Sydney



Pittwater 2014 Local Environment Plan



Aims of the plan:

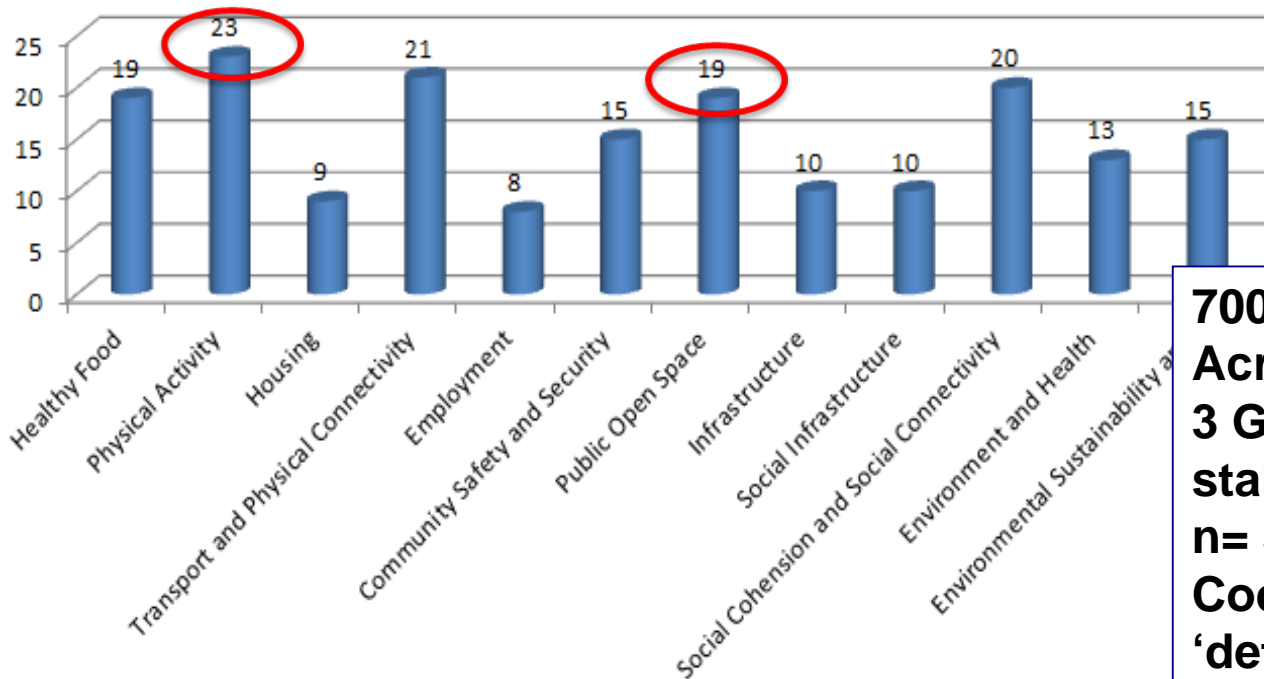
(e) to improve access throughout Pittwater, facilitate the use of public transport and encourage walking and cycling

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



Content of submissions

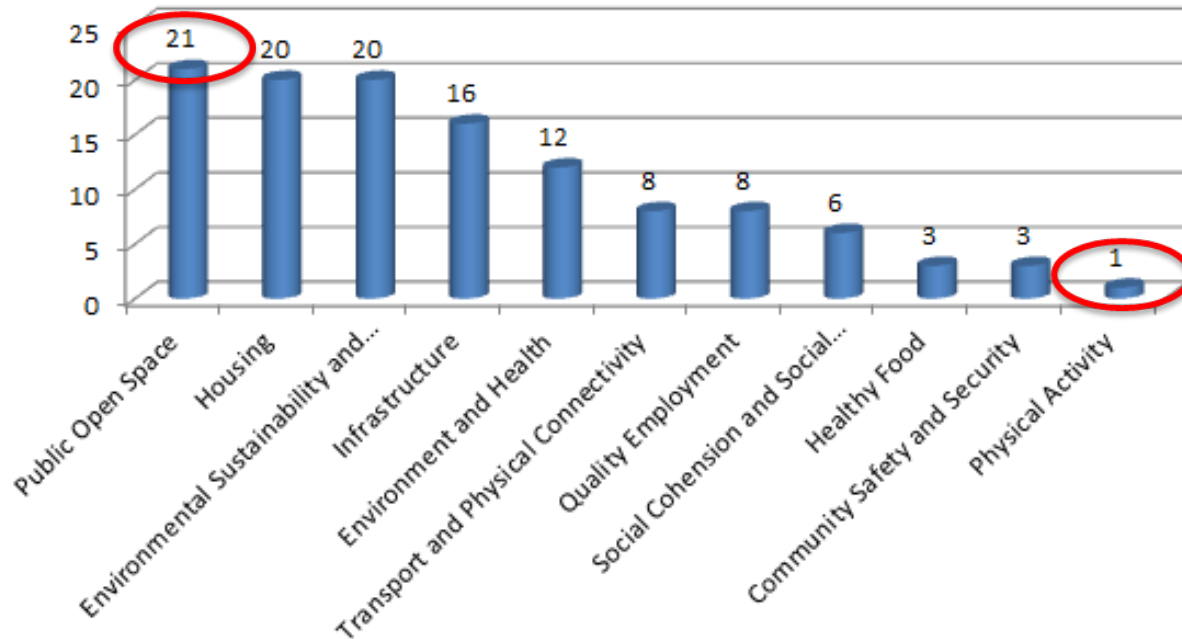
Health agency submissions referring to 'determinants of health'



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

'Other' submissions including the HUDC determinants of health



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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