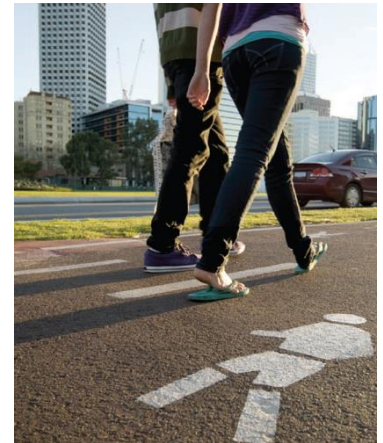


A paradigm shift for us all – Active Travel/Transport

Deborah Moore
Regional Health Promotion Co-ordinator
(Hunter) Heart Foundation, NSW
September 2017



The Heart Foundation

Who we are:

- Are an independent, not-for-profit, non-government health organisation
- Rely on donations and gifts in wills
- Raise funds for lifesaving research
- Offer support and information for people with heart disease e.g. Heart Health Information Service
- Provide support for health professionals
- Assist all Australians to live a healthier life through health promotion programs eg Heart Foundation Walking etc

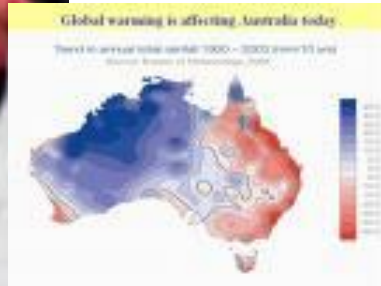
Overview

- Why is the Heart Foundation interested?
- What is our existing paradigm for urban planning and CBD revitalisation?
- If you had a product that was cost-effective, evidence based, improved many aspects of health, was good for the environment, good for business.....would you invest in this product? Would you try to be a part of the journey of this product?

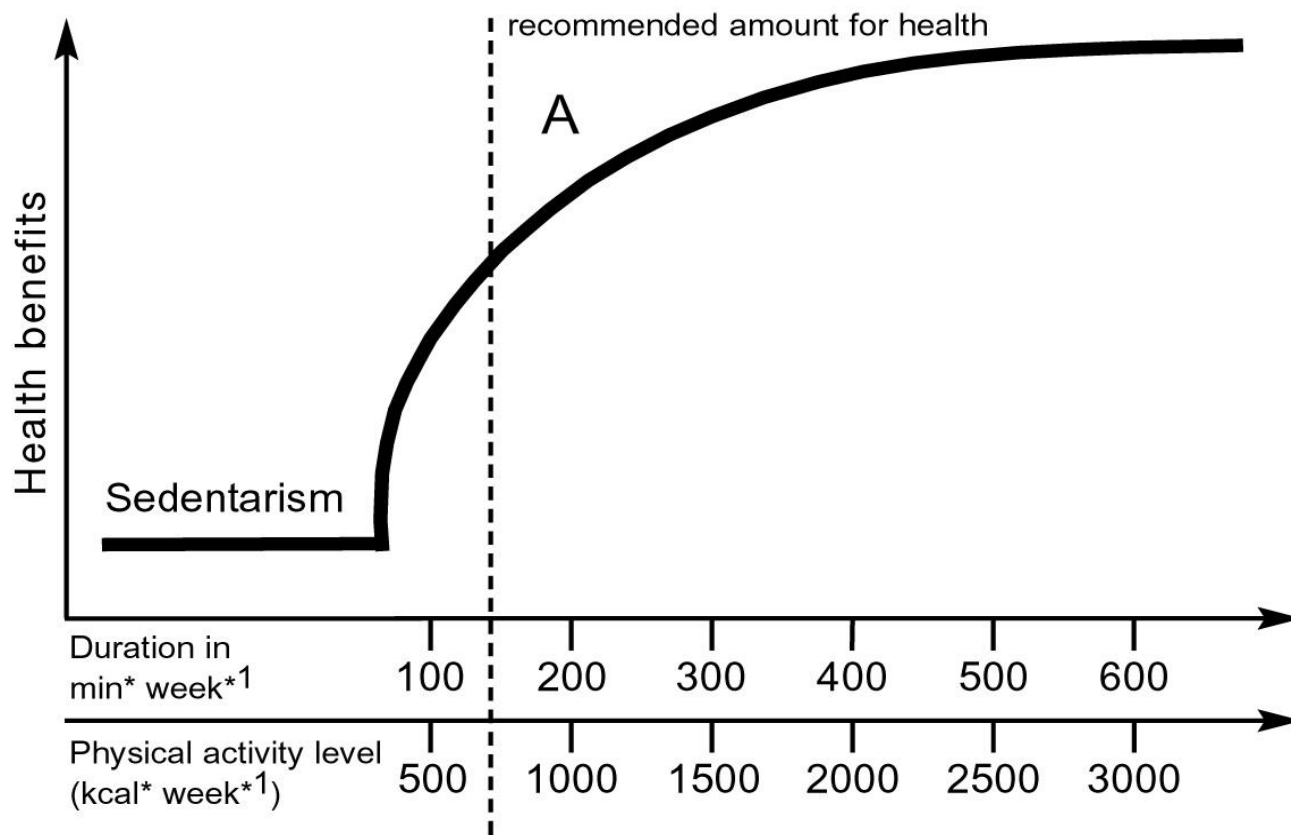


This is why the Heart Foundation is interested.....

Contemporary Crisis in Health and Urban Planning



Huge Health Benefits of Even Small Increases in Physical Activity



Bouchard C. Physical activity and health: introduction to the dose-response symposium. *Medicine and Science in Sports and Exercise* 2001; 33: S347-350

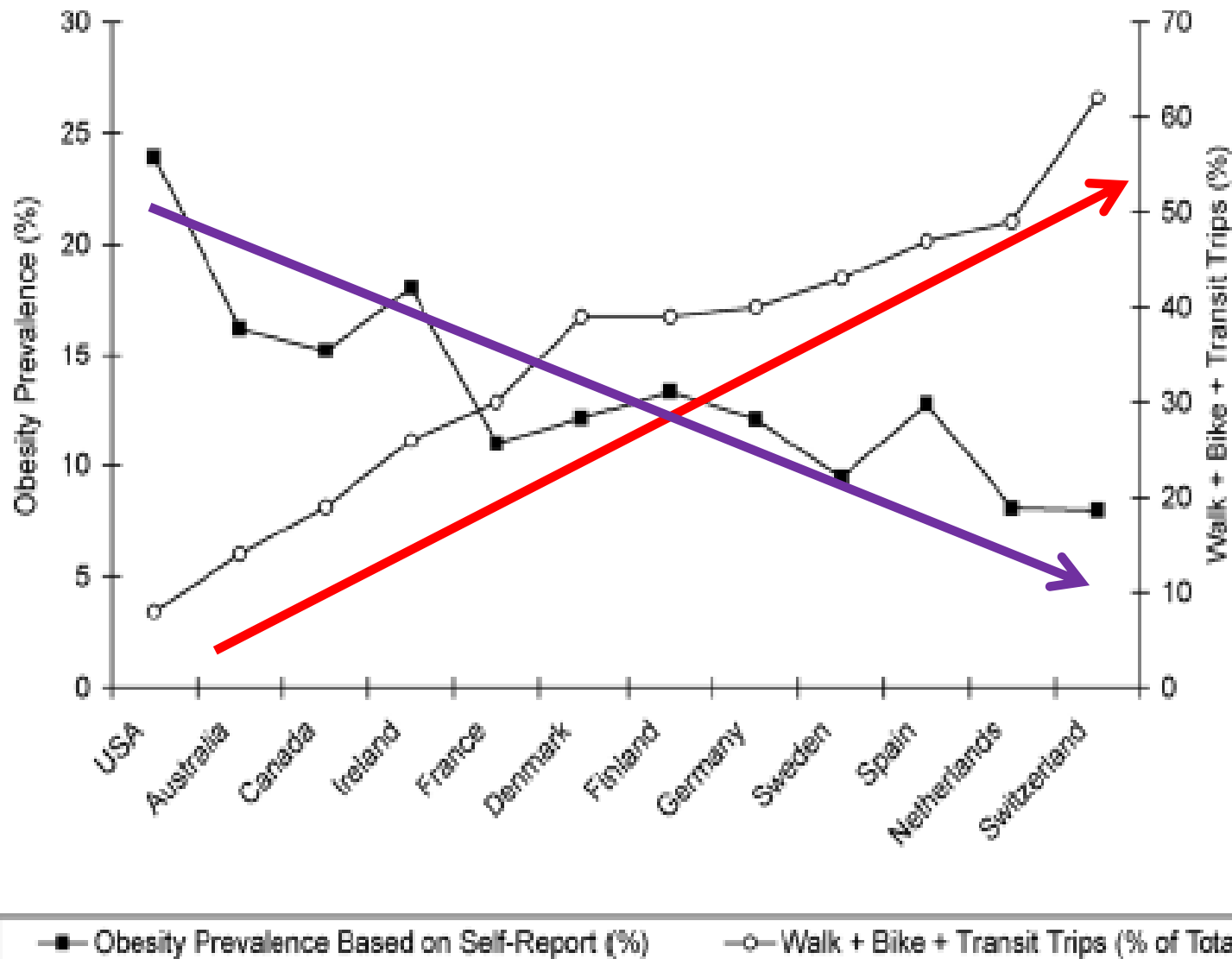
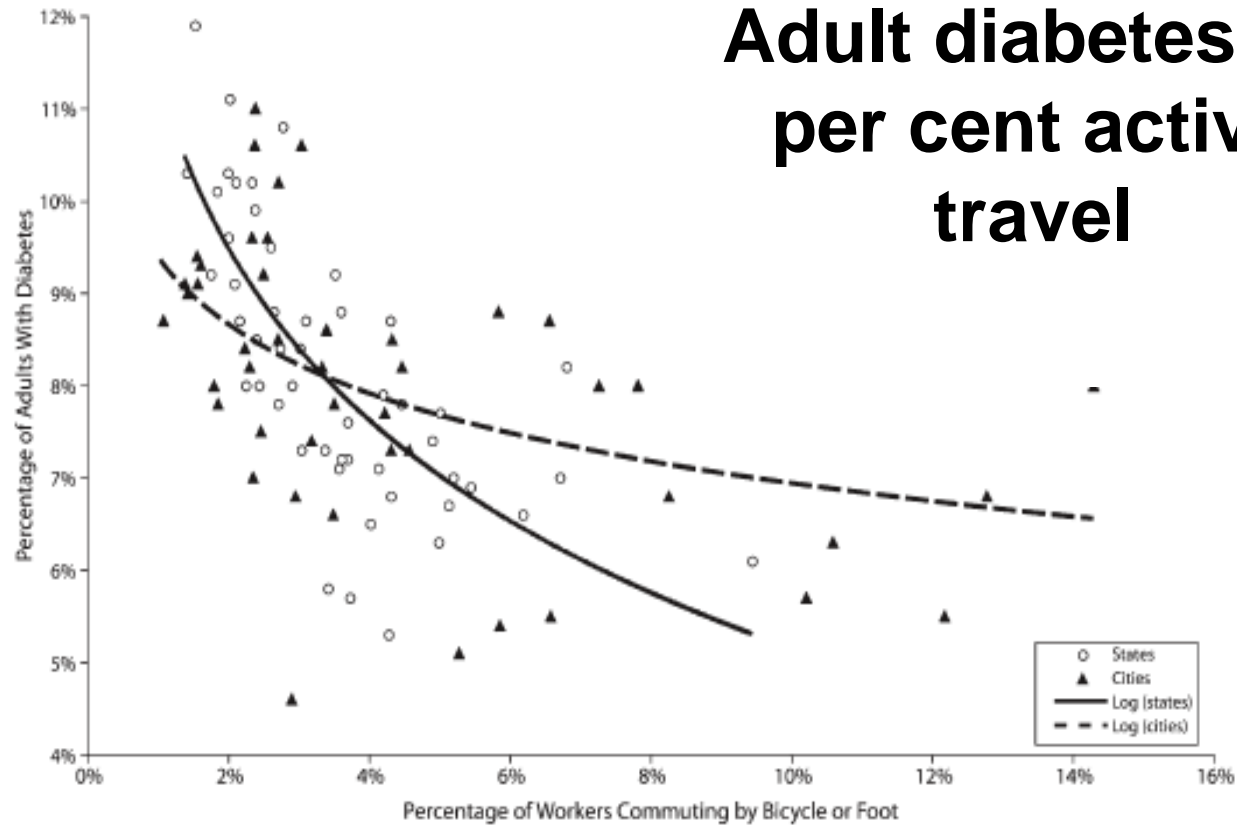


Figure 2 — Obesity ($\text{BMI} \geq 30 \text{ kg} \cdot \text{m}^{-2}$) prevalence and rates of active transportation (defined as the combined percentage of trips taken by walking, bicycling, and public transit) in countries of Europe, North America, and Australia. BMI was computed from self-reported height and weight. Data were obtained from national surveys of travel behavior and health indicators conducted between 1994 and 2006 (see text for details).

Adult diabetes by per cent active travel



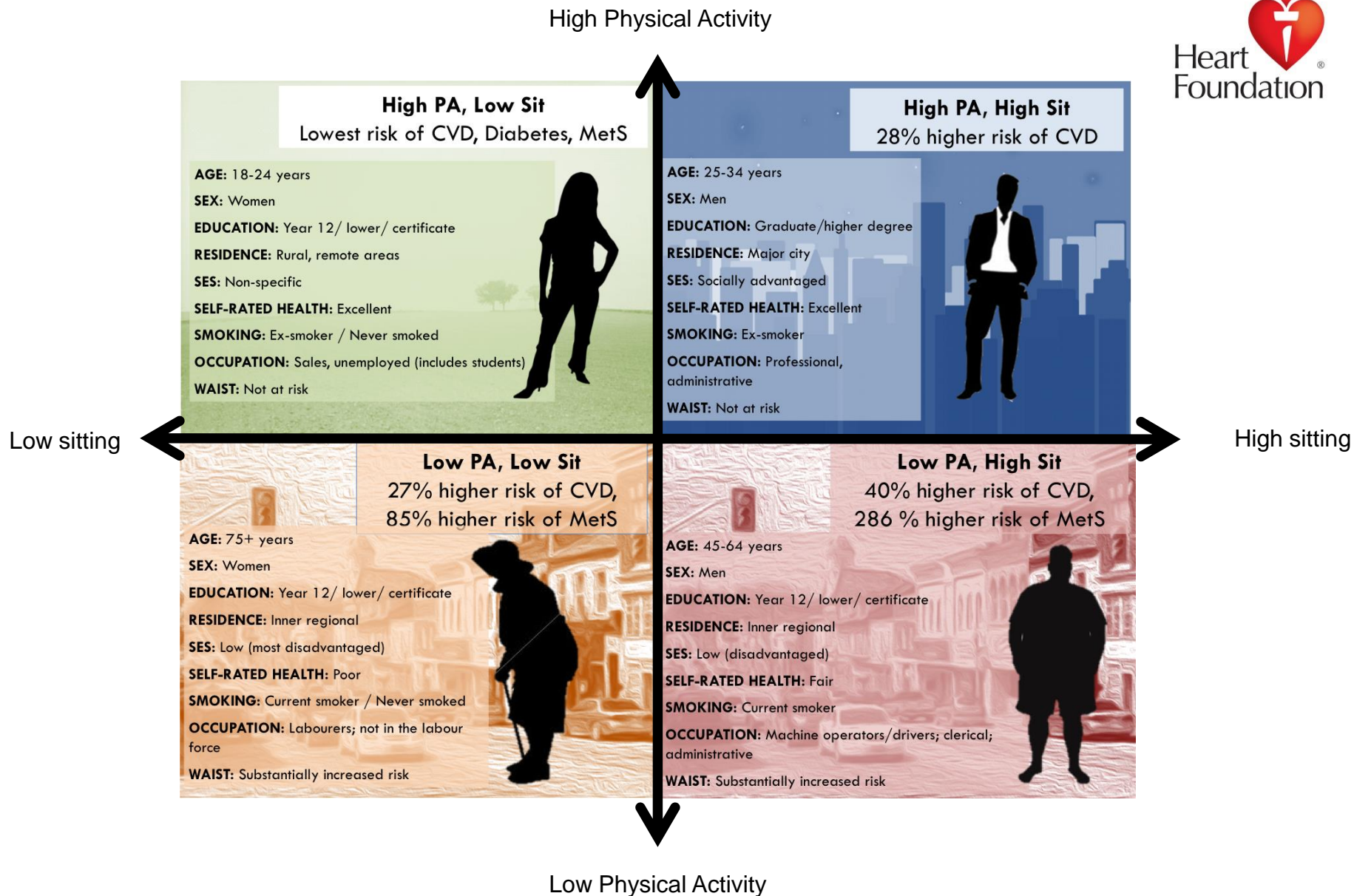
Note. BW = bicycle + walk.

Source. Data from the Centers for Disease Control and Prevention⁴⁶ and the US Census Bureau.⁵¹

* $P < .01$; ** $P < .001$.

FIGURE 4—Relationship between share of workers commuting by bicycle or foot and share of population with diabetes: 50 US States and 47 of the 50 largest US cities, 2007.

Bassett, Jr., et al., Walking, cycling, and obesity rates in Europe, North America, and Australia, Journal of Physical Activity and Health, 5, 795-814.







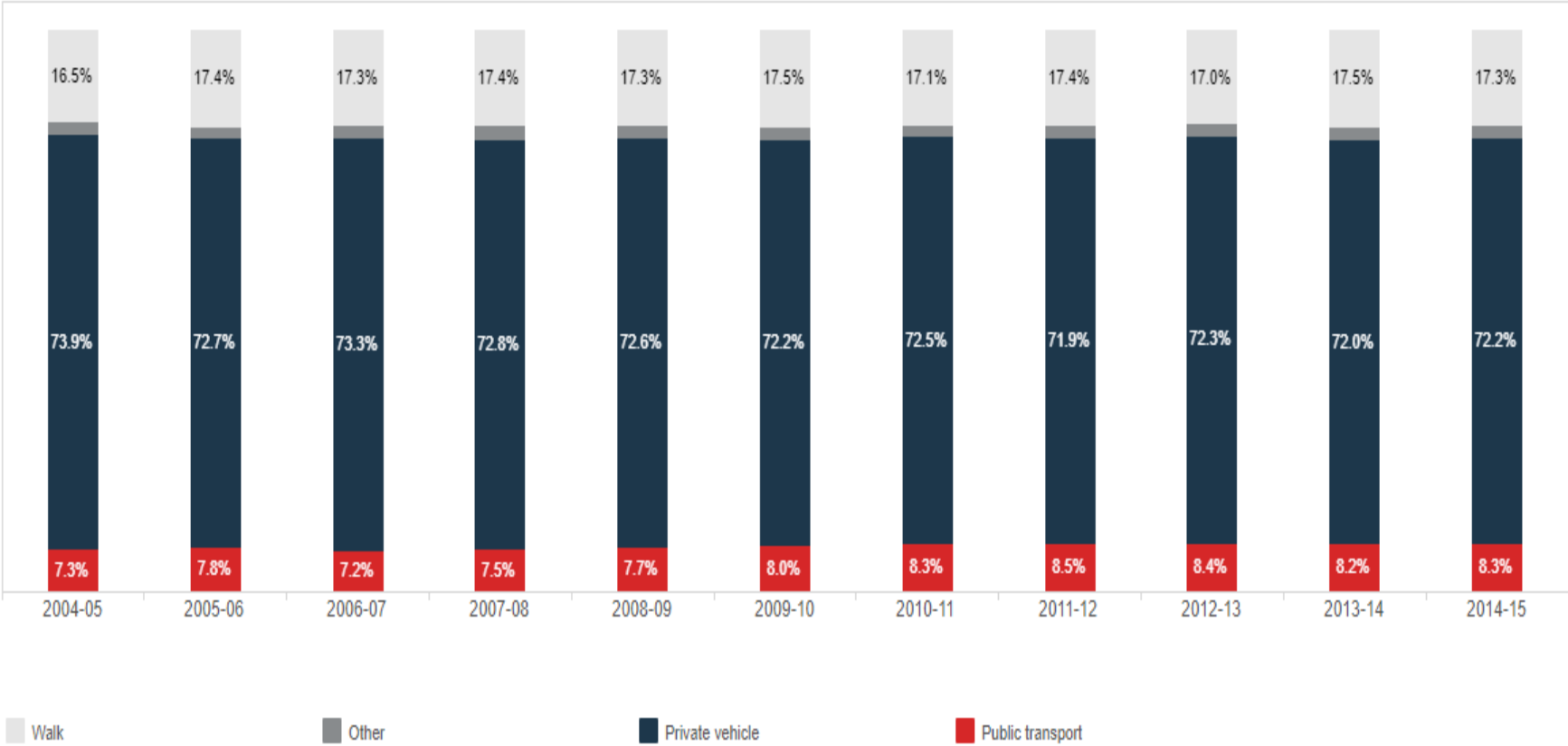
What is our existing paradigm for urban planning and CBD revitalisation?

How has Travel changed by Mode?


A historical analysis from the Household Travel Survey



How do People Travel? - Trips by Mode

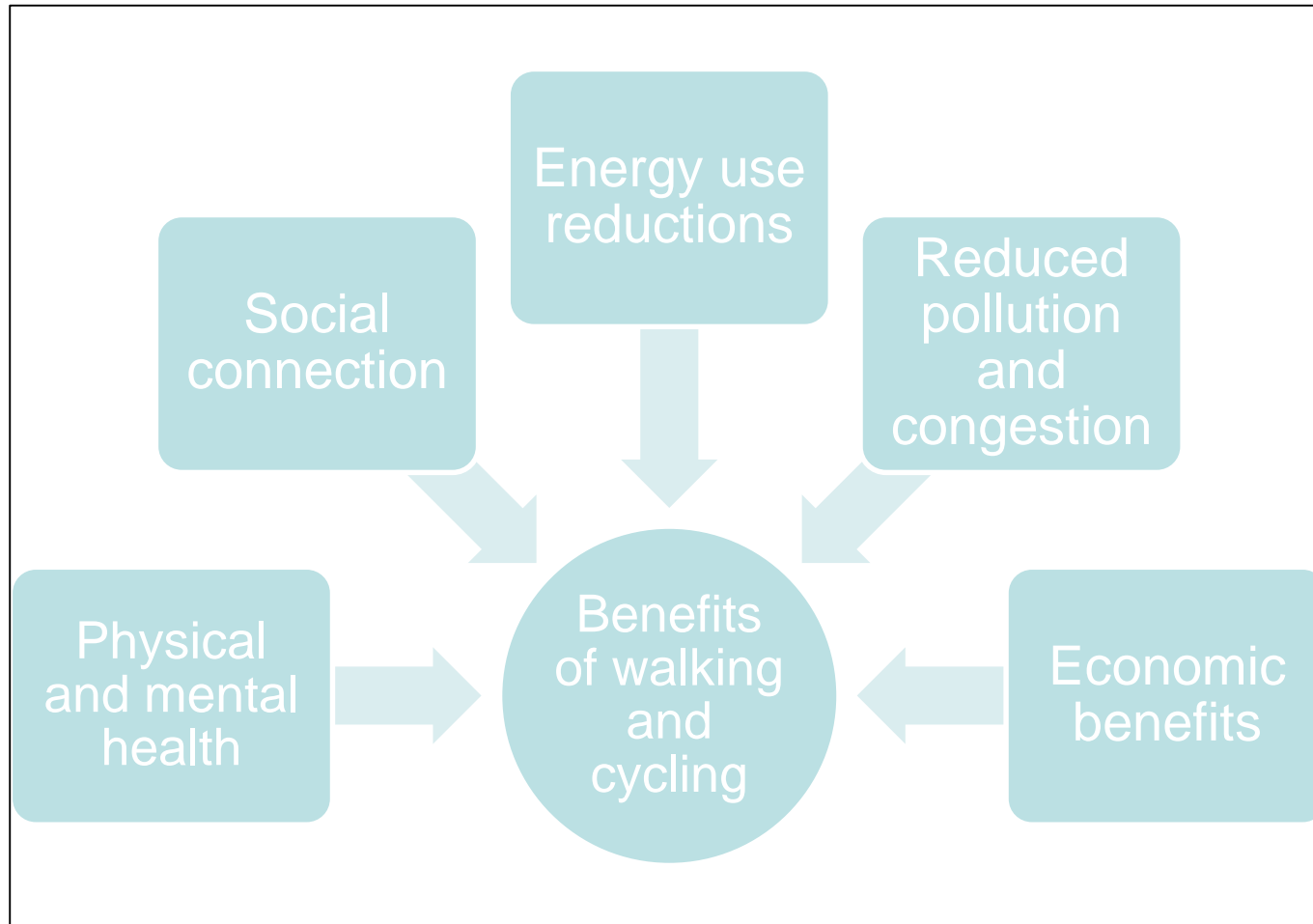




A paved path winds through a lush, green natural area. Several alligators are resting on the grassy shoulder of the path. A brown sign with white text stands on the right side of the path, warning hikers and bikers to move to the side when a vehicle approaches. The background is filled with dense vegetation and trees.

HIKERS and BIKERS
Move to the side of
the road when a
vehicle approaches

The good news
Physical activity
(walking and cycling) has
spectacular benefits



BIG Potential for direct cost savings

- Research conducted in 2007 estimated that if more Australians were physically active for just 30 minutes a day the Australian health care system could save \$1.5 billion annually (Medibank, 2007).
- CSN research – monetising cycling/active travel benefits

Newcastle CBD- a blank canvas?

A perfect active travel city would require a paradigm shift for:

- Developers and infrastructure design – need bike facilities
- Transport – let us look at walking and cycling as a way of getting around (AKA transport) and invest accordingly
- Residents – parking/bike/safety
- Commuters – end of trip facilities and the mindset of time
- Businesses – sticky streets and providing for bikers
- Brave Councils, policy and decision makers – Future Thinkers
- YOUR THOUGHTS.....



Times Square,
2010: 'Turning a
famous square into
a famous place'

*"It's shifted the
paradigm for what
a street and
sidewalk
experience is
supposed to be like
in New York City"*

Lessons?

- Cheap and overnight
- Power of demonstration projects

Other relevant resources



Heart Foundation

Healthy by Design*
A guide to planning and designing environments for active living in Tasmania

Heart Foundation

HEALTHY SPACES & PLACES
A national guide to designing places for healthy living
An overview

Heart Foundation

www.healthyspaces.org.au

Blueprint for an active Australia
Key government and community actions required to increase population levels of physical activity in Australia—2010 to 2013

Heart Foundation

Heart Foundation

Position statement
The built environment and walking

The Heart Foundation's National Physical Activity Advisory Committee Working Group: Klara Cahill, Ashlan Bauman, Neville Owen, Sarah Foster, Billie Giles-Corti

Facts

- Physical inactivity is a moderate risk factor for cardiovascular disease and a range of other chronic diseases, including diabetes mellitus, cancer, osteoporosis, obesity, hypertension, bone and joint disease and depression.
- Physical activity is important in reducing risk factors for cardiovascular and other chronic diseases.
- Promoting walking is recognised as an important means of increasing population levels of physical activity.
- The built environment is closely associated with physical activity, particularly walking.
- The built environment can either facilitate or discourage walking.
- Walking for transport is associated with being on target towards the target goal as well as destinations including public transport, commercial services, and higher residential densities.
- Neighbourhood amenities (including access to public open space) need to be associated with increased walking for recreation.
- There is widespread agreement that there is sufficient evidence to warrant a public health action on the role of the built environment in increasing physical activity.
- A whole-of-government approach is crucial to the creation of 'walkable' communities in new and existing developments.

Heart Foundation Position Statement: The built environment and walking 7

AN AUSTRALIAN VISION FOR active transport/

A REPORT PREPARED BY:
Australian Local Government Association
Business Industry Confederation
Cycling Promotion Fund
National Heart Foundation of Australia
International Association of Public Transport

Creating Healthy Neighbourhoods
Consumer preferences for healthy development

Heart Foundation

Neighbourhood Walkability Checklist
How walkable is your community?

Heart Foundation

Heart Foundation

AusPANet
Australian Physical Activity Network

Cycling policy: win-win-win

- Evidence-based
- Cost-effective
- Feasible to implement now
- Acceptable to the community
- Sustainable



For further information:

Deborah Moore

deborah.moore@heartfoundation.org.au

www.heartfoundation.org.au