Authors: Sandra Mandic, Andrew Jackson, John Lieswyn, Jennifer S Mindell, Enrique García Bengoechea, John C Spence, Ben Wooliscroft, Celia Wade-Brown, Kirsten Coppell, Erica Hinckson

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Physical Inactivity Worldwide

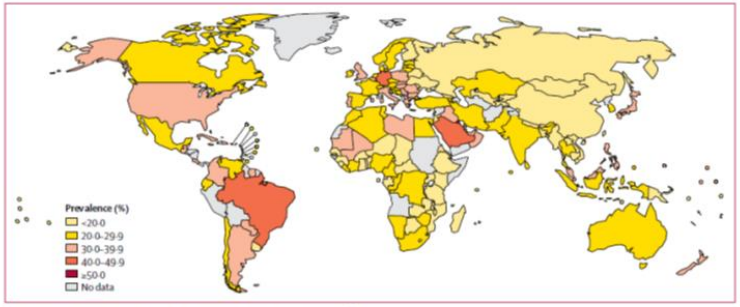


Figure 4: Country prevalence of insufficient physical activity in men in 2016

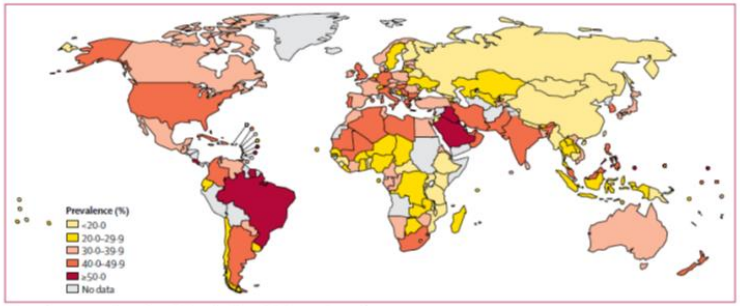


Figure 5: Country prevalence of insufficient physical activity in women in 2016

1.Kuwait 67%	2.American Samoa 53.4%	3.Saudi Arabia 53%	4.Iraq 52%
5.Brazil 47%	6.Costa Rica 46.1%	7.Cyprus 44.4%	8.Suriname 44.4%
9.Colombia 44%	10.Marshall Islands 43.5%	11.Portugal 43.4%	12.Bahamas 43.3%
13.Barbados 42.9%	14.New Zealand 42.4%	15.Germany 42.2%	16.Nauru 42.1%
17.Malta 41.7%	18.Argentina 41.6%	19.Italy 41.4%	20.UAE 41.4%

Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1·9 million participants

Regina Guthold, Gretchen A Stevens, Leanne M Riley, Fiona C Bull

… New Zealand is 14th out of 168 countries…

Transport in New Zealand

AUCKLAND

Driving rate: 80%

HAMILTON

Highest driving rates **85%**

WELLINGTON[16]

Highest public transport rates **18%**

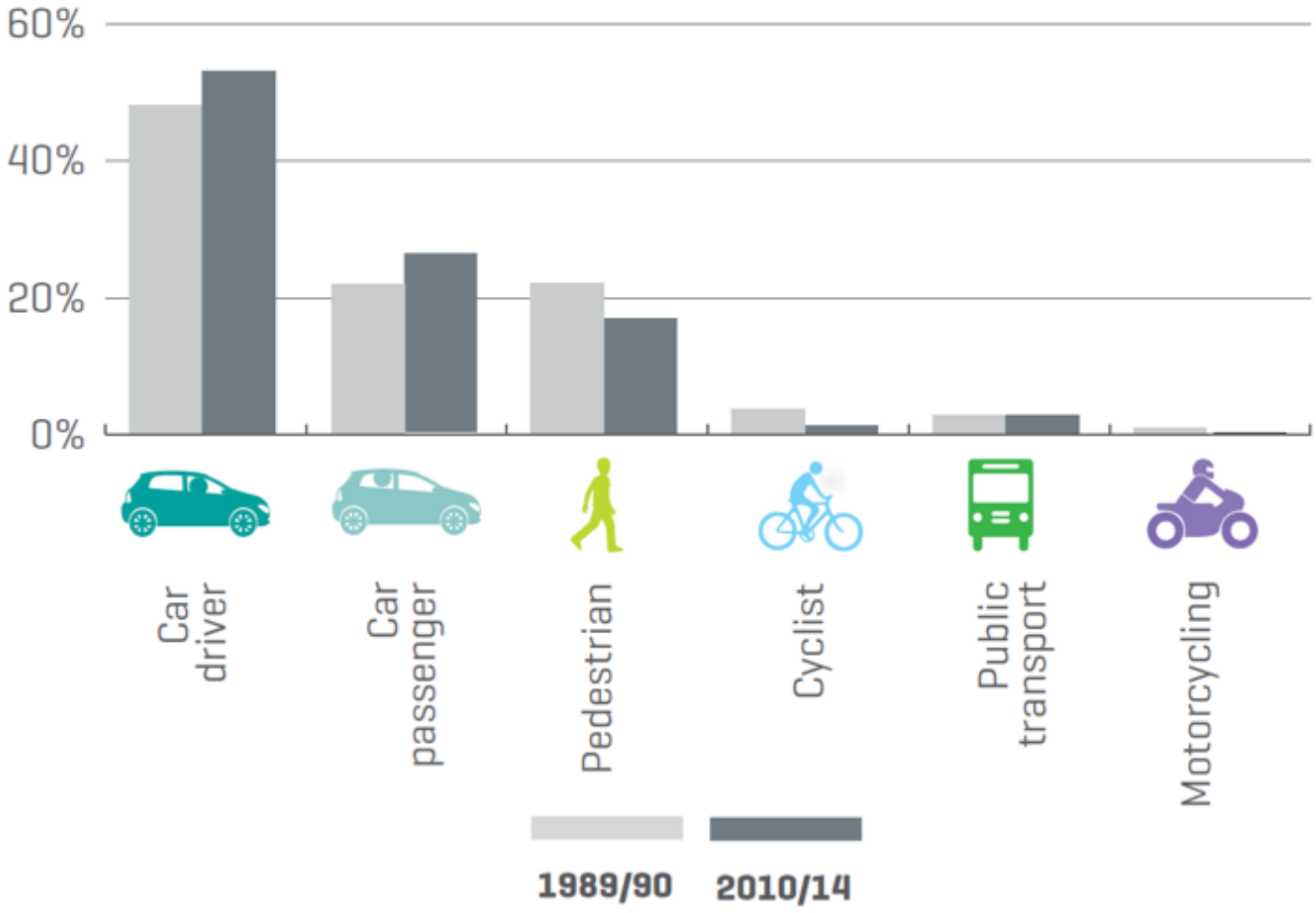
DUNEDIN & WELLINGTON[16]

Highest walking rates **9%**

CHRISTCHURCH

Highest cycling rates **7%**

Over time, car use has grown. Use of all other modes has declined.



Time and cost of transport

Road accidents

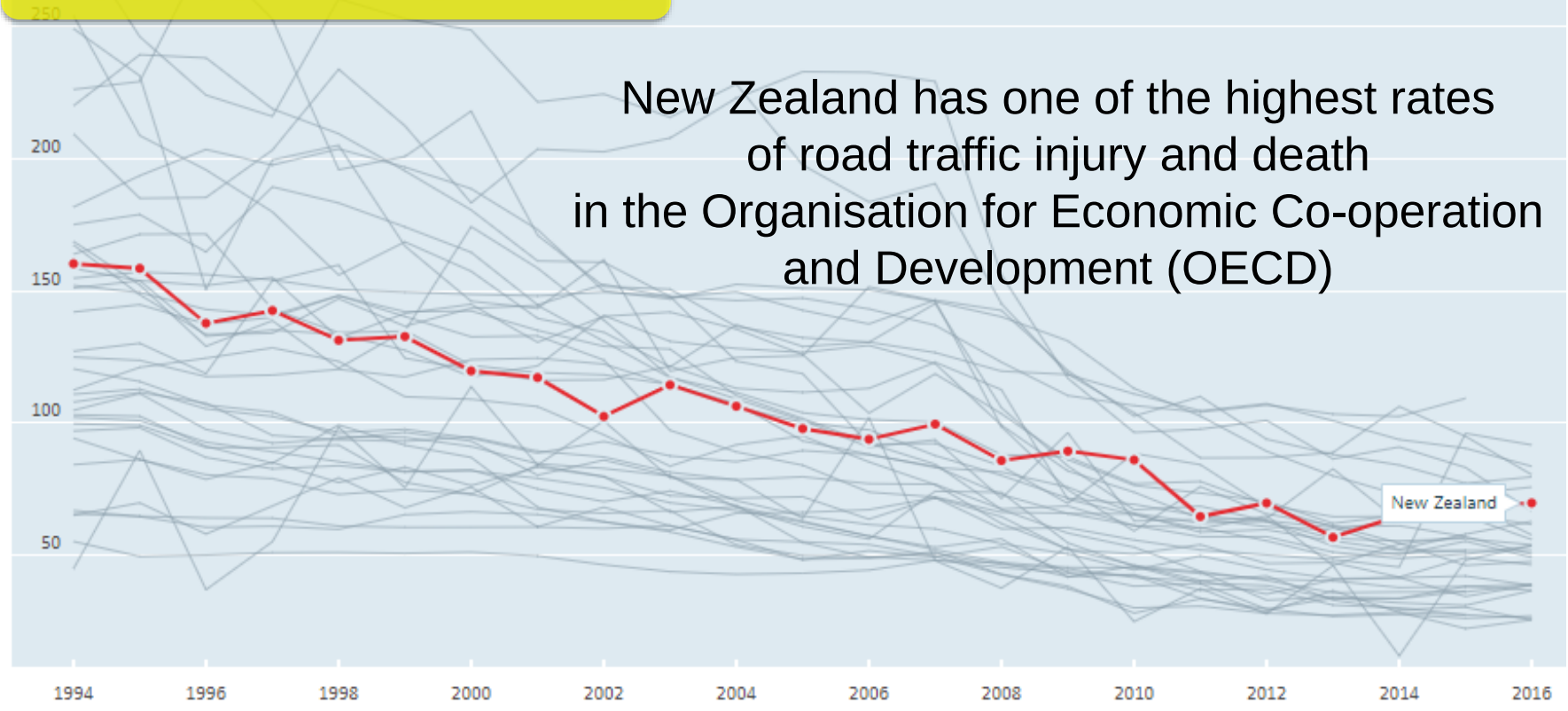
Deaths, Per 1 000 000 inhabitants, 1994 – 2016

Source: ITF Transport Statistics: Road accidents

Show: Chart | Map | Table

fullscreen | share | download | My pinboard

Cost to Human Life



New Zealand has one of the highest rates of road traffic injury and death in the Organisation for Economic Co-operation and Development (OECD)

Perspectives

Deaths

Compare variables

Per 1 000 000 inhabitants

Countries

Highlighted Countries (1)

Time

yearly | quarterly | monthly

latest data available

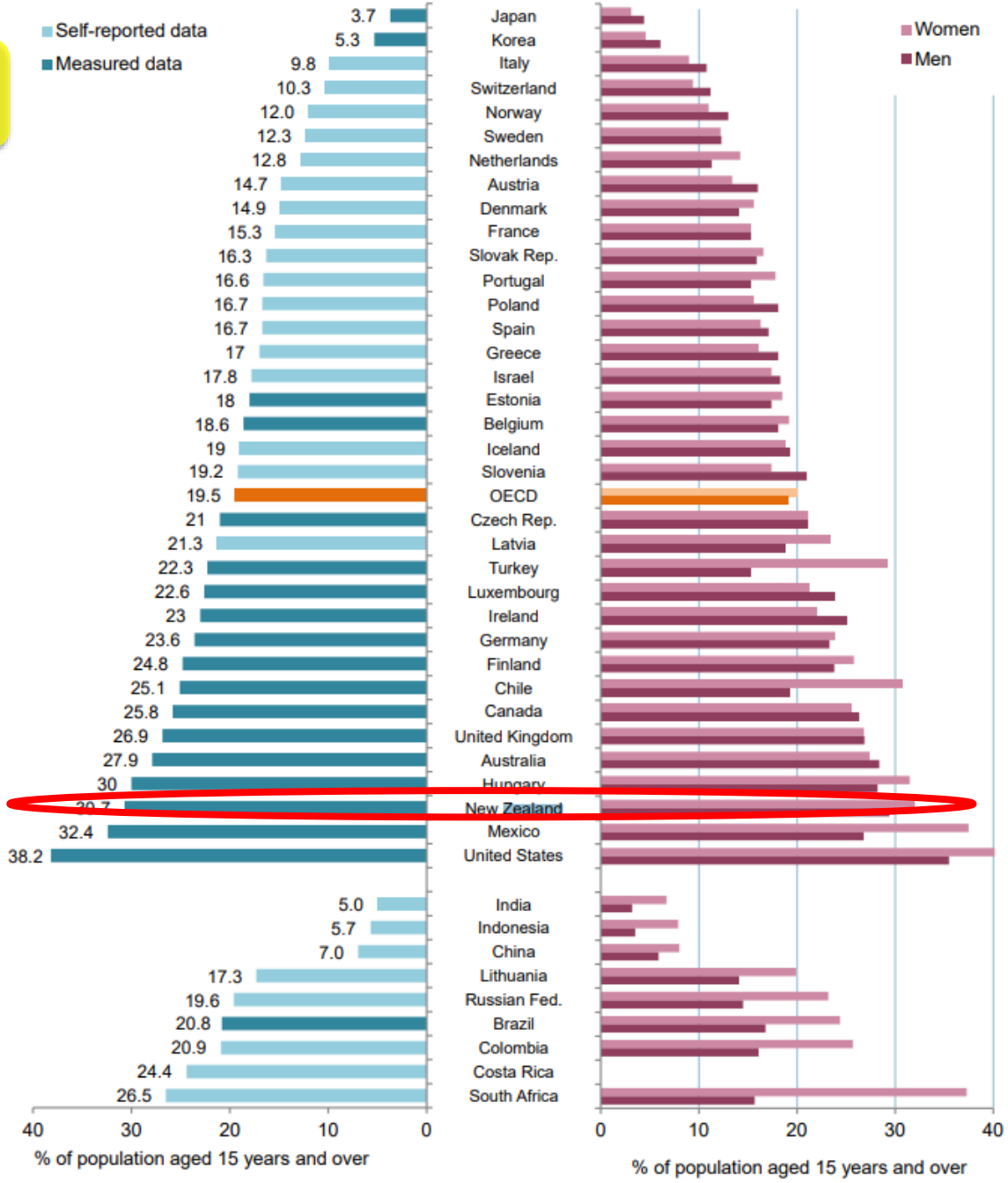
Cost to Natural and Built Environments

Transport contributes to 17% of New Zealand's greenhouse gas emissions (MoT, 2017)

Estimated cost: NZD $5-8 billion

Health Cost

New Zealand is the third obese country in OECD*



*OECD: Organisation for Economic Co-operation and Development

Increasing active transport → ↑ **Physical activity**

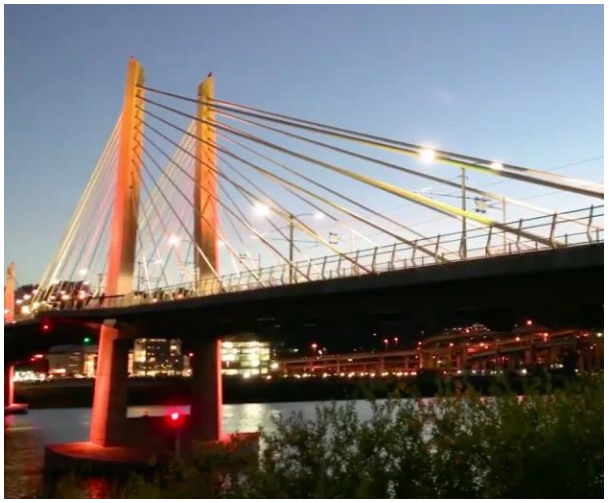
Benefits of Active Transport

Population health

Less reliance on motorised transport

Equitable health and wellbeing of individuals, families communities and nation as a whole

Examples around the World



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CE CONTINUING EDUCATION

SCHOOL OF PHYSICAL EDUCATION, SPORT AND EXERCISE SCIENCES
TE KURA PARA WHAKAWAI

William Evans Fund (Otago)

Active Living Laboratory

Prof Jennifer Mindell (UCL (University College London), UK)

Prof John Spence (University of Alberta, Canada)

Dr Enrique García (University of Limerick, Ireland)

Prof Simon Kingham (Ministry of Transport)

Mr Martin Dutton (Ministry of Health)

Prof Erica Hinckson (AUT)

A/Prof Melody Smith (Auckland)

A/Prof Ben Wooliscroft (Otago)

A/Prof Sandra Mandic (Otago)

Dr Christina Ergler (Otago)

Mr Andrew Jackson (Consulting Jackon Ltd)

Ms Celia Wade-Brown QSO (Living Streets Aotearoa)

Ms Claire Pascoe (NZ Transport Agency)

13 Invited speakers

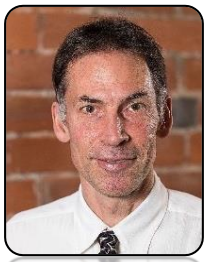
24 Research and policy/practice abstracts

Full 3-day programme

‘Turning the Tide’ Authors

A/Prof Sandra Mandic (University of Otago)

Mr Andrew Jackson (Consulting Jackson Ltd)



Mr John Lieswyn (ViaStrada)

Prof Jennifer Mindell (UCL (University College London), UK)

Dr Enrique García Bengoecha (University of Limerick, Ireland)

Prof John Spence (University of Alberta, Canada)

A/Prof Ben Wooliscroft (University of Otago)

Ms Celia Wade-Brown QSO (Living Streets Aotearoa)

A/Prof Kirsten Coppell (University of Otago)

Prof Erica Hinckson (Auckland University of Technology)

Development of Recommendations

	Input	Output
Jan 2019	TALES delegates' recommendations	**Initial set:** 74 recommendations
Feb 2019		**Draft #1:** 17 recommendations and 80 actions grouped across 4 areas
	TALES Symposium discussions	**Draft #2:** 13 recommendations and 64 actions grouped across 4 areas
	TALES delegates' feedback Importance & feasibility evaluation by working group	**Draft #3:** 13 recommendations and 39 actions grouped across 4 areas
Mar-Apr 2019	'Turning the Tide – from Cars to Active Transport'	'Key Policy Recommendations for Active Transport in NZ'

"Transforming Cities into Active, Healthy and Sustainable Places"

Speaker:

Hon Julie Anne Genter,
Minister for Women,
Associate Minister of Transport
and Associate Minister of Health

Facilitator:
Prof Simon Kingham,
Ministry for Transport

Panellists:

Prof Jennifer Mindell
(UCL (University College London, UK)

Ms Celia Wade-Brown QSO (Living Streets Aotearoa)

Mr Gareth Fairweather
(Ministry of Transport)

Mr Martin Dutton
(Ministry of Health)

Ms Sara Templeton
(Christchurch City Council)

Ms Louise Baker
(WSP Opus)

Dr Mark Smith
(Community Member)

“Transforming Cities into Active, Healthy and Sustainable Places”

University of Otago | Dunedin, New Zealand | 15 February 2019

Evaluation of Importance and Feasibility of Each Recommended Action

Component	Item	Response categories
Importance	Is it really important (will it make a big difference)?	5 = Strongly agree 4 = Somewhat agree 3 = Neither agree nor disagree 2 = Somewhat disagree 1 = Strongly disagree
Feasibility	Is technically feasible (achievable)?	
	Is publicly / politically acceptable?	
	Is relatively affordable?	
	Can be done quickly?	

Summary of Key Policy Recommendations for Active Transport in New Zealand

A Evaluation, Governance and Funding

A1. Set and monitor shared targets for the proportion of trips by active modes and public transport

A2. Ensure that the value of active transport is recognised in policies and investment decisions to allocate the necessary funding for this task

A3. Continually update the information available on health and economic impacts of specific active transport interventions

B Education and Encouragement/Promotion

B1. Promote active transport to and from schools

B2. Promote active transport to and from workplaces

B3. Make public transport more affordable and accessible

B4. Improve motorist education

C Engineering (Infrastructure, Built environment)

C1. Require and fund a universal, interconnected active transport network

C2. Design and transform towns and cities for people to ensure positive health and environmental outcomes

D Enforcement and Regulation

D1. Change the decision making framework/planning results (that affect transport options) to enable good health and wellbeing at a population level

D2. Change regulations to improve road safety for active transport

D3. Regulate for healthy transport options to and from schools

D4. Improve and enforce regulations for better air quality

(**13 recommendations** and **39 suggested actions** grouped across four broad categories)

Turning the Tide – from Cars to Active Transport (2019)

1. We Need to Make a Commitment to Change

A Evaluation, Governance and Funding

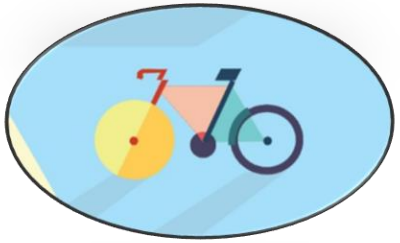
A1. Set and monitor shared targets for the proportion of trips by active modes and public transport

A2. Ensure that the value of active transport is recognised in policies and investment decisions to allocate the necessary funding for this task

A3. Continually update the information available on health and economic impacts of specific active transport interventions

Turning the Tide – from Cars to Active Transport (2019)

Recommended National Targets for NZ

2019		By 2050
12%		25%
1%		15%
3%		15%
83%		45%

Turning the Tide – from Cars to Active Transport (2019)

2. Nationally Coordinated and Funded Programme of Education and Promotion of Active Transport

B Education and Encouragement/Promotion

B1. Promote active transport to and from schools

B2. Promote active transport to and from workplaces

B3. Make public transport more affordable and accessible

B4. Improve motorist education

Turning the Tide – from Cars to Active Transport (2019)

3. Commitment to Design Cities for People and not for Cars

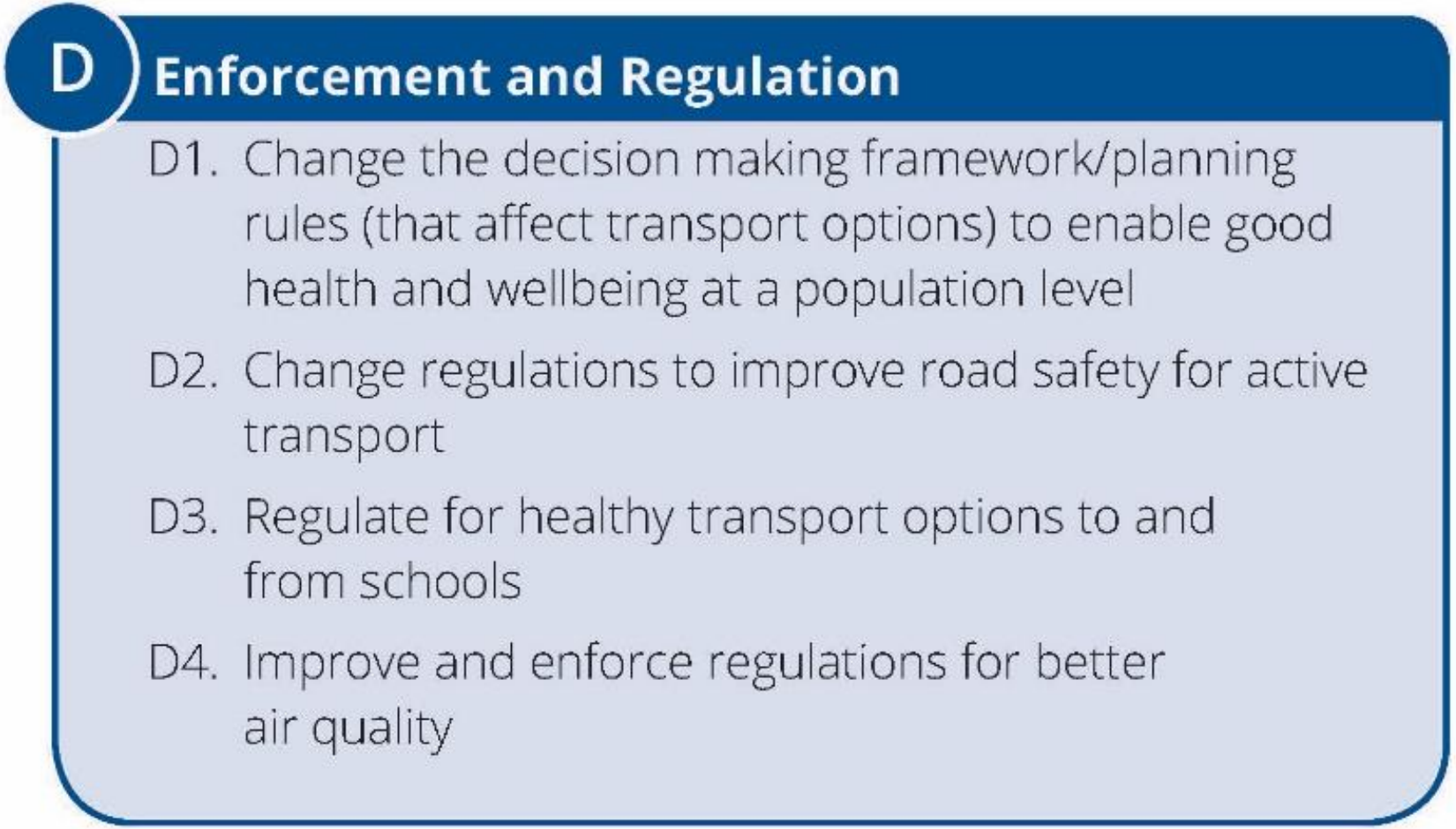
C Engineering (Infrastructure, Built environment)

C1. Require and fund a universal, interconnected active transport network

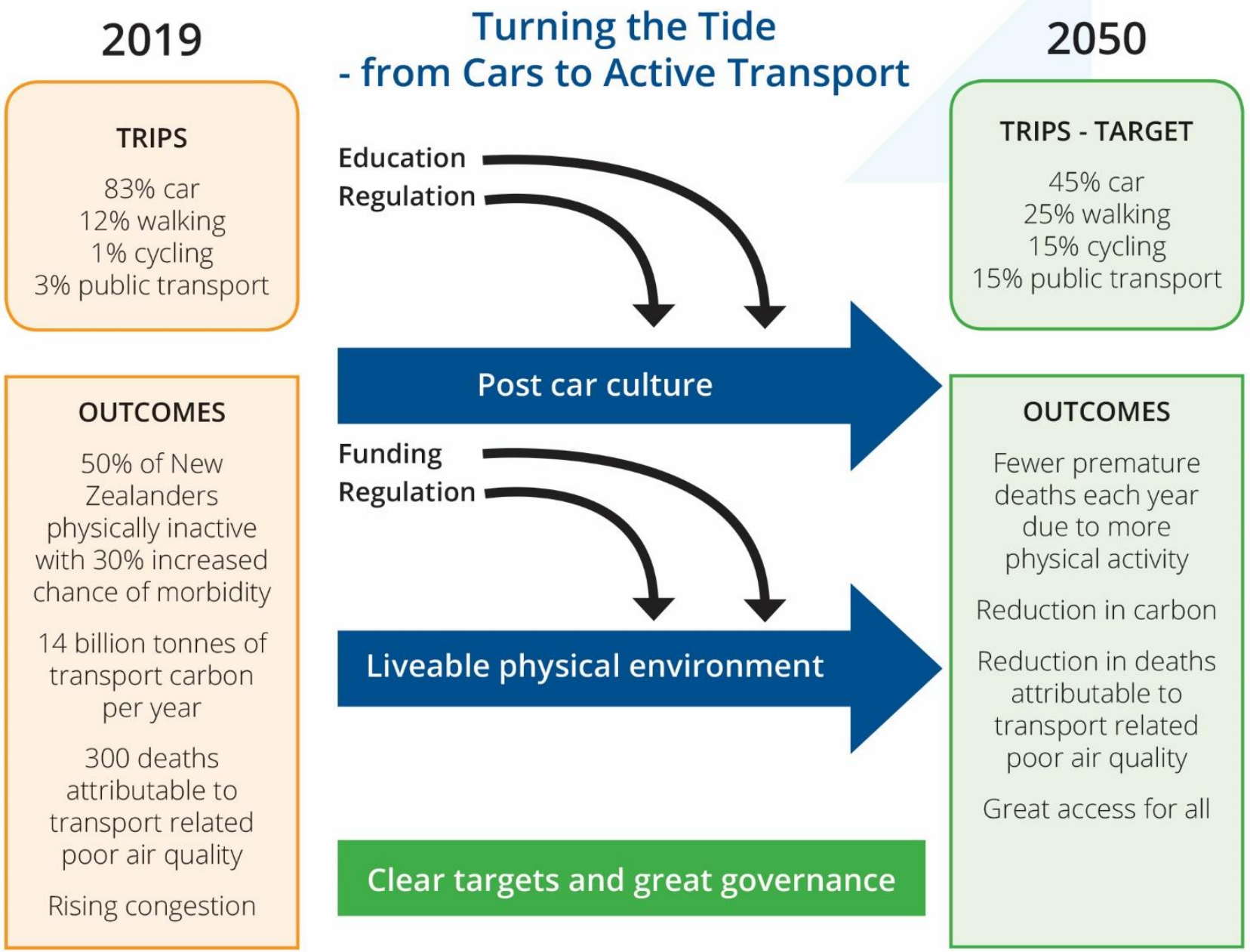
C2. Design and transform towns and cities for people to ensure positive health and environmental outcomes

Turning the Tide – from Cars to Active Transport (2019)

4. Regulatory System that Encourages the Use of Active Transport



Turning the Tide – from Cars to Active Transport (2019)



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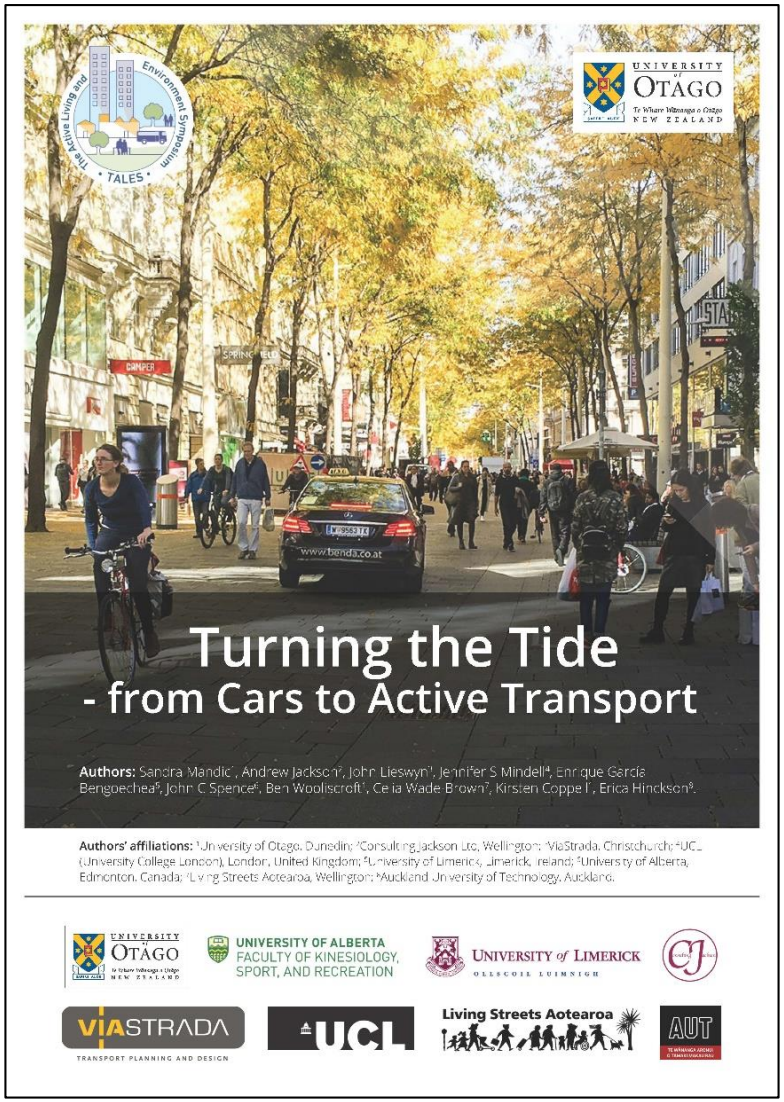

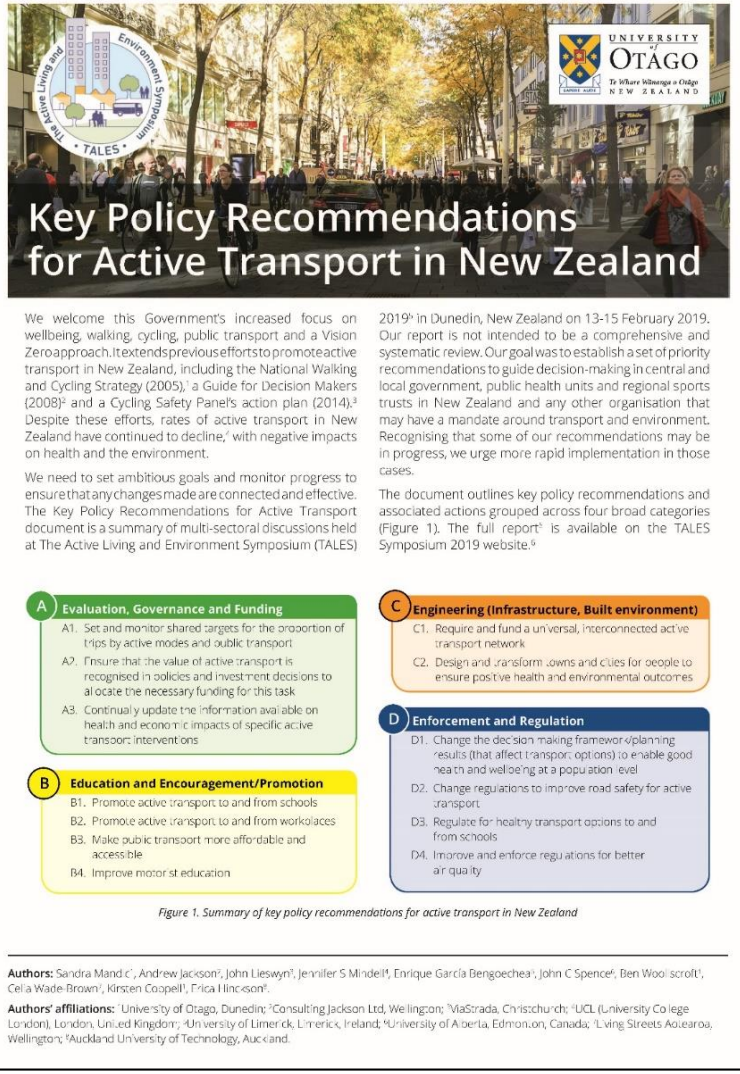

Reports are now available on the Active Living Laboratory website:

https://www.otago.ac.nz/active-living/otago709602.html

Dissemination of Recommendations

Discussions with stakeholders

Active Living Laboratory website:

www.otago.ac.nz/active-living/otago709602.html

TALES Symposium website:

www.otago.ac.nz/active-living-2019

In the first month…

- 9 presentations, reaching 232 stakeholders
- 20 media commentaries

This cross-sector effort resulted in a document that has the potential to:

- Stimulate the development of a new active transport strategy for New Zealand,
- Prompt setting of targets and monitoring progress/outcomes, and
- Inform New Zealand's response to WHO's Global Action Plan on Physical Activity 2018-2030.

1. Commit to change
2. Nationally coordinated and funded education and promotion of active transport
3. Commit to design cities for people and not just for cars
4. Regulatory system that encourages active transport

Acknowledgments

Transport Research Network

William Evans Fund

This project did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.