

# Breaking New Zealand's 'P' Dependence

NZ Walking Conference, 3-4 November 2006



**Jason Morgan**  
Senior Advisor,  
Access & Services  
Ministry of  
Transport

And

**Gerry Dance**  
Senior Advisor,  
Walking & Cycling  
– Networks  
Land Transport  
New Zealand



**Land Transport NZ**  
Ikiiki Whenua Aotearoa



Ministry of Transport  
TE MANATŪ WAKA

# Outline

- The extent of the 'P' problem in Aotearoa
  - Do we have a chronic case of chemical dependence?
- Junkie no more!
- Cleaning up our act - Getting There on Foot
  - Initiatives and activities
  - Moving forward together

## Are we hooked on P?



The consequences of long term petrol dependence...?

## Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) Addiction: Car-o-holic

Three or more of the following signs or symptoms:

- TOLERANCE
- WITHDRAWAL
- LARGE AMOUNTS OVER A LONG PERIOD
- UNSUCCESSFUL ATTEMPTS TO CUT DOWN
- TIME SPENT OBTAINING THE SUBSTANCE (PETROL)  
REPLACING SOCIAL, OCCUPATIONAL OR RECREATIONAL  
ACTIVITIES
- CONTINUED USE DESPITE ADVERSE CONSEQUENCES

**ADDICT**

## Are we hooked on P?

- Can we go cold turkey?
- The environment – climate change
- The sea of cars – space pollution?



## The affects of 'P' on our mental and physical health



THE SUNDAY TELEGRAPH, www.sundaytelegraph.com.au June 16, 2002

# Car travel driving us to obesity

By transport writer  
ROD SMITH

SYDNEY commuters who travel by car face substantial health risks from physical inactivity, according to a transport report.

The University of Sydney's Warren Centre for traffic research found that habitual car use contributed to making 41 per cent of Sydneysiders overweight or obese.

"Increased car use has displaced active transport — walking, cycling and using public transport," the report said.

"Current transport and infrastructure foster habitual car use. Consequently almost half the population is exposed to substantial health risk from physical inactivity."

The report, Healthy

Transport, Healthy People, is due to be released in the next few weeks and is part of a three-year research project by the Warren Centre entitled Sustainable Transport in Sustainable Cities.

"Our travel habits help determine our health," the report said. "The most effective and enduring way of increasing our physical activity is by using active transport rather than driving."

The centre said that public transport provided "incidental exercise" at a time when 40 per cent of NSW city dwellers were not active enough.

"Physical activity almost halves the risk of cardiovascular disease and also reduces the risk of diabetes, osteoporosis and colon can-

cer," the report said. Another aspect of increased car usage was a predicted rise in the numbers of traffic accidents as the population of Sydney ages.

"Public and active transport infrastructure is required as a safer, healthier alternative for the over 60s of the future who are predicted to have a 143 per cent higher rate of crash involvement," the report found.

Air quality would also suffer with increased pollutants being injected into the environment.

The Warren Centre put forward a number of recommendations.

These included facilities to encourage walking and cycling, investment in public transport, more car-free zones and walk-to-school programs.



Land Transport NZ  
Ikiiki Whenua Aotearoa

Ministry of Transport  
TE MANATŪ WAKA





# How do we wean ourselves off the pump?

Step one:

Recognise the benefits  
of multi-modal  
transport



# New Addictions



Biofuels - cleaner but not an improvement

New Addictions



### Transport alternatives



## Getting There – On Foot, By Cycle

- Strategic Implementation Plan – 10 exciting initiatives
  - Providing more opportunities to walk
  - Developing an information centre for walking
  - Strengthening walking networks
  - Developing model walking and cycling communities
  - Increasing awareness
  - Aligning the transport sector









Land Transport NZ  
Ikiiki Whenua Aotearoa

Ministry of Transport  
TE MANATŪ WAKA

## How motorist see us...?





## Getting There Initiatives – Benchmarking

- Guidance to Councils in assessing and improving efforts for walking and cycling
- Purpose is to share information on
  - Policy and strategy
  - Processes & Implementation
  - Outputs
  - Outcomes



## Getting There Initiatives – Information Centre

- Will provide people with easy access to information, resources and advice to support walking and cycling
- Opportunity for partnerships with key agencies
- Opportunity to spread the word about walking and cycling beyond the usual agencies and organisations



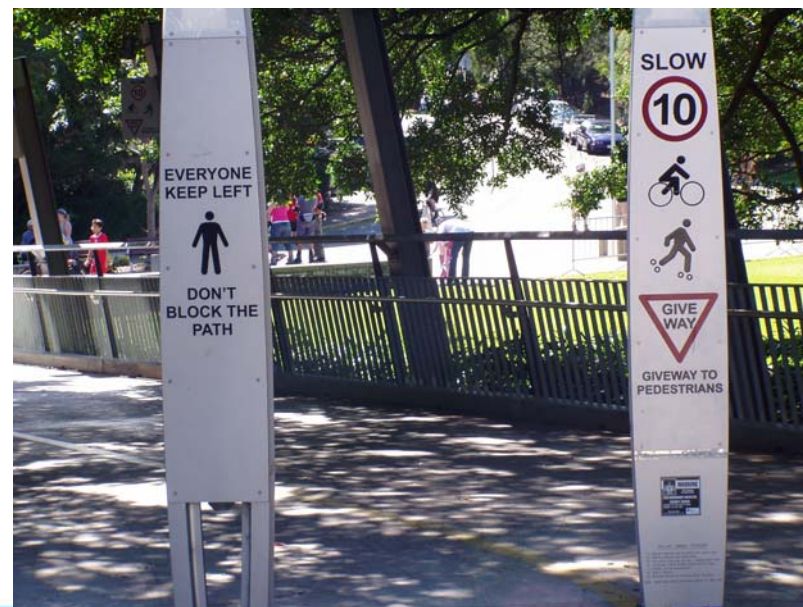
## Getting There Initiatives – Strengthening walking networks

- Strengthen the capacity of walking and cyclist user groups
- Identify key people, organisations and champions to encourage walking promotion
- Develop strong local and regional walking group networks



## Getting There Initiatives – Model Communities

- Partnerships between National Agencies and local communities
- Comprehensive range of programmes and networks to support walking and cycling



## Getting There Initiatives – ‘Share the road’

- A national programme focussed on encouraging motorists, pedestrians and cyclists to all ‘share the road’



Let's get off the pump together...make your next trip on foot!





## For more information

### Contact

**Jason Morgan**

**Ministry of Transport**

**(04) 439 9385**

**[j.morgan@transport.govt.nz](mailto:j.morgan@transport.govt.nz)**

**Gerry Dance**

**Land Transport New Zealand**

**(04) 931 8700**

**[gerry.dance@landtransport.govt.nz](mailto:gerry.dance@landtransport.govt.nz)**