

27 February 2017



**Right Hon Lord Mayor Martin Haese
Adelaide City Council**

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Dear Lord Mayor

Re: Proposal to narrow the Frome St separated bikeway

The Heart Foundation would like to congratulate you and your council for supporting safe and low-stress cycling routes in the city, and providing best-practice infrastructure. We know that South Australians are among the most sedentary and overweight people in Australia and anything we can do to combat this is important.ⁱ

We understand there is a proposal to change the current segregation and configuration of cyclists and motorists down Frome St between Pirie and Carrington Streets. The Heart Foundation would appreciate it if the Adelaide City Council reconsiders this proposal and enables the current cycling route to remain as it is.

Data shows that the pilot installation of the 2.7-metre-wide cycle lane, with parking and 2 lanes of traffic has successfully increased the number of cyclists using this route, as well as having supported a boost in the number of people cycling to the city. Thousands now cycle to the city daily – with numbers up an impressive 37% in the last five years.ⁱⁱ Most women riding to the city use the Frome St bikeway.ⁱⁱⁱ

As with any pilot project there will be some adjustments to be made to ensure that motorists are *also* subjected to a safe and low stress experience when using Frome St. We believe that this can be done without major and costly infrastructure changes such as changes to signalling and overtaking points.

South Australians' car dependence has significant implications for our health, environment and economy. The traffic and congestion problems of our city centre can be relieved, not by making bigger roads, but by encouraging alternative transport options. Many cities are tackling the problem of too many cars by redesigning street spaces to [favour pedestrians and cyclists](#) and by investing in [public transport infrastructure](#).

Ultimately, more people cycling to Adelaide every day will mean better health for our city workers. Physical inactivity is a major modifiable risk factor for heart disease and many other chronic diseases. At least 60% of Australian adults do less than 30 minutes of physical activity per day and only one in ten adults report completing the recommended 10,000 steps per day.^{iv}

The Heart Foundation is committed to improving the health of South Australians. We commend the Adelaide City Council for the valuable work you have been doing to improve the health of your residents and workers, and the liveability of the city, through your Public Health Plan, Smart Moves Strategy, Carbon Neutral Strategy and the Design Manual. We were pleased to award Adelaide City Council a *Local Government Award* recognising this good work in 2016.

We hope that you will consider our request to keep the current configuration in Frome St, with a minimum 2.7-metre cycle lane, wide enough to enable the numbers of cyclists using it to grow.

Yours sincerely

A handwritten signature in blue ink that reads "Imelda Lynch". The signature is written in a cursive style with a small dash at the end.

Imelda Lynch
Chief Executive Officer
Heart Foundation SA

ⁱ Australian Bureau of Statistics. National Health Survey 2014/2015

ⁱⁱ [Super Tuesday Bike Counts 2016](#)

ⁱⁱⁱ [Super Tuesday Bike Counts 2016](#)

^{iv} Australian Bureau of Statistics 2012