

# **WORKING WITH LOCAL GOVERNMENT TO PROMOTE PHYSICAL ACTIVITY: A SNAPSHOT OF THE EVIDENCE**

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- What did we do?
- Why did we do it?
- What did we find?

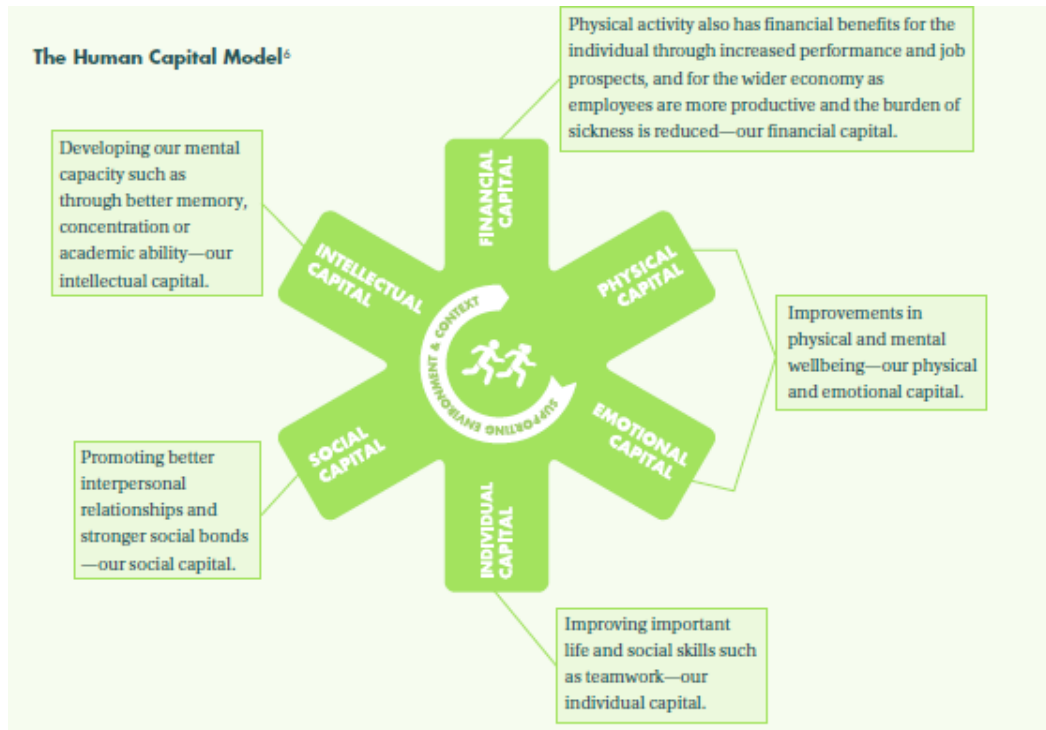


# What did we do?

A literature review to  
inform the Snapshot and  
interviews with key people  
to build case studies

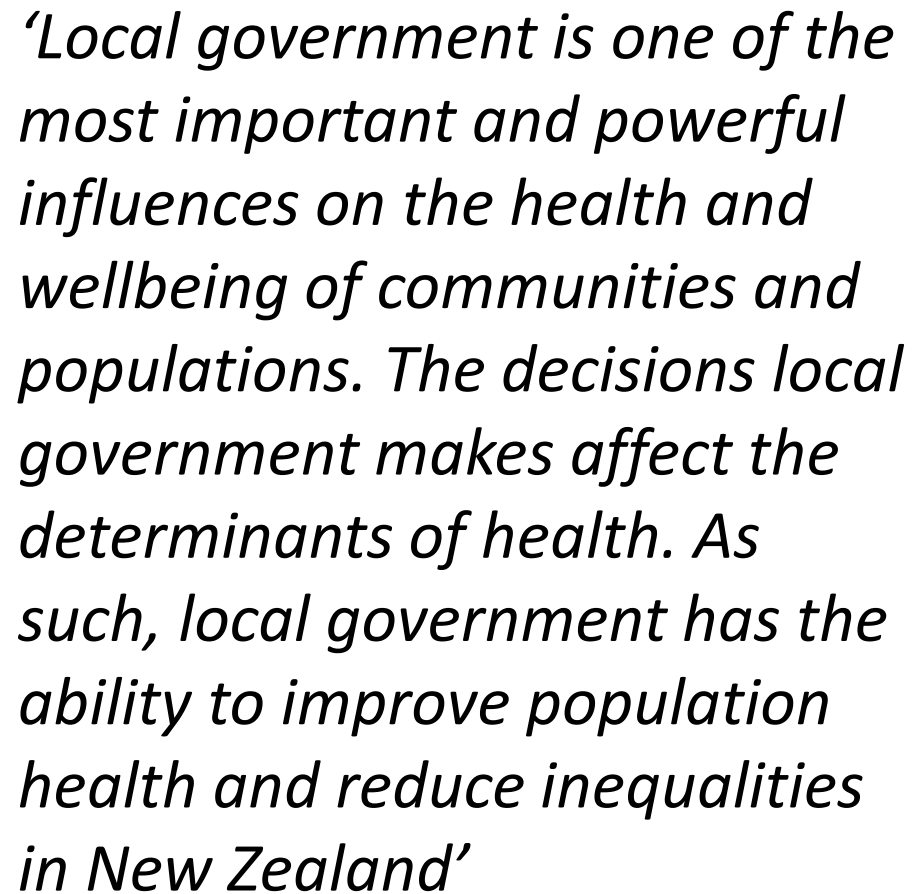


# Why did we do it?



*‘Physical inactivity poses a serious and growing danger to our society. It not only damages our health but also our economy and environment and limits the educational attainment and futures of our children’*

(All-Party Commission on Physical Activity, 2014)



**Local government can  
create supportive local  
environments that enable  
and encourage people to  
easily incorporate  
physical activity into their  
daily lives**



# What did we find

*There is strong evidence that the way environments are built can have a positive impact on physical activity.*

*Local government is uniquely placed to be able to create environments to encourage physical activity through policies, planning and development, and the provision and management of facilities and services.*



# Why would physical activity be a priority for local government?

- Amendment of Local Government 2002 Act (2012)
- No legislative requirement in terms of health/wellbeing BUT lots of opportunities to reframe



How can we get local government to promote physical activity?

How does a supportive local environment that enables and encourages people to easily incorporate physical activity into their daily lives assist local government to meet its objectives?



# Purpose of local government

‘meet the current and future needs of communities for good-quality local infrastructure, local public services, and performance of regulatory functions in a way that is most cost-effective for households and businesses’ (*Local Government Act 2002 Amendment Act 2012*)

Government’s broader agenda to build a more competitive and productive economy

Local government’s requirement for action by, and on behalf of, communities

Government Policy Statement on Land Transport Funding (GPS) directs regional land transport strategies.

The government has three focus areas that are the priorities for this GPS (New Zealand Government, 2015):

- economic growth and productivity
- value for money
- road safety



# Wider benefits of physical activity promoting environments



- increased liveability and a safer and more sustainable community
- increased vibrancy and an enhanced community appeal to drive economic prosperity
- improved infrastructure, e.g. walking and cycle trails, which would attract tourists
- improved safety through a reduction in vehicle usage and congestion and, an increase in walking and cycling



- enlivening the local economy as pedestrians and cyclists have better access to buy from local businesses rather than driving to centralised shopping areas
- protection of local habitats and biodiversity through the provision of parks, open spaces and linking green corridors and natural environments
- improved perception of community safety as there are more people around in public places
- Improved air quality and a reduction in carbon emissions to benefit climate change

# Local government has different drivers from health



# Where to focus?

Active Transport

Built and natural environments that promote physical activity



# Meets their needs

## **Active Transport**

- Strongly commit to environmental action and green growth
- Dramatically accelerate the prospects of Auckland's children and young people

## **Built and natural environments**

- Radically improve the quality of urban living
- Substantially raise living standards for all Aucklanders with a focus on those most in need

# Meets our needs

Active transport is the most practical and sustainable way to increase physical activity on a daily basis

(WHO 2010)

Children who walk or cycle to school are more physically active overall than those who choose alternate transport modes

(CDC 2011)

Improving lighting, access to and the safety of street crossings, pathway continuity, traffic calming measures and aesthetic enhancements have been shown to increase physical activity levels by 35 percent

(Taskforce on Community Preventive Services 2006)

# What can you do?

- Build a relationship with Council
- Influence local government planning processes
- Enable community voice
- Present the evidence



Download a copy of the ANA Snapshot for lots of ideas on how to influence and enable local government to promote physical activity  
<http://www.ana.org.nz/our-work/knowledge-translation>