


# Western Sydney Walking



 *Local Health Districts: Nepean Blue Mountains, South Western Sydney, Western Sydney*

 *Western Sydney Region Of Councils (WSROC)*

 *Councils: Auburn, Blacktown, Blue Mountains, Fairfield, Holroyd, Liverpool, Parramatta, Penrith*



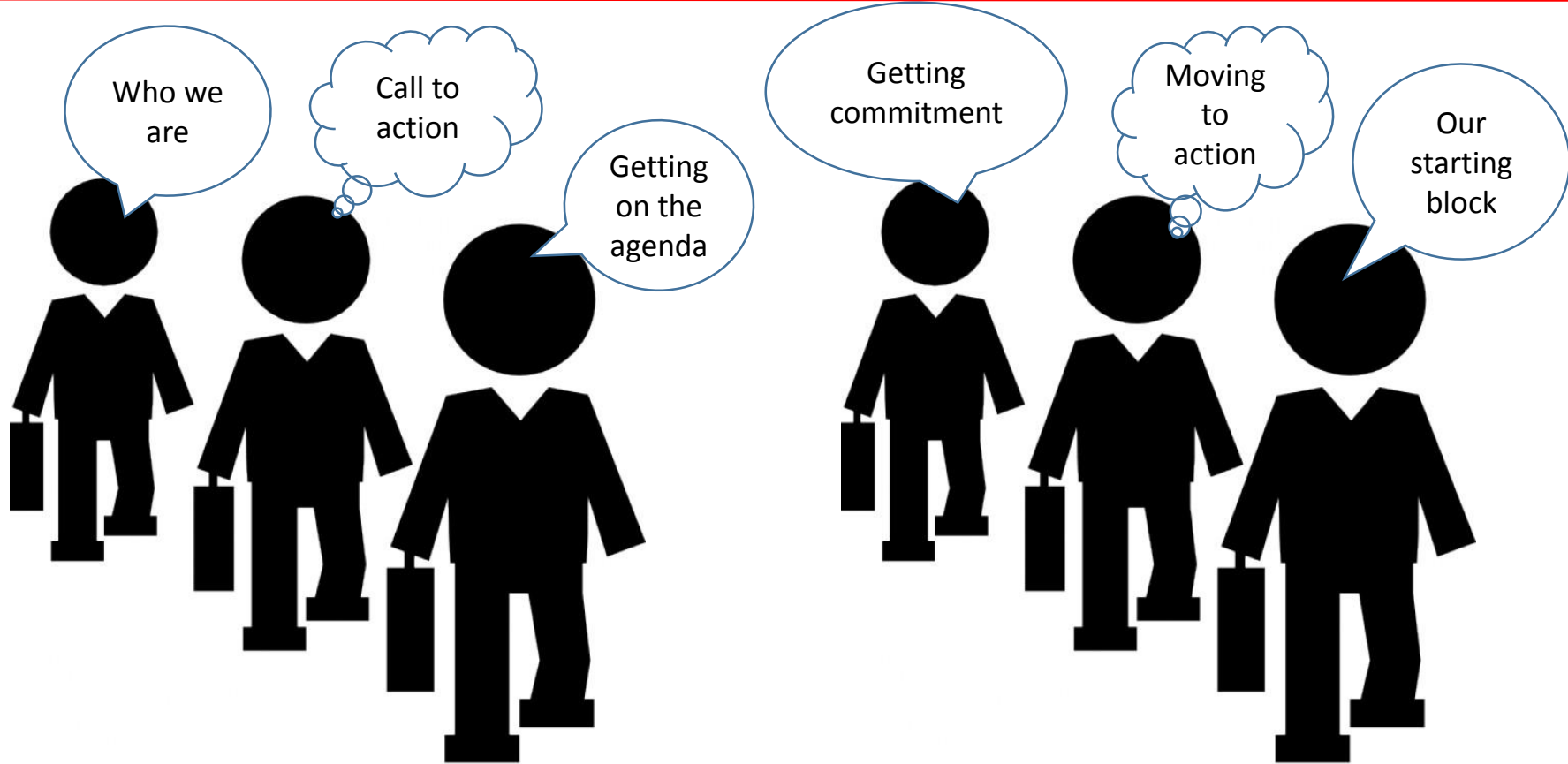
Health



*Advocating for the people of Western Sydney*



# Our Walking Journey



# WSROC Area

49%  
<35yrs

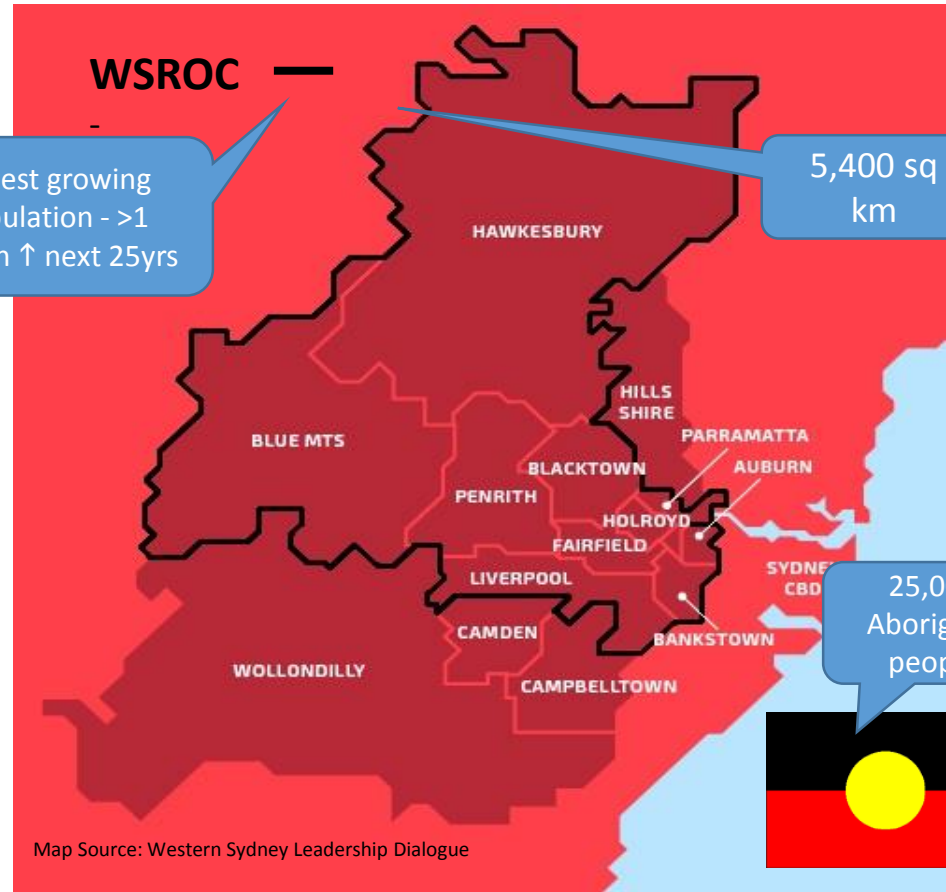


40% born  
overseas

WSROC

Fastest growing  
population - >1  
million ↑ next 25yrs

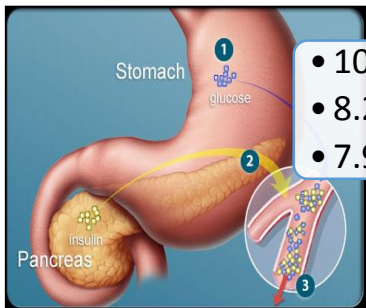
5,400 sq  
km



25,000  
Aboriginal  
people

# Call to Action

## Diabetes



- 10.9% SWS
- 8.2% WS
- 7.9% NBM

## High/Very High Psychological Distress



- 11.2% SWS
- 9.7% WS
- 9.7% NBM

## Coronary Heart Disease Admissions per 100,000



- 549.2 WS
- 546.6 SWS
- 489.8 NBM

## Overweight/Obesity Levels



- 58.5% NBM
- 56.4% SWS
- 47.3% WS

## Physical Activity Levels



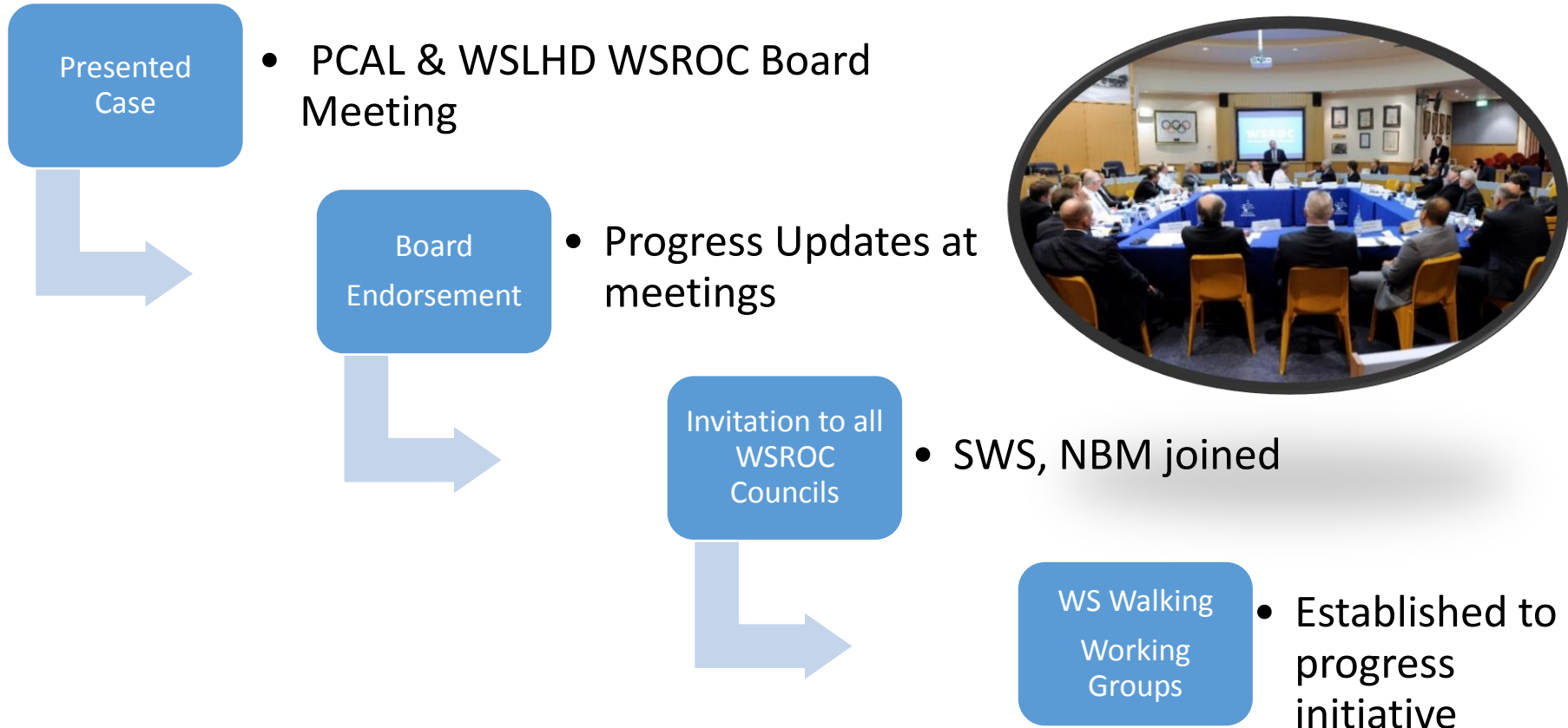
- 51.4% SWS
- 51.5% NBM
- 54.1% WS

## Trigger for Strategy



- FitNSW 2015
- 1 Signature

# Getting on the Agenda



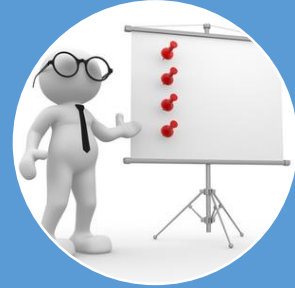
# Getting Commitment



Follow up letter to Mayors



Meeting with each  
Council Mayor/GM  
(political and  
organisational support)



Identifying signing  
implications  
8 Councils agreed to  
progress internal approval  
process



# From Commitment to Action



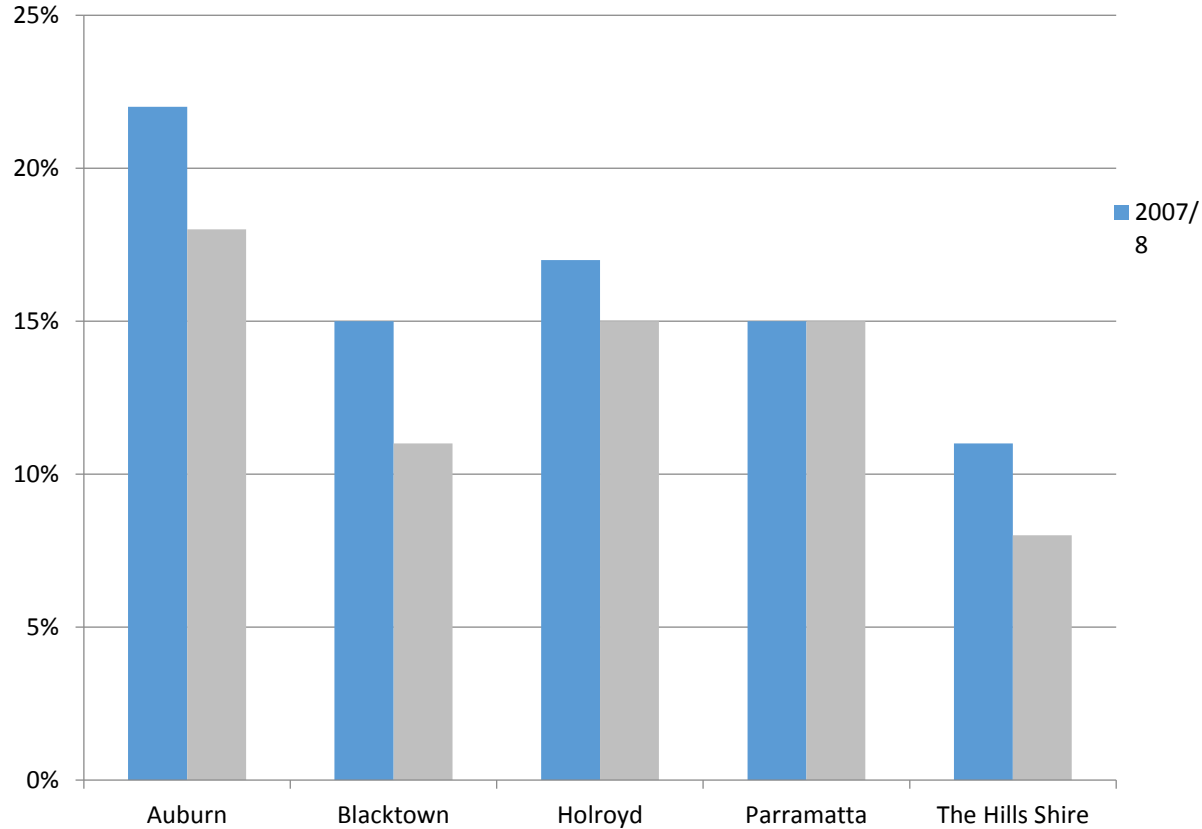
- Planning an Active Western Sydney Forum
- Formal Signing of Charter Event



- Follow-up meetings and establishment of working groups with each committed Council to define & implement actions

# Our Starting Block

% Trips walking WSLHD by LGA, NSW Transport Surveys 2007 & 2013. Data: Transport NSW





# Forum Information

For further information about the 'Forum' go to:

[http://www.pcal.nsw.gov.au/local\\_government/integrated\\_planning\\_and\\_reporting/planning\\_an\\_active\\_western\\_sydney](http://www.pcal.nsw.gov.au/local_government/integrated_planning_and_reporting/planning_an_active_western_sydney)

You will find the notes and presentations from the day

