

Enterprise and Business Committee
Active Travel (Wales) Bill
AT 6 - National Obesity Forum Wales

Dear Katherine,

The National Obesity Forum Wales strongly supports the Active Travel Bill. We also feel that we should set defined targets, if the Bill is to be successfully implemented.

Since the cause of obesity is multifactorial, undoubtedly the solution to it would have to address all these factors.

- Physical inactivity is probably the single most important cause for obesity in general and in Wales in particular.
- Lifestyle modification is the way forward to tackle the spread of this epidemic.
- That does not mean simply modifying your calorie intake only, it surely means that you should increase one's calorie expenditure by being more active and engaged in regular exercises.
- This must start from childhood and be pursued throughout life.
- Encouraging people to walk and or cycle would have to be a part of people's daily lifestyle.
- It is absolutely crucial for local authorities to be actively engaged in ensuring that active travel is feasible, safe and practical.

We support legislation to ensure that the necessary steps are taken, implemented and enforced.

Kind regards

Nadim

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