NSW Healthy Eating and Active Living Strategy at a glance

OUR GOAL

To keep people healthy and out of hospital

TARGETS

• Reduce overweight and obesity rates of children and young people (5-16 years) to 21% by 2015

• Stabilise overweight and obesity rates in adults by 2015, and then reduce by 5% by 2020

• Increase participation in sport, recreational, arts and cultural activities in rural and regional NSW by 10% and in Sydney by 10% from 2010 to 2016

• More than double the mode share of bicycle trips made in the Greater Sydney region, at a local and district level by 2016

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

• Increase the proportion of total journeys to work by public transport in the Sydney Metropolitan Region to 28% by 2016

• Increase the percentage of the population living within 30 minutes by public transport of a city or major centre in metropolitan Sydney

OBJECTIVES

• Reduce intake of energy-dense nutrient-poor food and drinks

• Increase consumption of fruit and vegetables

• Increase incidental, moderate and vigorous physical activity

• Reduce time spent in sedentary behaviours

• Increase community awareness of healthy eating and physical activity as protective factors against chronic disease

• Increase intake of water in preference to sugar-sweetened drinks

This Strategy will encourage the community to make healthy lifestyle changes and support healthier living through better planning and transport solutions

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STRATEGIC DIRECTIONS

1. Environments to support healthy eating and active living

2. State-wide healthy eating and active living support programs

3. Healthy eating and active living advice as part of routine service delivery

4. Education and information to enable informed, healthy choices