

Ms Marie Lawton
Public Liaison/Treasurer
Northern Rivers Rail Trail Inc.

7 September 2016

Dear Ms Lawton

Re: Support for the Northern Rivers Rail Trail proposal

Obesity Australia is pleased to support Northern Rivers Rail Trail Inc. to preserve the 130km of disused rail corridor between Murwillumbah and Casino and converting it to a modern cycle and walking trail through the region's landscapes. Turning this disused asset into a place where families can be physically active and enjoy the beautiful landscape offers an important opportunity to address one of Premier Baird's twelve health priorities, childhood obesity.

The region, as beautiful as it is, has very little infrastructure to promote walking and cycling. A number of studies confirm that trails and greenways are good for health, by promoting physical activity and mental health. The potential for the Northern Rivers Rail Trail to support a healthier community aligns with Obesity Australia's aim to ease the burden of obesity, diabetes and cardiovascular disease.

Walking and cycling are affordable, accessible and sustainable options for community members of all ages and are considered the most realistic way to build physical activity into people's daily lives. Development of the Northern Rivers Rail Trail would create a high quality walking and cycling link, connecting people with local towns, shops, schools and services, and providing essential infrastructure for both transport related and recreational physical activity.

We wish Northern Rivers Rail Trail Inc. every success in securing government commitment and funding for the 132km continuous walking and cycling trail in Northern Rivers Region NSW so this valuable community asset does not go to waste.

Yours Sincerely



Professor Stephen Simpson AC
Executive Director, Obesity Australia