



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



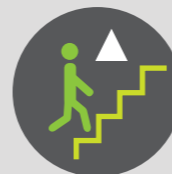
- Increase the percentage of the population living within 30 minutes by public transport of a city or major centre in metropolitan Sydney

OBJECTIVES



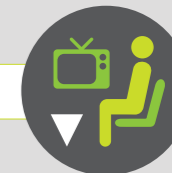
- Reduce intake of energy-dense nutrient-poor food and drinks

- 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

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

