

Active Transport and Public Health



Penny Wilson

Community and Public Health

Why are we interested?

- Population focus
- Strong evidence base for health benefits
- More people, more active, more often
- Walking and cycling = 30minutes a day
- Accessible, affordable activity
- Healthy sustainable environments

Who are we responsible to?

- Contracted to the Ministry of Health
- Support community action
- Commitment to Treaty of Waitangi
- Reducing Inequalities
- Health Promotion ~ Ottawa Charter

How do we work?

- Healthy public policy
 - Share the road, incentives
- Environmental change
 - Curbs, lighting, pavements, parks, open spaces
- Knowledge and awareness
 - Promotions eg. Bikewise week
- Community action
 - BUGS, walking groups

What can we contribute?

- Limited project funding
- Staff time and resource
- Networks within various settings - schools, workplaces, community groups
- Advocacy
- Commitment to inter-sectoral work

Penny Wilson

Nutrition and Physical Activity Team

Community and Public Health

Ph: 379 9480

penny.wilson@cdhb.govt.nz