



## DOCTORS HELP LAUNCH #NOTIMEFORGAMES CAMPAIGN

The Australasian College of Sport and Exercise Physicians (ACSEP) has today supported the #NoTimeForGames campaign launched in Canberra by *Doctors for the Environment*.

“Children will pay the biggest price in terms of their health and we have a duty of care to protect them from climate chaos” said former Australian of the Year, Doctor and Epidemiologist Fiona Stanley.

“Given what we know about climate change and its effects on children’s health and wellbeing, we as both doctors and parents urge governments to act now,” she said.

“This campaign comes at a critical time when, with climate change, physical inactivity and obesity have become some of the nation’s biggest public health priorities,” said ACSEP President Dr Adam Castricum.

“Climate change provides another concerning barrier to our future generations, as childhood obesity rates continue to rise,” he said. “Only 30% of Australian children meet the national physical activity guidelines - Alarmingly, this reduces to less than 10% for teenagers.”

With rising temperatures comes increasing risk of heat related illnesses from physical activity with an urgent need to review existing heat and sport policies.

Dr. Castricum said as a both a father and doctor he has a responsibility to provide the safest environment for his children.

**“The last thing our future generations need are more barriers to physical activity, sport and their future health.”**

Climate change amplifies inequity both in Australia and globally. Dr Castricum says that rural communities, especially Indigenous Australians were at risk of greater adverse effects from climate change.

“Perhaps most concerning is that low lying communities in the Torres Strait and along our vast coastline will be threatened and with that the playgrounds and playing fields of our kids and grandkids dreams.”

The National Sports plan 2030 calls for Australians to be the most active nation on the planet with a 15% increase in those who meet the physical activity guidelines across all ages. To ensure all Australians have the best opportunity to meet these targets, Dr Castricum said we must take a stand.

“Australia should keep its commitment to the Paris agreement aiming to reduce greenhouse emissions by 45% by 2030.”

On the steps of Parliament House Dr Castricum said as part of this commitment ACSEP will continue to disinvest from fossil fuels related activities.

Health professionals are well placed to advocate for policies that meet greenhouse gas emission targets and for adaptation plans to reduce the health impacts on present and future generations from predicted changes in our climate.

Dr Castricum concluded with a powerful message.

**“Physical activity should be safe, for all for life and there should always be time for sport.”**

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**The ACSEP is the pre-eminent body for Sport and Exercise Physicians and Sport and Exercise Medicine in Australia and New Zealand. Sport and Exercise Physicians are committed to excellence in the practice of medicine as it applies to all aspects of physical activity.**