

international studies had found that an additional 30 minutes driving per day is associated with a three percent increase in the likelihood of obesity. Australian studies have found that one-third of daily car journeys are shorter than three kilometres and 10 percent are less than one kilometre. Active transport options, for these journeys, like walking, cycling or public transport would increase the incidental activity of Australians.<sup>153</sup>

- 3.140 Local government has responsibilities for providing a healthy environment for communities and as such can play a central role in helping reverse rates of obesity. It owns and manages local infrastructure and is best positioned to identify local needs and understand local conditions.<sup>154</sup> In addition to planning, designing and developing the urban environment, local government provides sporting facilities and recreational programs. Local government can play a significant role in improving urban built environments. Professor Baur from Westmead Children's Hospital stated that local government could:

... look at issues around things like walkability of neighbourhoods, car policies, pedestrian precinct policies and even some planning policies about where fast food restaurants of types of local markets may occur.<sup>155</sup>