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
Our Walking Journey

Who we are

Call to action

Getting on the agenda

Getting commitment

Moving to action

Our starting block
WSROC Area

- 40% born overseas
- Fastest growing population - >1 million ↑ next 25yrs
- 49% <35yrs
- 5,400 sq km
- 25,000 Aboriginal people

Map Source: Western Sydney Leadership Dialogue
Call to Action

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

Overweight/Obesity Levels
- 58.5% NBM
- 56.4% SWS
- 47.3% WS

High/Very High Psychological Distress
- 11.2% SWS
- 9.7% WS
- 9.7% NBM

Physical Activity Levels
- 51.4% SWS
- 51.5% NBM
- 54.1% WS

Coronary Heart Disease Admissions per 100,000
- 549.2 WS
- 546.6 SWS
- 489.8 NBM

Trigger for Strategy
- FitNSW 2015
- 1 Signature
Getting on the Agenda

- Presented Case
- Board Endorsement
- Invitation to all WSROC Councils
- WS Walking Working Groups

- PCAL & WSLHD WSROC Board Meeting
- Progress Updates at meetings
- SWS, NBM joined
- Established to progress initiative
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
For further information about the ‘Forum’ go to:


You will find the notes and presentations from the day