

From: [Andrew Demack](#)
To: [Health and Ambulance Services Committee](#)
Subject: re inquiry into Health Promotion commission
Date: Monday, 23 November 2015 11:42:38 AM

re Health and Ambulances Services Committee inquiry into the establishment of a Queensland Health Promotion Committee.

Bicycle Queensland submission

Bicycle Queensland is an organisation dedicated to getting Queenslanders moving more ("More people cycling more often"), and so we strongly support those efforts by the Queensland Government which will lead to population-wide outcomes of better health and reduction in those preventable chronic diseases which arise from physical inactivity.

Bicycle Queensland is the State's peak body for recreational and transport cycling, with more than 18,000 paid-up members.

There are broadly speaking two areas of interest for Bicycle Queensland, and we believe the Queensland Government needs to ensure that it urgently addresses both of these, either through the Health Promotion Commission, or by other means.

1. A built environment which supports physical activity, i.e. bike-riding.
2. A social environment which supports active living.

A Health Promotion Commission would work towards the cultural changes required to foster a social environment which supports active living, and so Bicycle Queensland supports this idea.

A whole-of-government framework would better address the built environment part of this equation, which is arguably the most vital area to be addressed.

Where the built environment enables and supports active living (i.e. walking, bike-riding and public transport), the outcomes are positive for the health of the population.

(See Elliot Fishman et al, on the Dutch example of how to achieve higher levels of physical activity across the whole population, by designing a more walkable and bikeable urban form. <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0121871>)

By contrast, health researcher Billie Giles-Corti from the University of Melbourne uses the phrase "obesogenic" to describe Australia's urban environment.

Bicycle Queensland's own research in surveying its members found that many feel unsafe riding their bikes on-road, and all are looking for safe routes to ride, that are connected to the destinations they need to get to, whether schools, workplaces or shops.

In Australia, diseases related to physical inactivity are going up. [Australia is fast following on the heels of the US](#) in becoming a nation of people facing a chronic disease epidemic, brought on by physical inactivity.

Of course, this starts with the youngest Queenslanders. There is an urgent need for Queensland children to be active, if we are to avoid a health crisis of our own making. Daily activity that makes up part of every children's journey to school is the best way to address this. Safe bike routes to all schools would help to achieve this.

Bicycle Queensland also supports the [Heart Foundation's call for a funded National Physical Activity Action Plan](#), which outlines nine action areas: Active schools, active seniors, active workplaces, active transport (walking and cycling), active cities and neighbourhoods, active health care, active public education, active clubs and sports, and active communities.

We suggest that the Health Promotion Commission's first agenda item could be Queensland's Physical Activity Action Plan.

References:
<http://www.oecd.org/health/Obesity-Update-2014.pdf>

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0121871>
<https://theconversation.com/fat-of-the-land-how-urban-design-can-help-curb-obesity-6445>
<http://heartfoundation.org.au/news/australia-needs-a-national-physical-activity-action-plan>

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Andrew Demack | Development Officer

Bicycle Queensland Inc.

28 Vulture Street, West End QLD 4101 | PO Box 5957, West End QLD 4101

www.bq.org.au

