
Item : **Notice Of Motion - Fighting Heart Disease In Kogarah**

Author: Cr John Mikelsons

The following Notice of Motion signed by Cr John Mikelsons was submitted on 15 April 2008.

“I hereby give notice of my intention to move at the next meeting of the Council, the following motion:-

- a) That Council recognises that heart disease is one of the leading causes of death and disability in Australia, and that cardiovascular disease is expected to affect one in four Australians by 2051

- b) That Council commits to reducing the risk factors associated with heart disease in our local community by taking the following actions:
 - i. Providing as a condition of any new or renewed lease for outdoor dining areas on Council property that at least 50% of the alfresco dining area is smoke free.

 - ii. Providing as a condition of consent for any development application on private property that proposes an alfresco dining area that at least 50% of the alfresco dining area is smoke free.

 - iii. Developing a proposal with costings for Council's consideration to extend the Active Ageing program, or develop a similar program, for other demographic groups to promote physical activity, with a focus on reaching members of those groups where there are currently barriers to participating in physical activity.

 - iv. Investigating the Heart Foundation's "Heart Moves" program of low intensity exercise, and whether any local operators could offer these classes in partnership with Council.

 - v. Continuing to support the "Fruit Fix" program, which teaches children to eat healthier, be more active and care for their environment in local schools, monitoring its success and reviewing the project in 12 months time with a view to building on successes.

 - vi. Placing a special "lift out" in the next Kogarah Life which outlines warning signs for heart attack and stroke and advice on what to do in that event, and encouraging people, particularly women and other high risk groups, to discuss heart disease with their doctor.

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- vii Supporting the Heart Foundation "Go Red for Women Day" on Friday 13 June 2008 through publicity and an appropriate event planned in consultation with the Heart Foundation.
 - viii. Providing appropriate information, in consultation with the Heart Foundation, on Heart Disease in our libraries.
 - ix. Preparing amendments to the relevant Development Control Plans or standard conditions of consent for consideration by the Development and Health Working Party that require that new businesses that prepare and sell food not use artificial trans fatty acids for deep or shallow fat frying in the preparation of that food.
 - x. Preparing a report with suggested measures to raise public awareness of the risks of transfatty acids and other cholesterol raising fats, and reduce their use in existing food preparation businesses, either through incentives, regulation or education.
 - xi. Ensuring that artificial transfatty acids are not used in food preparation in those childcare centres where council provides and prepares foodstuffs.
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- c) That Council research other responses to heart disease and measures to reduce risk factors adopted by councils elsewhere or included in the Department of Local Government Physical Activity Guidelines for Local Councils, and report on other potential measures that Council might consider to reduce those risk factors.
 - d) That Council notes the participation of Council staff in the "10,000 steps Challenge" from 28 April - 9 May, wishes them well in their efforts, and congratulates them on their participation.
 - e) That Council notes that "Heart Week" will occur from 4-10 May 2008, and commits to supporting it through appropriate publicity in our libraries, customer service centre, civic centre and other appropriate locations..

Note from Councillor:

Heart disease is one of the leading causes of death and disability in Australia, and cardiovascular disease is expected to affect one in four Australians by 2051. The Heart Foundation has done significant research into the cause and effects of heart disease and has found that:

- a) Australian women are four times more likely to die of heart disease than breast cancer.
- b) Heart disease kills one in six Australians each year and one Australian dies almost every 20 minutes from the disease.
- c) Only one in four women had spoken to their doctor about heart disease.
- d) Heart disease is one of the leading causes of disability in Australia.
- e) Stroke, another form of cardiovascular disease, is the second biggest killer of Australian women.
- f) Cardiovascular disease is expected to affect one in four Australians by 2051.
- g) Cigarette smoking is the single largest preventable cause of death and disease in Australia, and a major risk factor for cardiovascular disease, as well as a range of cancers and other diseases and conditions.
- h) Trans fatty acids add to the risk of heart disease, are not essential, provide no known benefit to human health, and there is no safe level of trans fat consumption.

The key risk factors for heart disease can be loosely grouped into three categories - diet, exercise and smoking. This proposal aims to improve access to exercise for our local residents (particularly those where there are currently barriers), reduce exposure to fatty acids that increase bad cholesterol and decrease good cholesterol and reduce exposure to passive smoking. The proposals outlined are reasonable responses to a major health problem, and reflect approaches taken by local government in NSW, Australia and around the world.

Those aspects of the proposal which have a cost impact are subject to a further report detailing that impact.

More information:

<http://www.nyc.gov/html/doh/html/cardio/cardio-transfat.shtml>

<http://www.mosman.nsw.gov.au/environment/public-health/smoke-free>

http://www.kogarah.nsw.gov.au/resources/documents/Fruit_Fix.pdf

http://www.heartfoundation.org.au/Heart_Information/Warning_Signs.htm

http://www.heartfoundation.org.au/Heart_Information/Statistics.htm

[http://www.goforyourlife.vic.gov.au/hav/admin.nsf/images/Heartmoves_pamphlet.pdf/\\$File/Heartmoves_pamphlet.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/images/Heartmoves_pamphlet.pdf/$File/Heartmoves_pamphlet.pdf)

<http://www.dlg.nsw.gov.au/Files/Information/Physical%20Activity%20Guidelines.pdf>

End of Report