



Australian Government
Department of Health and Ageing

Mr Phil Johnston
c/- Commonwealth Bank of Australia
Level 15, Colonial Centre
52 Martin Place
SYDNEY NSW 2000

Dear Mr Johnston,

Thank you for your recent email which was referred to the Minister for Health and Ageing, the Hon Tony Abbott MP, concerning the King of the Mountain website. The Minister has asked me to reply on his behalf.

The Australian Government is committed to making health promotion and disease prevention fundamental components of an effective and sustainable health system. Physical inactivity has been shown to be a risk factor for a number of chronic diseases and second only to tobacco use as one of the most important preventable risk factors contributing to the burden of disease in Australia. Accordingly, the Department of Health and Ageing is actively involved in promoting the health benefits of physical activity, and good nutrition, to all Australians.

In relation to physical activity promotion, research has shown that the greatest population health benefits will be obtained by moving people who are sedentary or inactive to becoming moderately active. This level of activity equates to the *National Physical Activity Guidelines for Australians* which encourages people to undertake 30 minutes of moderate-intensity physical activity on most, preferably all, days.

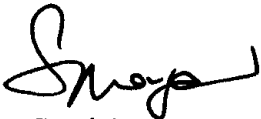
I have reviewed your website, www.kompm.com and wish to commend you on your efforts to promote cycling in the Greater Sydney, Illawarra area. However, the role of the Australian Government is to support national policy development and set frameworks to encourage action. Accordingly, the Department of Health and Ageing does not generally engage in or fund specific activities such as the King of the Mountain website.

I note that you have already approached the New South Wales Department of Health. I would encourage you to look at other opportunities for State Government support as your initiative appears to have more appropriate links with local sport, recreation and tourism programs.

You might also like to contact the Australian Sports Commission on (02) 6214 1111 or the Australian Bicycle Council which located within the Australian Government Department of Transport and Regional Services, by email at abc@dotars.gov.au.

I wish you well with your future endeavours.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Sarah Major', written in a cursive style.

Sarah Major
Assistant Secretary
Food and Healthy Living Branch

6 December 2004