

Getting more Australians moving more often: *The Blueprint for an Active Australia*

Parliamentary Friendship Group for Better Cities

Wed. 11th September, Canberra

Adj. Prof. Trevor Shilton

National Director, Active Living

National Heart Foundation of Australia



Adj. Prof. Trevor Shilton

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 - **Academic**
 - Adjunct Professor, School of Public Health, Curtin University.
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 - **Board Member**
 - International Society for Physical Activity and Health (ISPAH)
 - International Union for Health Promotion and Education (IUHPE), Vice President for Advocacy



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1. 'Why' should physical activity be a policy priority for Australia?
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Physical activity

**What is
Physical
Activity?**

Physical activity

Physical Activity?

‘any bodily movement produced by skeletal muscles that requires energy expenditure and produces progressive health benefits’ (NIH, pg 3).

Physical



Sport

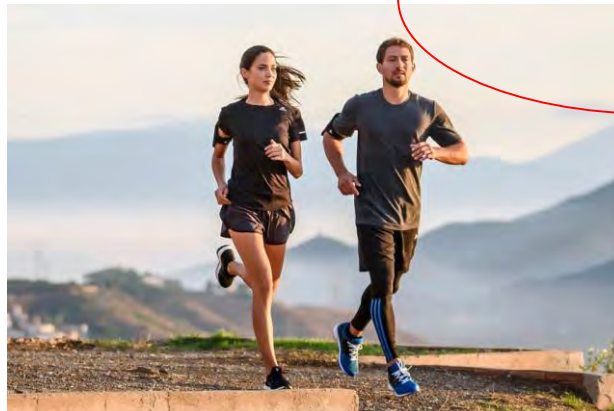
Recreation

Exercise

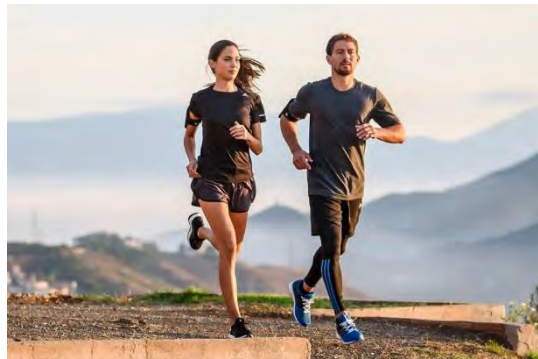
Physical Activity?

Physical Education

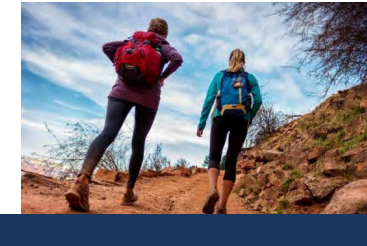
Running



Physical activity



Physical activity



Across sectors

Incidental activity

Walking for recreation

Exercise

Running

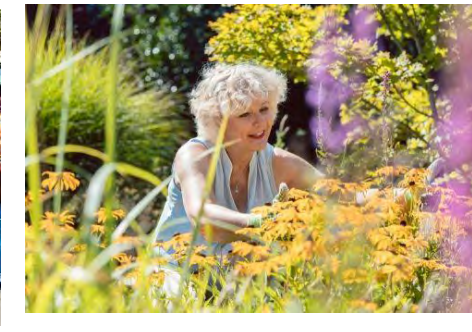
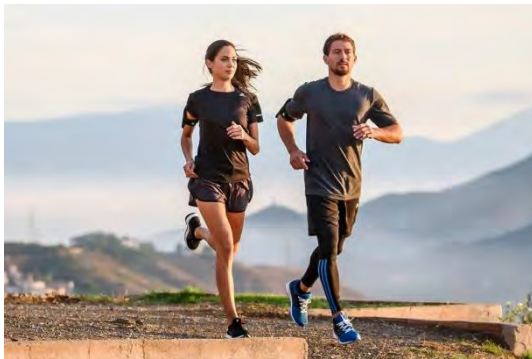
Physical Activity?

Gardening

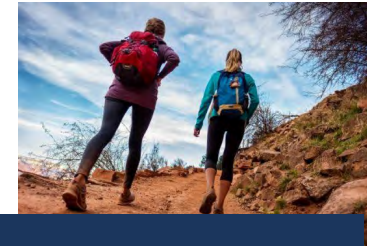
Physical Education

Dance

Play



Physical activity



Across sectors

Incidental activity

**Walking
recreation**

Physical activity

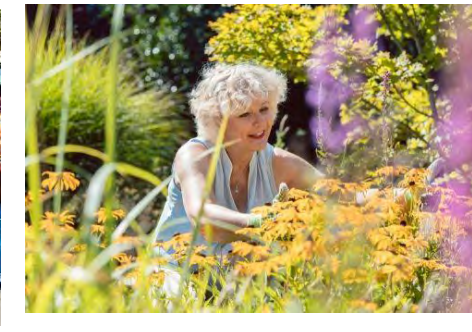
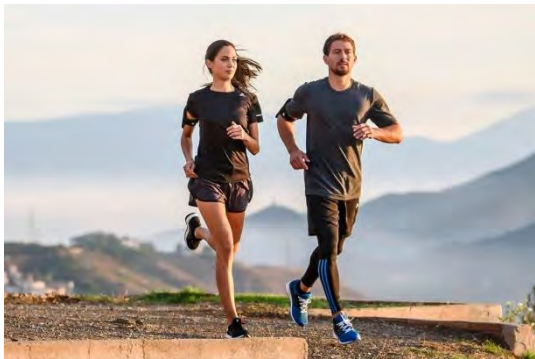
Across the age range

Exercise

Running

Gardening

Play



Physical activity

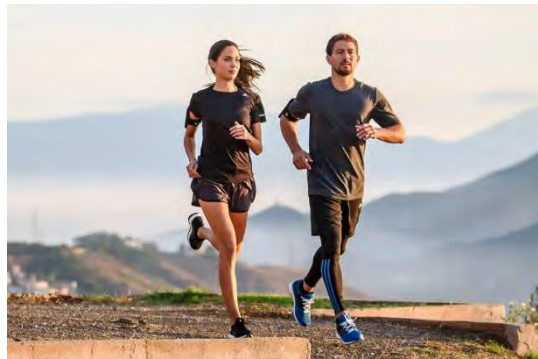


Across sectors

Incidental activity



Walking recreation

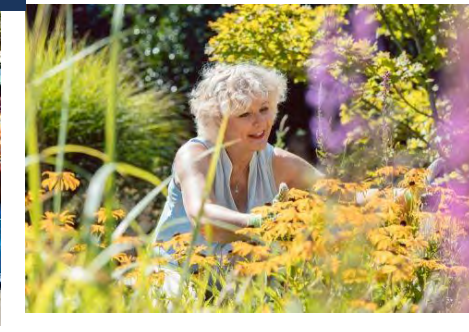


Exercise

Across the age range



Across society



1. 'Why' is physical activity a priority policy investment for Australia?

1a. Why an Australian National Physical Activity Action Plan?



Chronic diseases a global epidemic

Chronic diseases a global epidemic

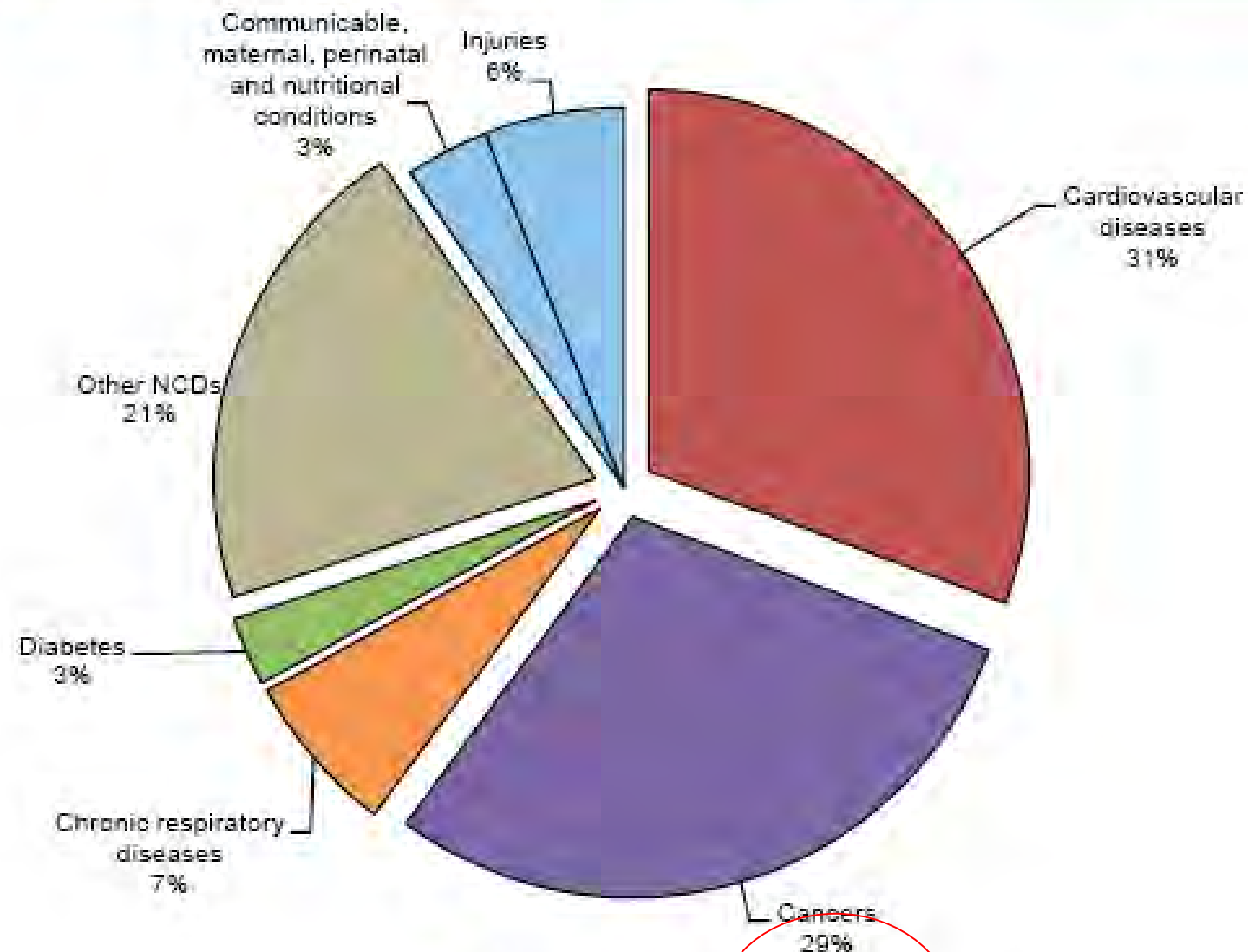


Noncommunicable Diseases
Country Profiles 2014



Percentage of population living in urban areas: 89.2%
Population proportion between ages 30 and 70 years: 50.2%

Proportional mortality (% of total deaths, all ages, both sexes)



Total deaths: 147,000
NCDs are estimated to account for 91% of total deaths.

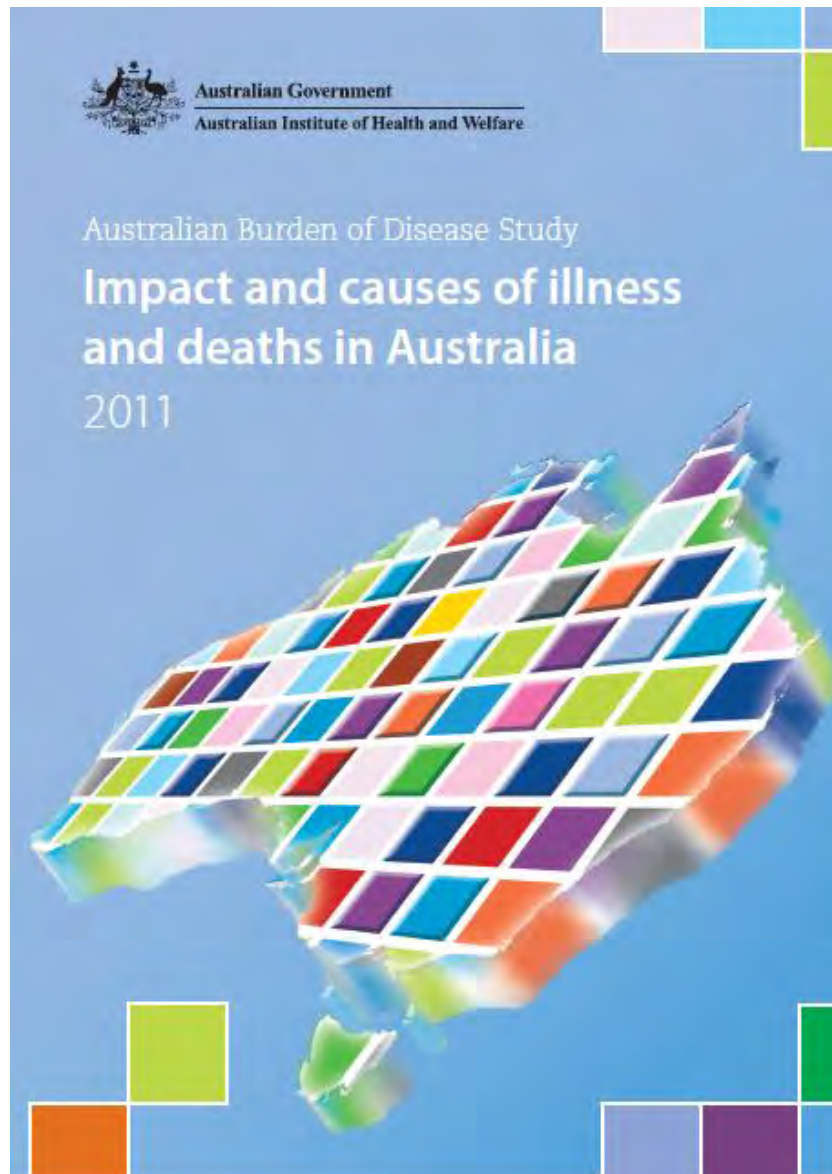
The burden of heart disease (Australia's single leading cause of death)

- Australia's single leading cause of death (18,590 deaths in 2017)
- An average of one Australian dying of heart disease every 28 minutes)
- 51 deaths every day
- In 2017-18 580,000 people reported that they had heart disease



Heart attacks aren't always what you think



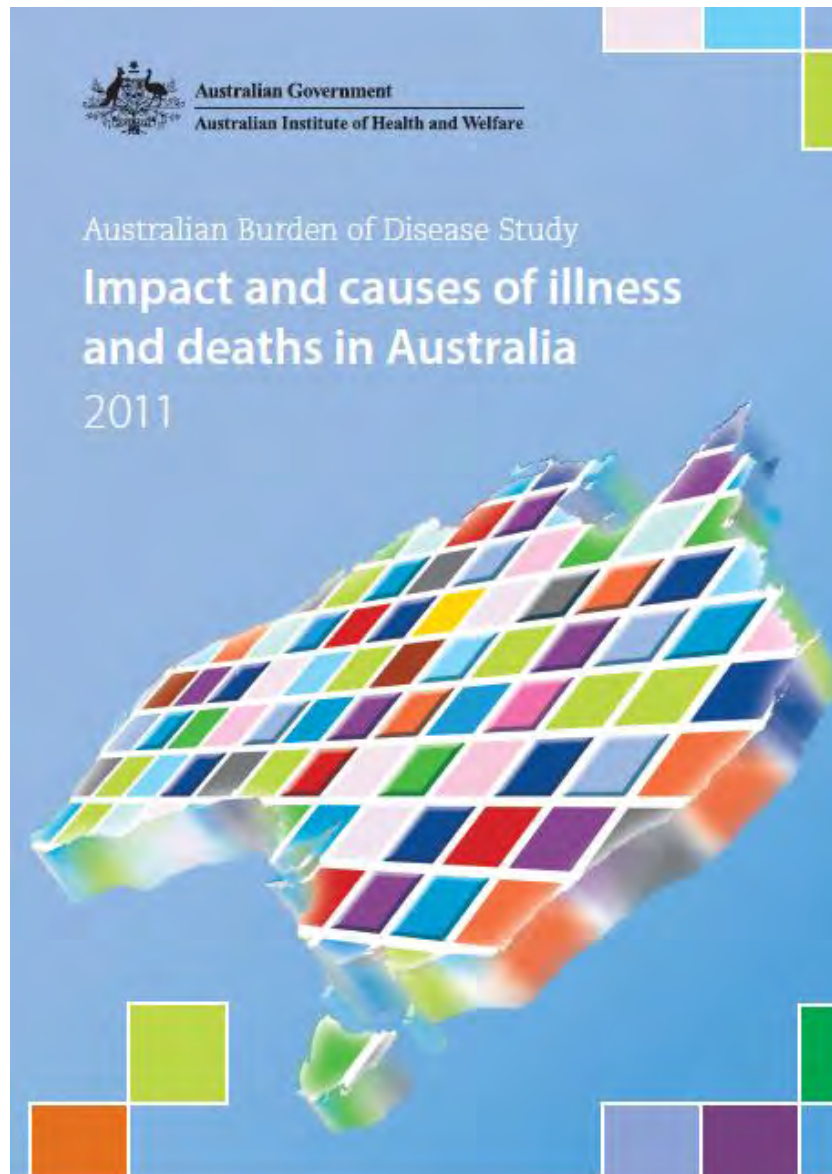


Cardiovascular disease burden – league table

1. High blood pressure	31.7%
2. Physical inactivity	21.2%
3. High body mass	21.1%
4. High blood cholesterol	16.2%
5. Tobacco	12.0%
6. Diet low in fruit	10.1%
7. Diet low in vegetables	8.9%
8. Alcohol	4.8%
9. Air pollution	4.1%
10. High blood glucose	2.8%



The combined effect of risk factors on the burden of cardiovascular disease is 69%



Cardiovascular disease burden – league table

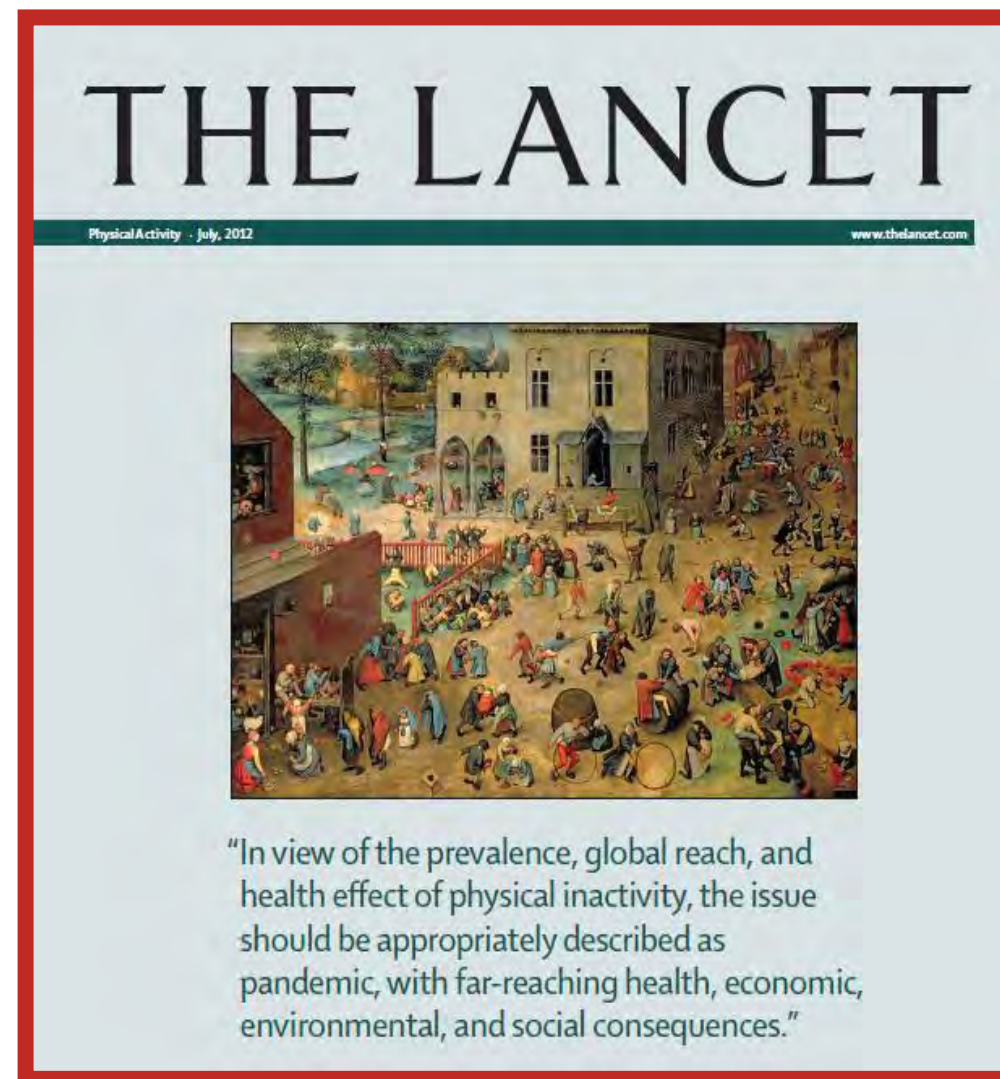
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The combined effect of risk factors on the burden of cardiovascular disease is 69%

Inactivity is a modern epidemic:

Lee et al *The Lancet* 2012

- Physical inactivity caused 9% of global premature mortality or more than 5.3 million deaths worldwide in 2008 (Lee et al., *The Lancet*, 2012).



THE LANCET

Physical Activity · July, 2012

www.thelancet.com



"In view of the prevalence, global reach, and health effect of physical inactivity, the issue should be appropriately described as pandemic, with far-reaching health, economic, environmental, and social consequences."

Richard Horton
Editor
The Lancet, July, 2012

<http://www.thelancet.com/series/physical-activity>

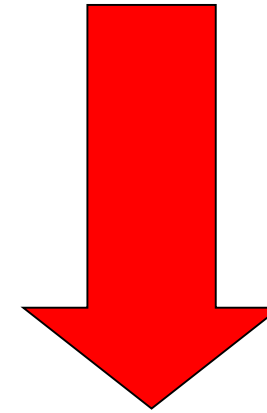
The good news!!

Today we announce the new wonder drug



a wonder drug that:

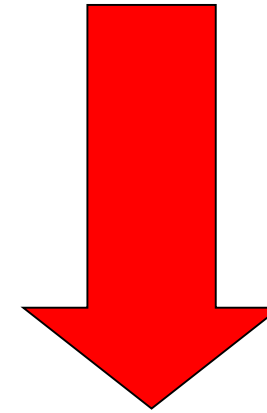
- Reduces risk of*
 - All cause mortality by 30%



* Risk reduction across studies reported in Brown WJ, Bauman AE, Bull FC, Burton NW. Development of Evidence-based Physical Activity Recommendations for Adults (18-64 years). Report prepared for the Australian Government Department of Health, August 2012.

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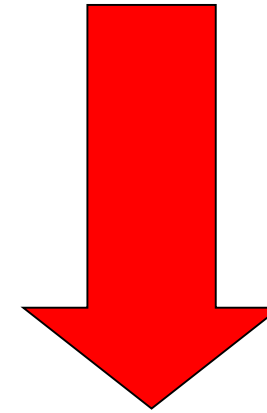
- Reduces risk of*
 - All cause mortality by 30%
 - CVD by 35%



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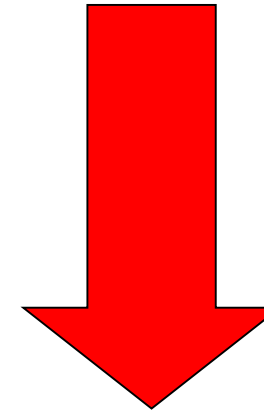
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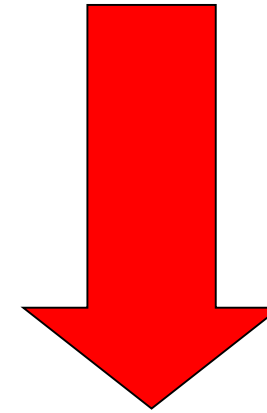
- Reduces risk of*
 - All cause mortality by 30%
 - CVD by 35%
 - Breast cancer by 20%
 - Colon cancer 30%



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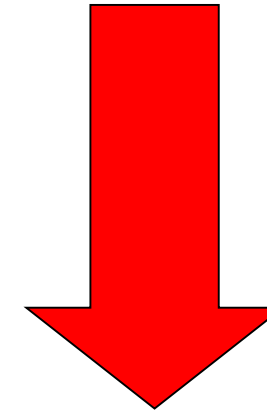
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 - All cause mortality by 30%
 - CVD by 35%
 - Breast cancer by 20%
 - Colon cancer 30%
 - Type 2 diabetes 42%



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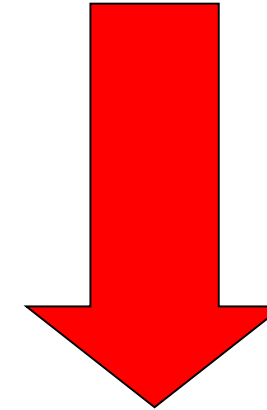
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 - Breast cancer by 20%
 - Colon cancer 30%
 - Type 2 diabetes 42%
 - Depression 30%



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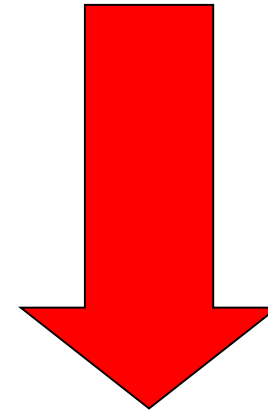
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 - Slows the progression of cognitive decline in the elderly



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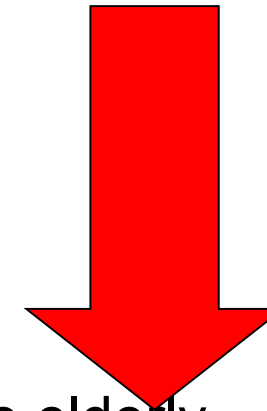
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 - Slows the progression of cognitive decline in the elderly
 - **Boosts academic achievement in the young**



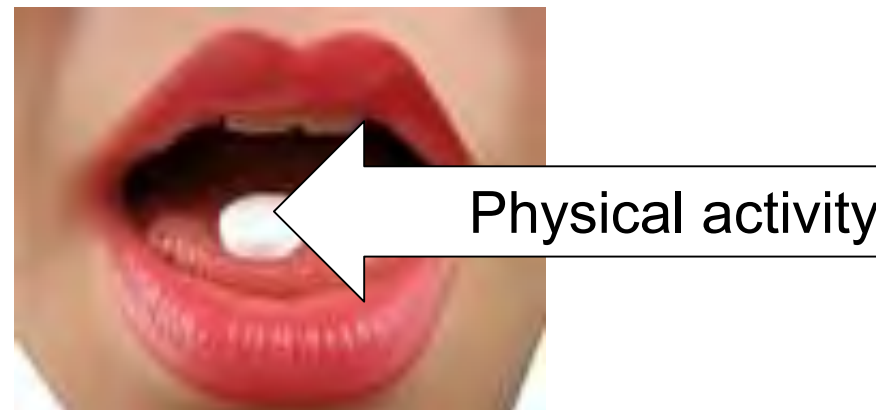
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Agtita Mundo Sao Paulo 'Agitol'



Co-benefits

When a population walks, cycles and takes public transport
it is not only health that benefits...



*Photo,
Healthy Active by Design case study,
Morrison Street, Hobart
photographer: Natalie Mendham*

Physical Activity

- a cross-sector issue with numerous *co-benefits*

Co-benefits of investing in walking, cycling, public transport and healthy built environments

- **Public health** benefits
 - Reduced heart disease
 - Reduced type 2 diabetes
 - Reduced obesity
 - Improvements in other risk factors
- Reduced **traffic congestion**
- Reduced **air pollution**
- Climate change, **sustainability** and reduced fossil fuel dependence
- **Safer streets** and more convivial neighborhoods
- **Vibrant communities**
- **Fitness for work, productivity**
- **Educational outcomes for children**

(Giles Corti B., Foster S., **Shilton TR** & Falconer R. The co-benefits of investing in active transportation. *NSW Public Health Bulletin*. July 2010)

Planning objectives	Expand roadways	Efficient and alternate fuel vehicles	Mode shifts and smart growth
Reduce traffic congestion	✓		✓
Roadway costs savings			✓
Parking costs savings			✓
Consumer cost savings			✓
Improve mobility options			✓
Improve traffic safety			✓
Energy conservation		✓	✓
Pollution reduction		✓	✓
Efficient land use			✓
Public health and fitness			✓

(Source: Litman & Doherty 2009)

“
Exercise is a well evidenced & low cost method for reducing the impact of NCDs.

It's a win-win policy option, with active communities delivering economic, environmental & social policy benefits, & contributing to at least 8 SDGs.

Trevor Shilton, ISPAH &
Lucy Westerman, NCD Alliance

”



How active are Australians?

How active are Australians?

Australian Guidelines

What is the prescription?

- **Adults:**
 - 150 minutes of moderate to vigorous physical activity on most days of the week
- **Children and young people:**
 - at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
 - not more than 2 hours per day using electronic media for entertainment

How active are Australians?

Australian Guidelines

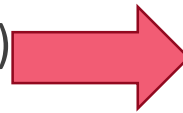
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How are Australians doing?

Adults

- **56.0 % of Australian adults** are not doing enough physical activity for good health
- **75% of seniors (over 65 years)** are not meeting physical activity guidelines

Children and young people

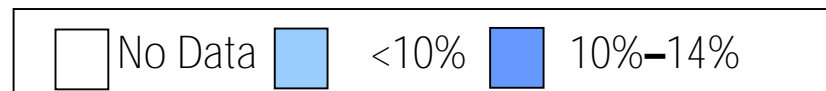
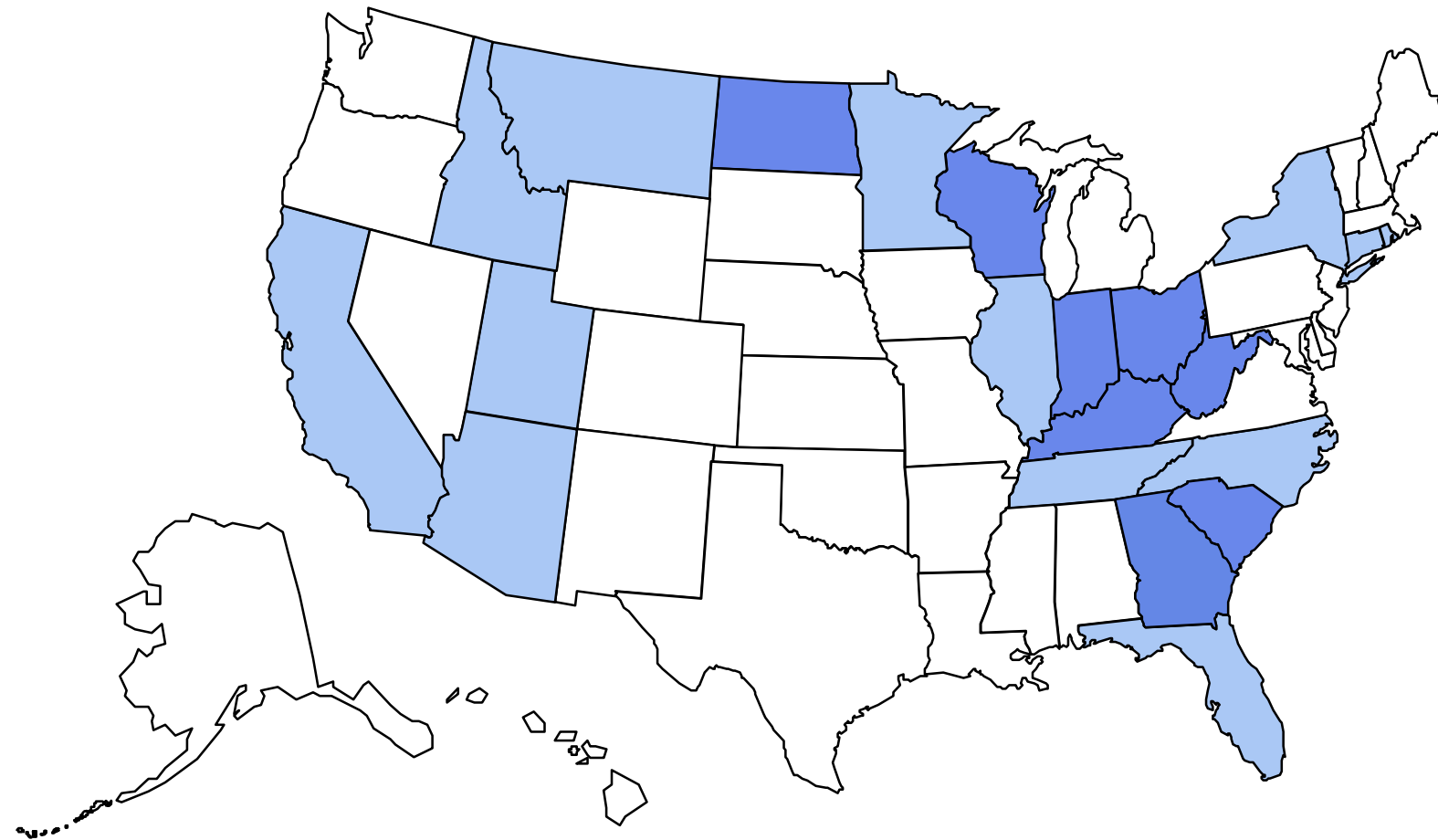
- **> 80% of children and young people** are not meeting physical activity guidelines (60 mins a day)
- **> 80% of children and young people** are exceeding screen guidelines

What about obesity?

Obesity Trends* Among U.S. Adults

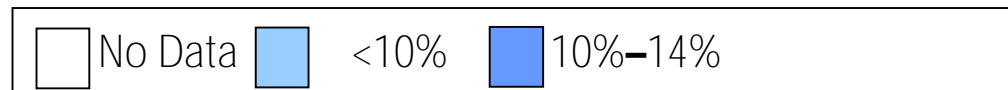
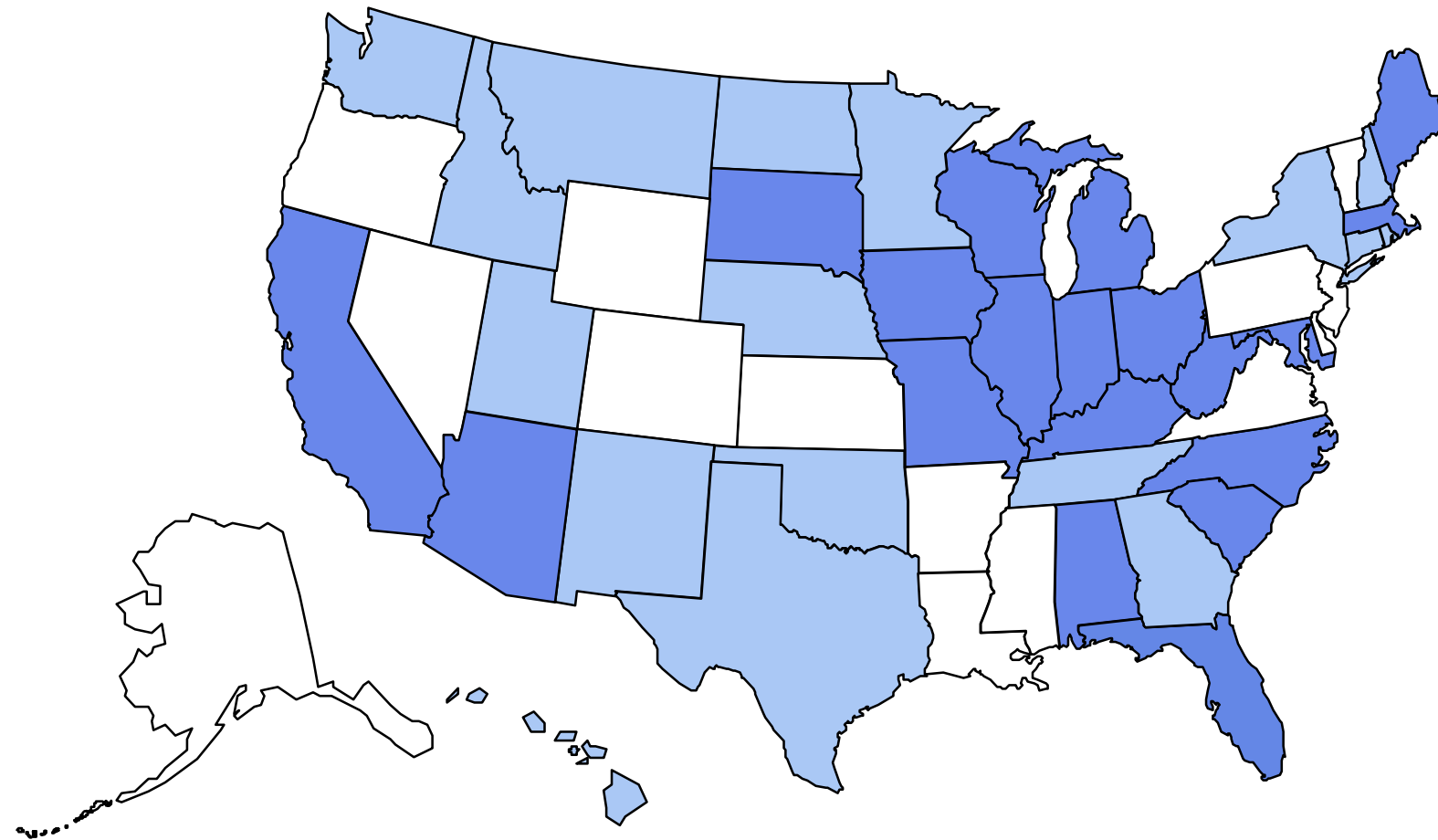
BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



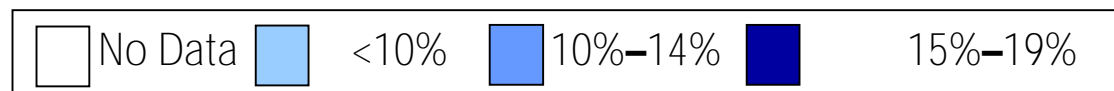
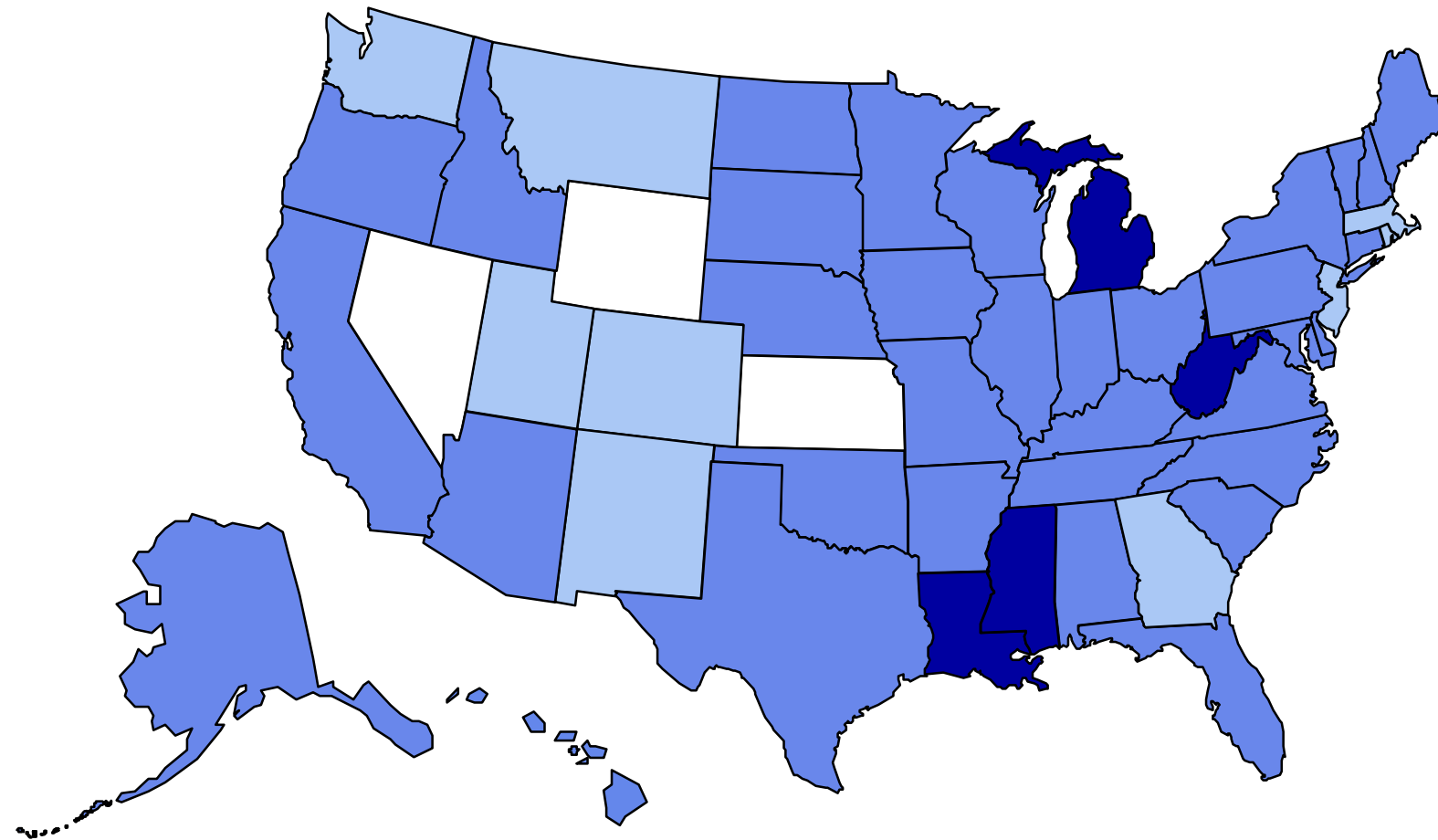
Obesity Trends* Among U.S. Adults BRFSS, 1988

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults BRFSS, 1991

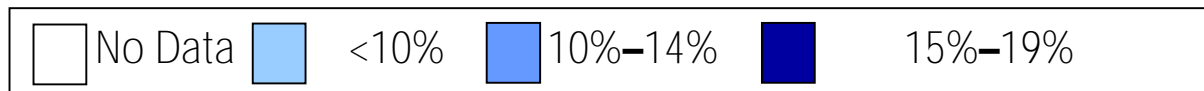
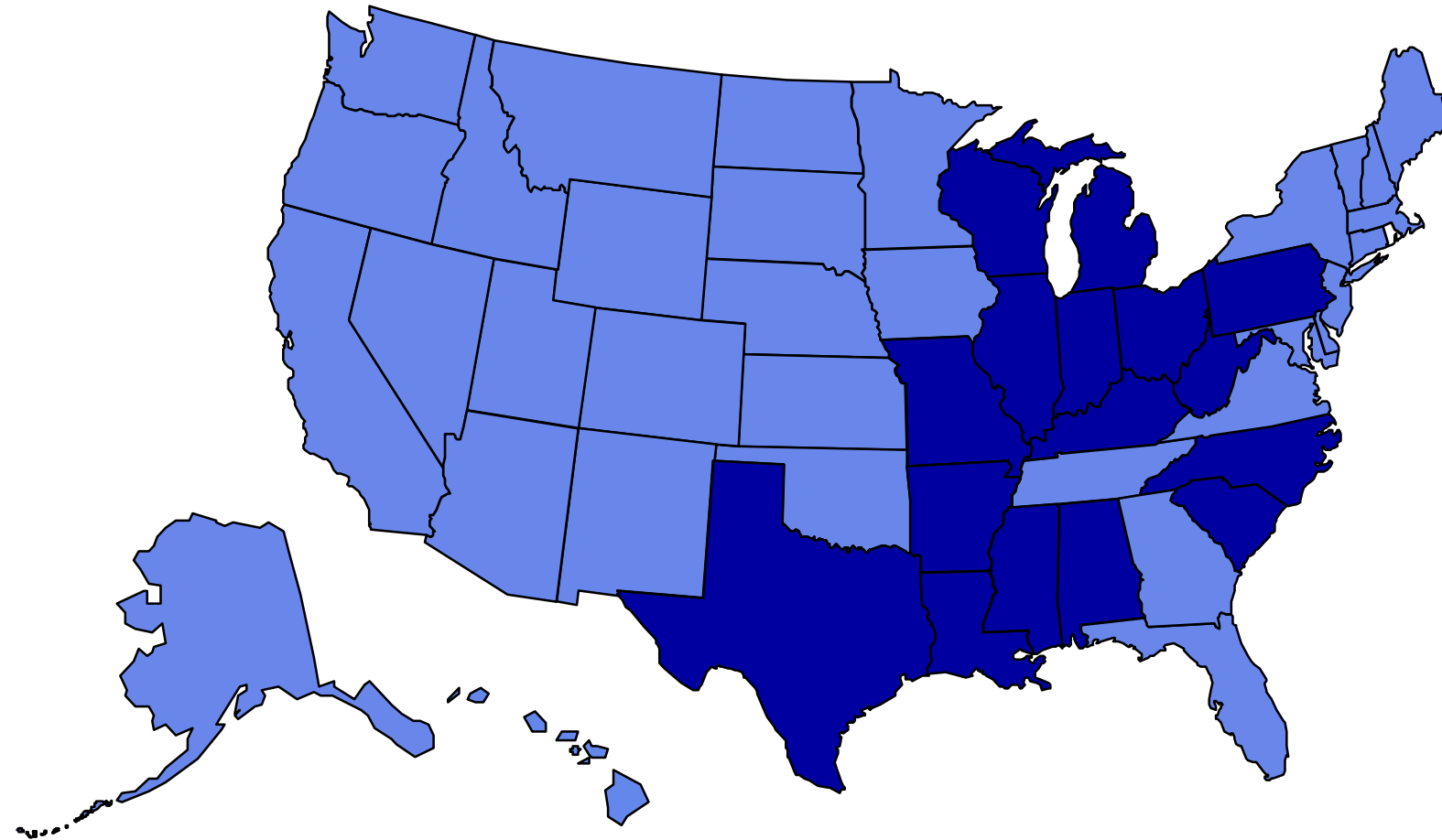
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Obesity Trends* Among U.S. Adults

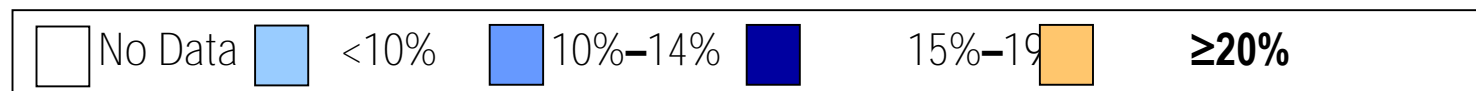
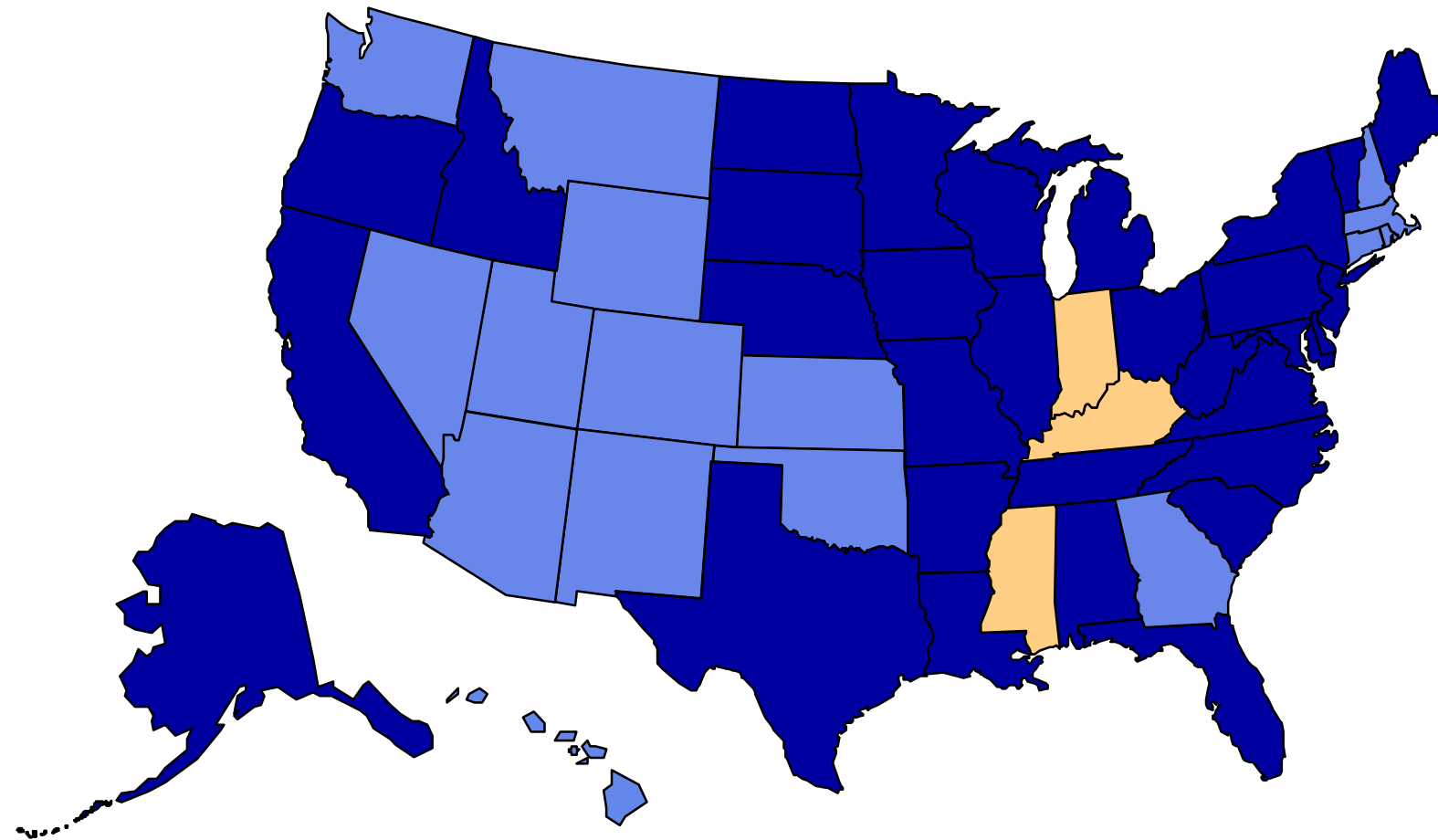
BRFSS, 1994

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



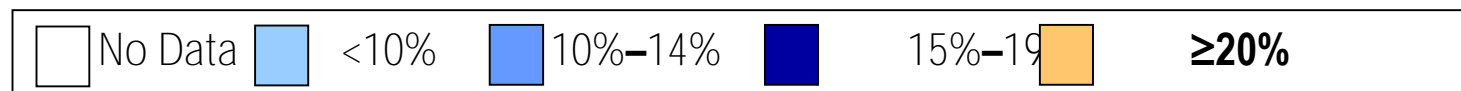
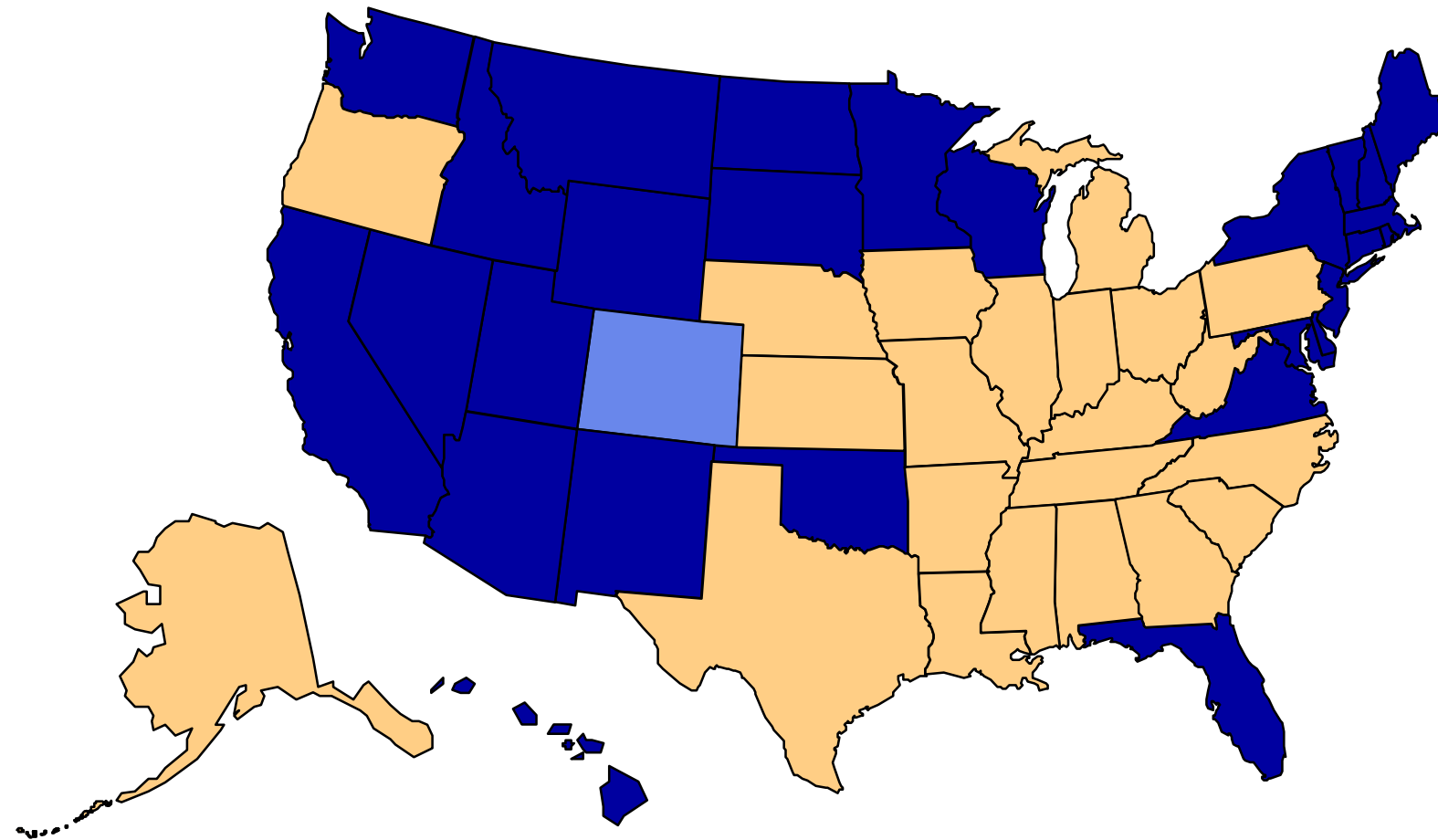
Obesity Trends* Among U.S. Adults BRFSS, 1997

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults BRFSS, 2000

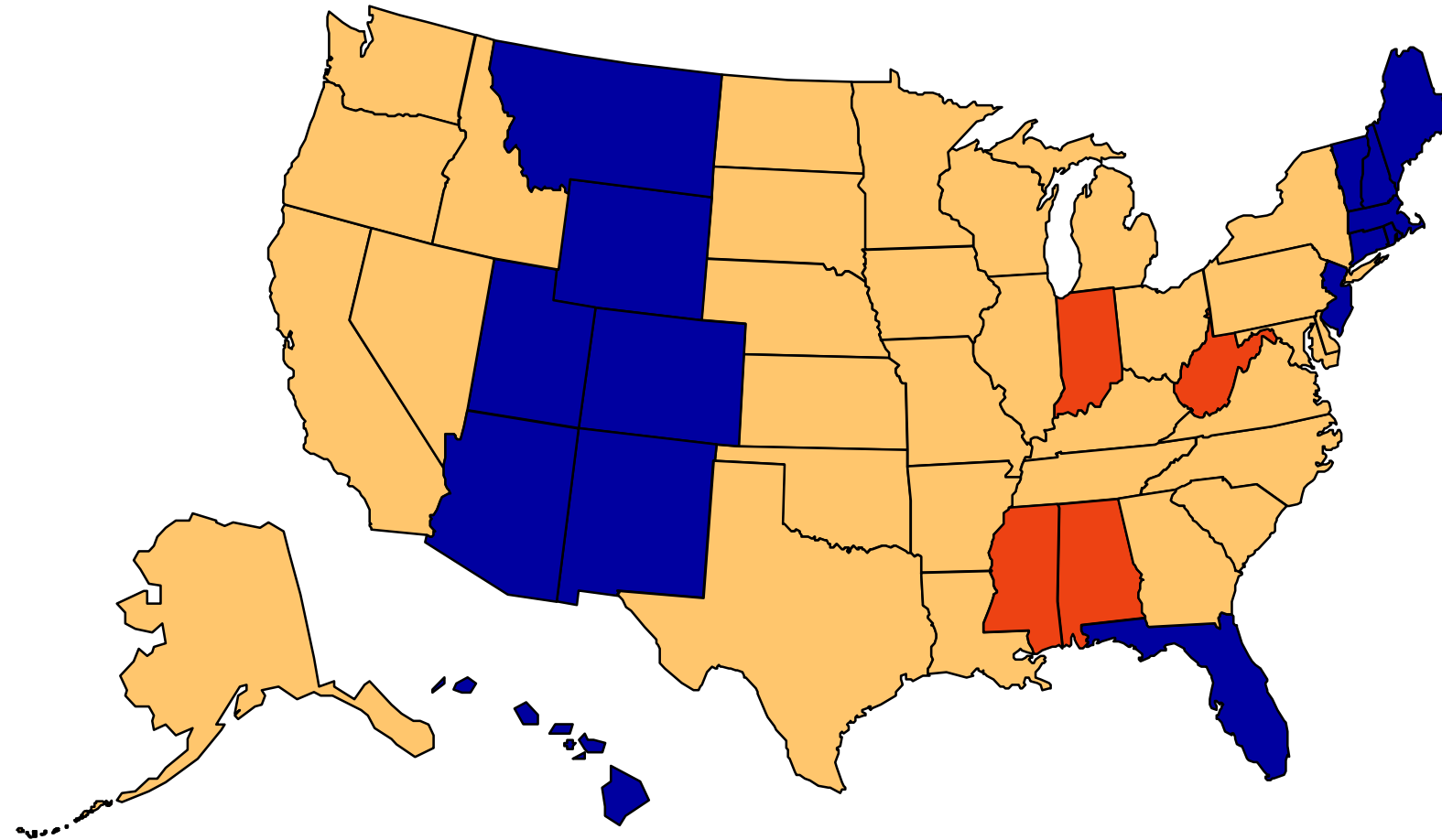
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Obesity Trends* Among U.S. Adults

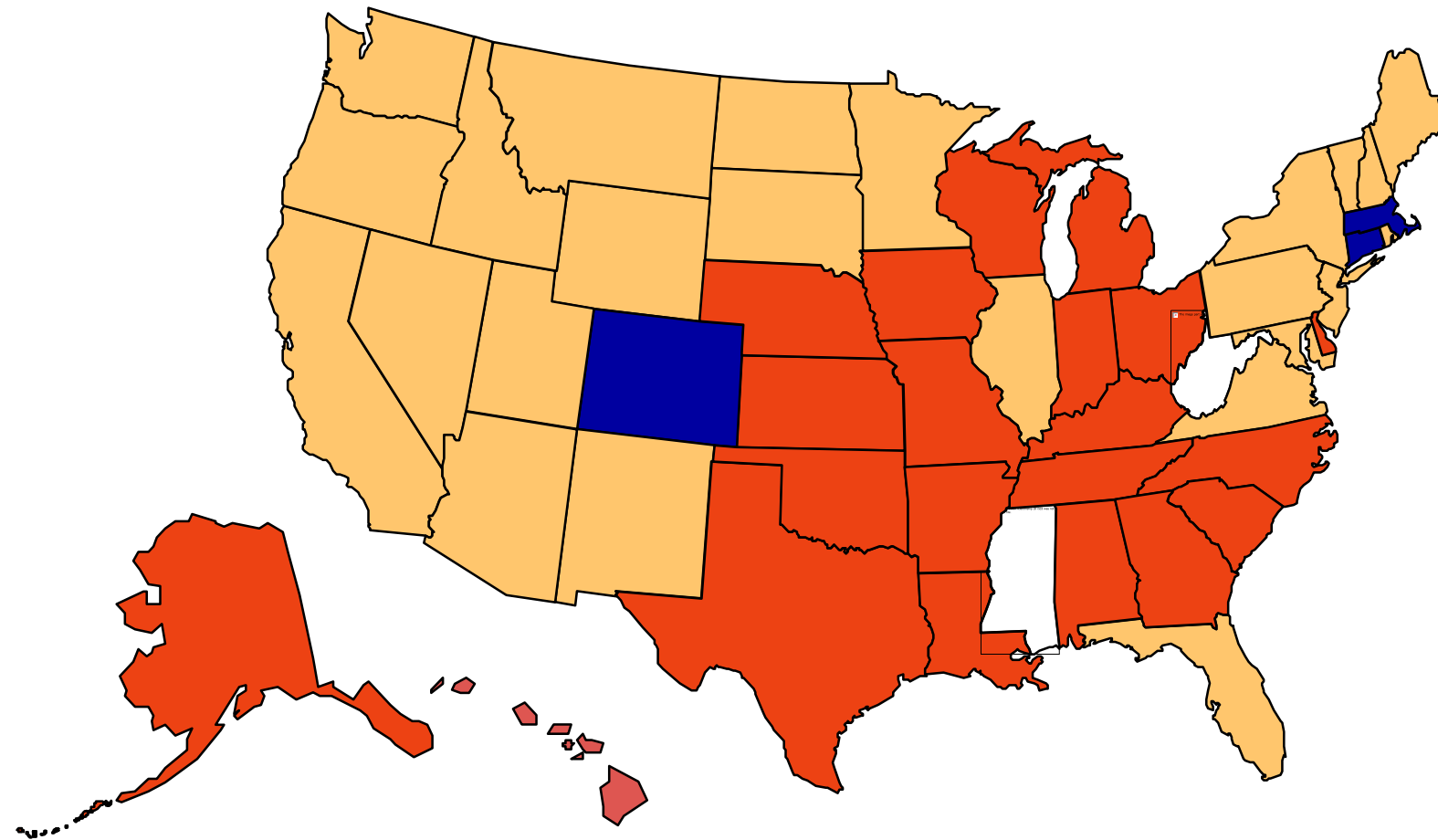
BRFSS, 2003

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults BRFSS, 2006

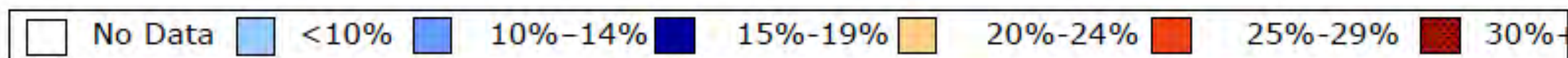
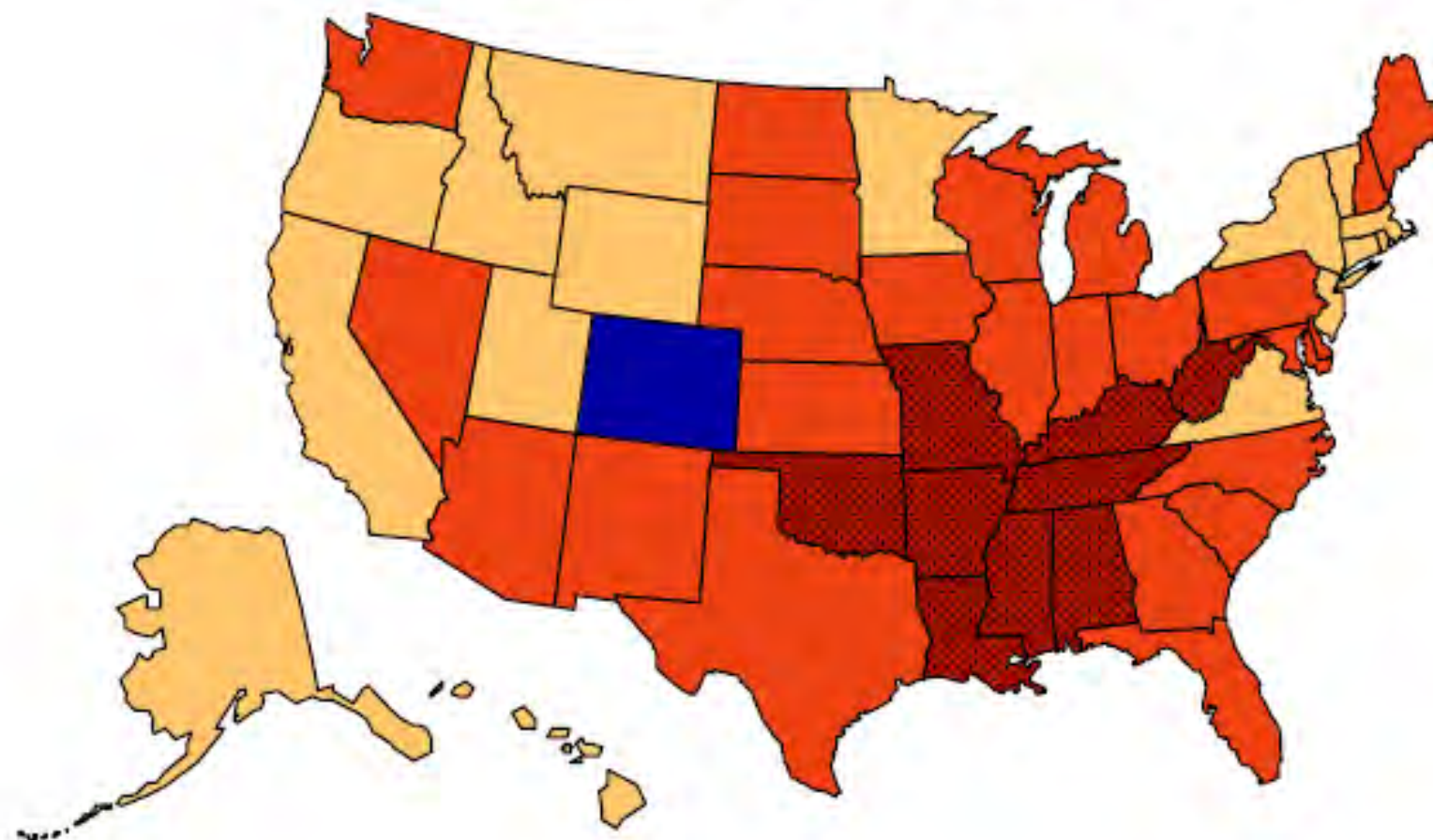
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2009

(*BMI ≥ 30 , or \approx 30 lbs overweight for 5' 4" woman)



An Australian problem too

- Two thirds of men overweight or obese
- A half of women overweight or obese
- A quarter of children overweight or obese

What has changed since 1985 that is driving this problem?

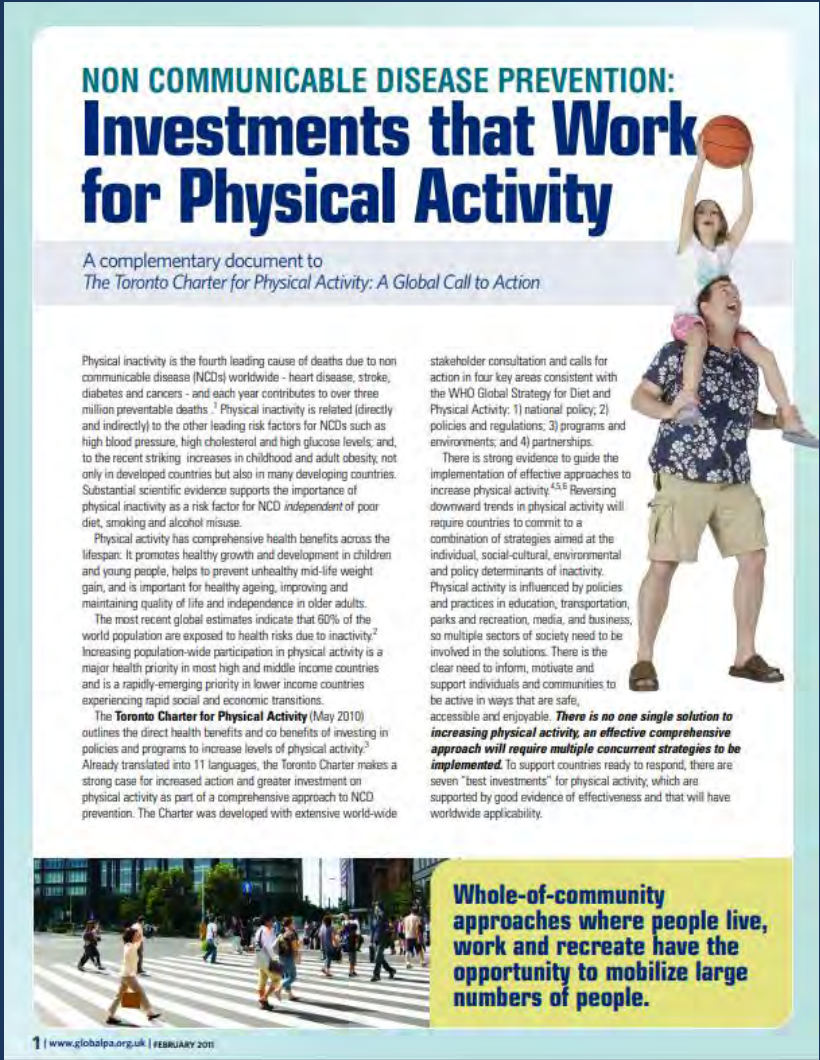
2. 'What' are the best investments for increasing physical activity in Australia



International consensus



WHO Global Action Plan
for Physical Activity



ISPAH 7 best
Investments for
Physical Activity



Heart Foundation
Blueprint for an
Active Australia





Blueprint for an Active Australia

Third edition

Australian national guidance from the Heart Foundation

Blueprint for an Active Australia, 3rd edition (2019)

A statement on Government and community actions
To increase population levels of
physical activity in Australia

13 Action Areas
to Get Australia Moving



For each Action Area



Why is it
Important?

What do we need
To Do about it?



ACTION AREA 1 – Built environments

ACTION AREA 2 – Workplaces

ACTION AREA 3 – Health care

ACTION AREA 4 – Active travel

ACTION AREA 5 – Prolonged sitting (sedentary behaviour)

ACTION AREA 6 – Sport and active recreation

ACTION AREA 7 – Disadvantaged populations

**ACTION AREA 8 – Aboriginal and Torres Strait
Islander peoples**

ACTION AREA 9 – Children and young people

ACTION AREA 10 – Older people

ACTION AREA 11 – Financial measures

ACTION AREA 12 – Mass-media strategy

ACTION AREA 13 – Research and program evaluation



Blueprint for an Active Australia: Action Areas

1. Healthy built environments:

- Our health and the places where we live are inextricably linked.
- For heart health in particular we see better health outcomes in communities where there are opportunities to be active in everyday life, these include;
 - good walking and cycling facilities,
 - access to public transport,
 - a network of appealing public open spaces,
 - facilities such as schools, recreation facilities and public places that maximise interaction.
 - compact mixed use neighbourhoods – which include employment, education, fresh food outlets and community facilities within walking distance
 - a range of housing choices within these neighbourhoods to meet the needs of a diverse community across the age range.

NATIONAL NSW PLANNING

Why Sydney's urban sprawl is harmful to your health

By [Andrew Taylor](#)

September 8, 2019 – 12.00am



f t e A A A

Ten per cent of Australians live in homes harmful to their health, according to planning experts, who argue health should be at the forefront of planning laws and regulations.

Long commutes caused by Sydney's urban sprawl are also affecting people's health by robbing them of time to exercise, prepare healthy food and engage in social activities.

Adjunct Professor Trevor Shilton, the Heart Foundation's director of active living, said Sydney's sprawl affected the health of people living in outer suburbs because long commutes and traffic congestion robbed them of time for recreation and physical activity.

Residents living in poorly-planned areas also had less access to healthy fresh foods and fewer opportunities for exercise, Professor Shilton said. "People in these communities tend to have higher body mass index, lower levels of physical activity, higher blood pressure and higher levels of heart disease."

HEALTHY ACTIVE BY DESIGN GUIDE

Each design feature has a high level objective set out below.



PUBLIC OPEN SPACE - a network of walkable, appealing and public open spaces helps meet recreational, play and social needs.



COMMUNITY FACILITIES - co-located and integrated facilities, such as schools and recreation facilities, maximise community interaction.



BUILDINGS - design buildings and sites that specifically support increased levels of physical activity, whether incidental or deliberate and healthy food access.



DESTINATIONS - compact mixed-use neighbourhoods, which include employment, education, public transport and fresh food outlets, forge vibrant and active neighbourhoods.



MOVEMENT NETWORKS - facilitate safe and convenient travel within neighbourhoods through an accessible, integrated and connected walking, cycling and public transport routes.



HOUSING DIVERSITY - dwelling choices, through a range of housing and occupancy types, meet the needs of a diverse community throughout members' life stages.



SENSE OF PLACE - a sense of community emerges when residents have opportunities to meet and interact in community places of interest, through use of local building materials highlighting local stories and history and responding to the local climate.



HEALTHY FOOD - Planning for food demands focus on planning and design of food environments, retail and promotion; production space, transport infrastructure and availability of and access to healthy food outlets.



HEALTHY
ACTIVE
BY DESIGN

8 design features

Healthy Active by Design (HAbD) is an online portal that:

- outlines the evidence linking health and our built environment
- Provides checklists, tools and 164 case studies illustrating how we can build healthier communities

www.healthyactivebydesign.com.au

Health, design and planning **have always been connected**

100+ years ago, urban conditions were a breeding ground for infectious disease epidemics



A TENEMENT, NEW YORK
(Reproduced from a photograph by Anthony J.)

Over-crowding
in Lower Manhattan

1910 density:
114,000 people/ sq. mi.

2011 density:
67,000 people/ sq. mi.



Inadequate systems
for garbage, water, and
sewer, leading to
pervasive filth and
polluted water supplies

Major epidemics:

Air/droplet-borne diseases:
TB

Water-borne diseases:
Cholera

Vector-borne diseases:
Yellow-fever

**ACTIVE
DESIGN**

The response was through infrastructure interventions



1842

New York's water system established – an aqueduct brings fresh water from Westchester.

1857

NYC creates Central Park, hailed as “ventilation for the working man’s lungs”, continuing construction through the height of the Civil War

1881

Dept. of Street-sweeping created, which eventually becomes the Department of Sanitation

1901

New York State Tenement House Act banned the construction of dark, airless tenement buildings

1904

First section of Subway opens, allowing population to expand into Northern Manhattan and the Bronx

1916

Zoning Ordinance requires stepped building setbacks to allow light and air into the streets

**ACTIVE
DESIGN**

Image
Source: NYC Active Design

Planning solutions to the modern epidemic of inactivity

Invest in

- **Movement Networks** conducive to walking and cycling and public transport
- **Public open spaces** for sport, recreation and nature
- Healthy active design of **buildings, workplaces and schools**
- Vibrant public places that foster **social interaction**
- **Walkable and cycle-able** destinations close to home
- **Diversity of housing**

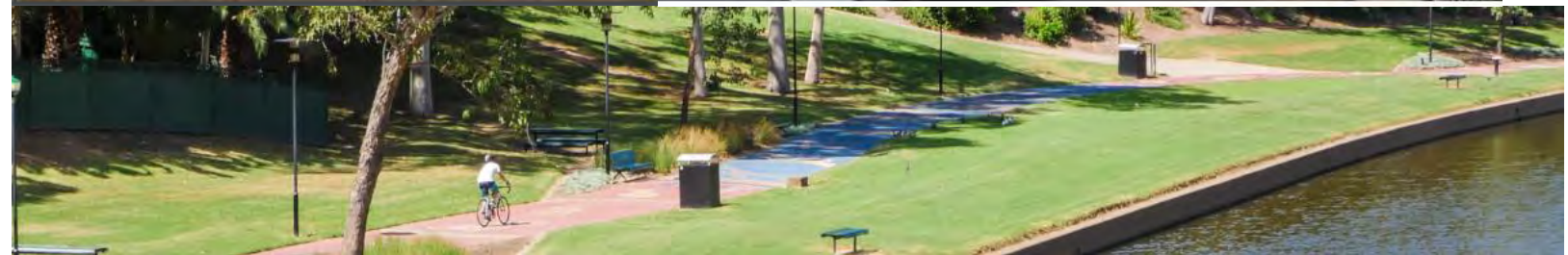
Making healthy choices easier / unavoidable



Blueprint for an Active Australia: Action Areas

2. Active and sustainable travel

- Support walking and cycling to school programs to create safe journeys for all children (in partnership with local government, transport, education)
- Develop and fund a national walking and cycling strategy
- Provide financial or tax incentives to encourage employees to walk, cycle or take public transport to work
- Work with State, Territory and local governments to enhance laws that protect vulnerable road users.



Blueprint for an Active Australia: Action Areas

3. Healthy settings:

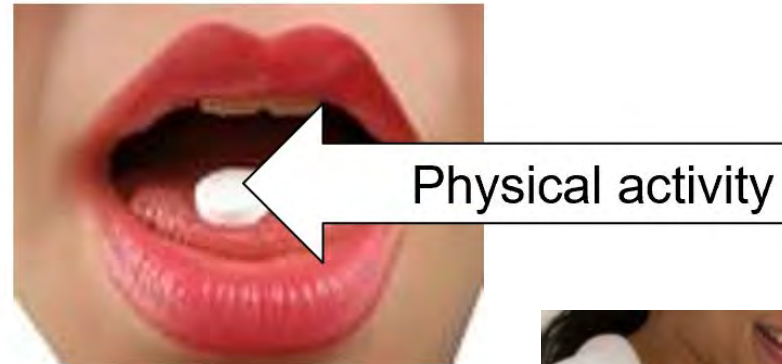
- **Workplaces:** Policies, programs and environments
- **Schools and education:**
- **Sport and active recreation:** Programs and opportunities for all



Blueprint for an Active Australia: Action Areas

3. Healthy settings:

- **Health care:** Active prescriptions
- Fund evidence-based physical activity programs in primary care for people at risk of chronic disease
 - Brief intervention brief advice and active prescription
- Establish referral pathways and subsidies for GPs and allied health professionals to educate and refer patients into physical activity programs



Blueprint for an Active Australia: Action Areas

5. Schools

Children and adolescents:

- Mandate delivery of high quality physical education lessons in K-12 (totalling between 150-180 mins/week) that focuses on life-long engagement in physical activity, sport and mastery of fundamental movement skills.
- Work with local governments to support enhance neighbourhood infrastructure funding to support children to play safely, and to walk and cycle to school

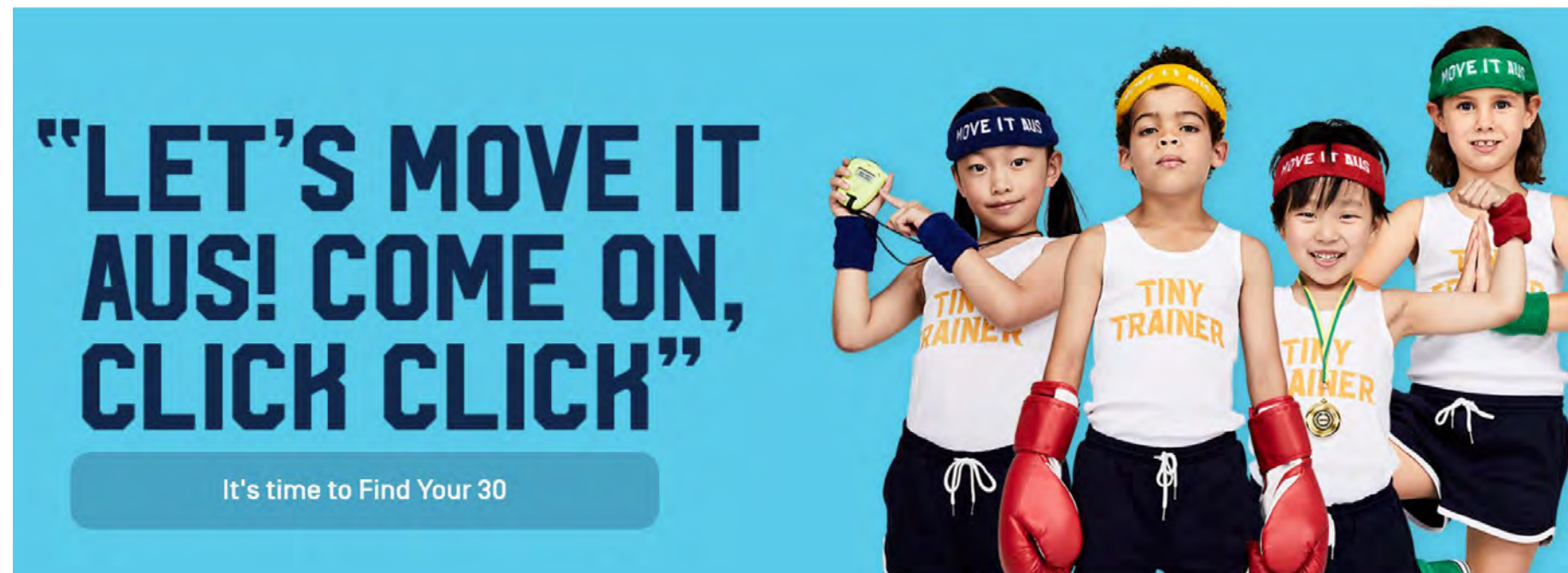


Blueprint for an Active Australia: Action Areas

4. Public Education:

Mass media, public education, social media, culture change

- Commit to a long-term campaign including mass media and social marketing to:
 - Raise awareness of benefits
 - Promote opportunities to be active
 - Increase motivation
 - Provide an umbrella for culture change



Blueprint for an Active Australia: Action Areas

5. Priority populations:

1. Disadvantaged Populations:
2. Aboriginal and Torres strait Islander Peoples:

3. Older people:

The ageing of the Australian population **is our most important demographic change**

Investing in physical activity programs for **seniors** will pay dividends by

- Reducing **hospital admissions**
- Reducing **preventable disease**
- Increasing **independent living**
- Reducing **cognitive decline**
- Reducing **social isolation**, and
- Improving **mental health**.





National guidance

Blueprint for an Active Australia
3rd edition (2019)

This is a 'blueprint' for what Australia needs to do to increase population levels of physical activity.

A framework for an
Australian National Physical Activity
Action Plan

Image sources: *Blueprint for an Active Australia* (National Heart Foundation, 2019)

5. Conclusions

Take-home messages





*We call for the
Australian Government
to fund development and
implementation of a National
Physical Activity Action Plan to
implement the actions in the
Blueprint for an Active Australia
and commit to an active and
healthy future for
all Australians.*

Take home messages

1. 'Why' is physical activity a priority policy investment for Australia?

- Australia is an inactive nation (people of all ages)
- This has broad ranging consequences
- The benefits of investment are significant and cross-sectoral
 - For health, economy, environment

2. 'What' are the best investments for increasing physical activity in Australia

- We know where to invest
- We know the intervention mix that is effective and cost-effective
- The Heart Foundation's *Blueprint for an Active Australia* provides a framework for a national action plan
- Better cities – is a big part of the solution

How can you help advocate for investment in a funded Australian National Action Plan on Physical Activity?

How can we help you?



Thank you

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