

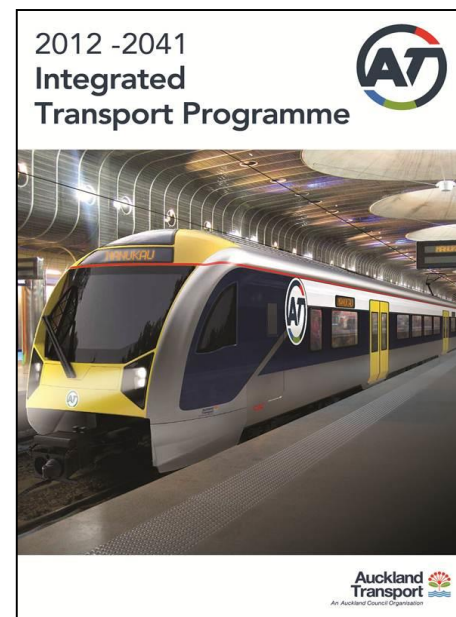
Encouraging Physical Activity Through Travel Planning

Melanie Alexander



“World’s Most Liveable City”

- Significant growth
- Traffic congestion
- Supporting travel choice
- Environmental & Health



Auckland Plan Growth Areas



Commuter changes in Auckland

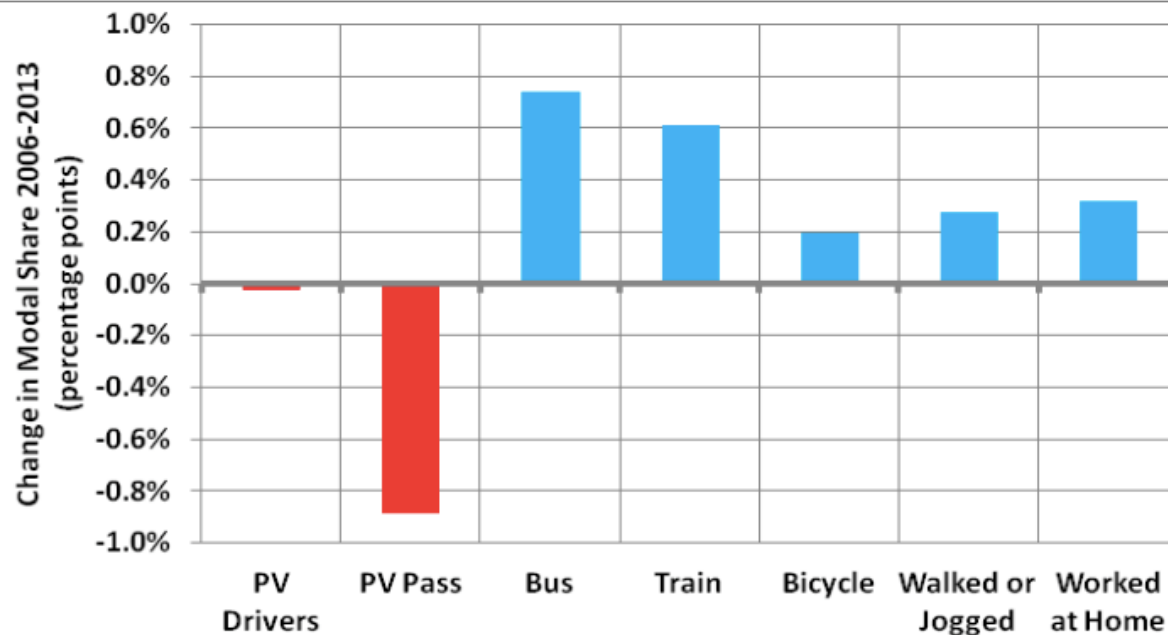
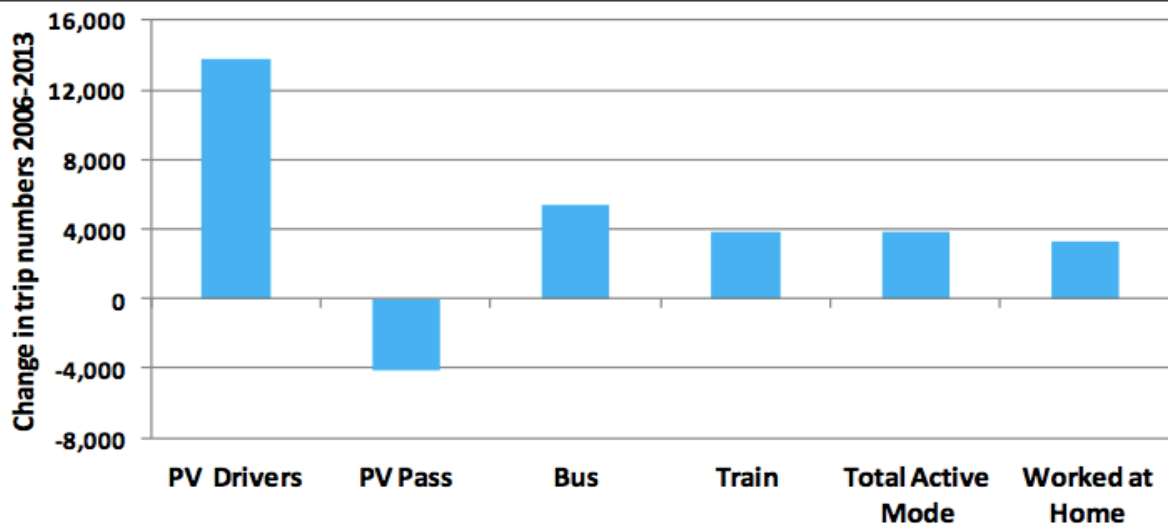


Figure 3.4
Changes in Modal Shares for Commuting Trips 2006-2013 (percentage points)



Note: The figures in this graph exclude "Other" travel which declined over the period.

Figure 3.5
Contribution to Growth in Commuter Travel by Mode 2006 to 2013

Source: Journey to Work Patterns in the Auckland Region, Paling 2014

Auckland Transport Supporting Sustainable Transport Choices.



Walking
School Bus



Walking



Cycling
Initiatives



Travelwise
School



AT HOP



City Rail Link



Electric
Trains



Public Transport

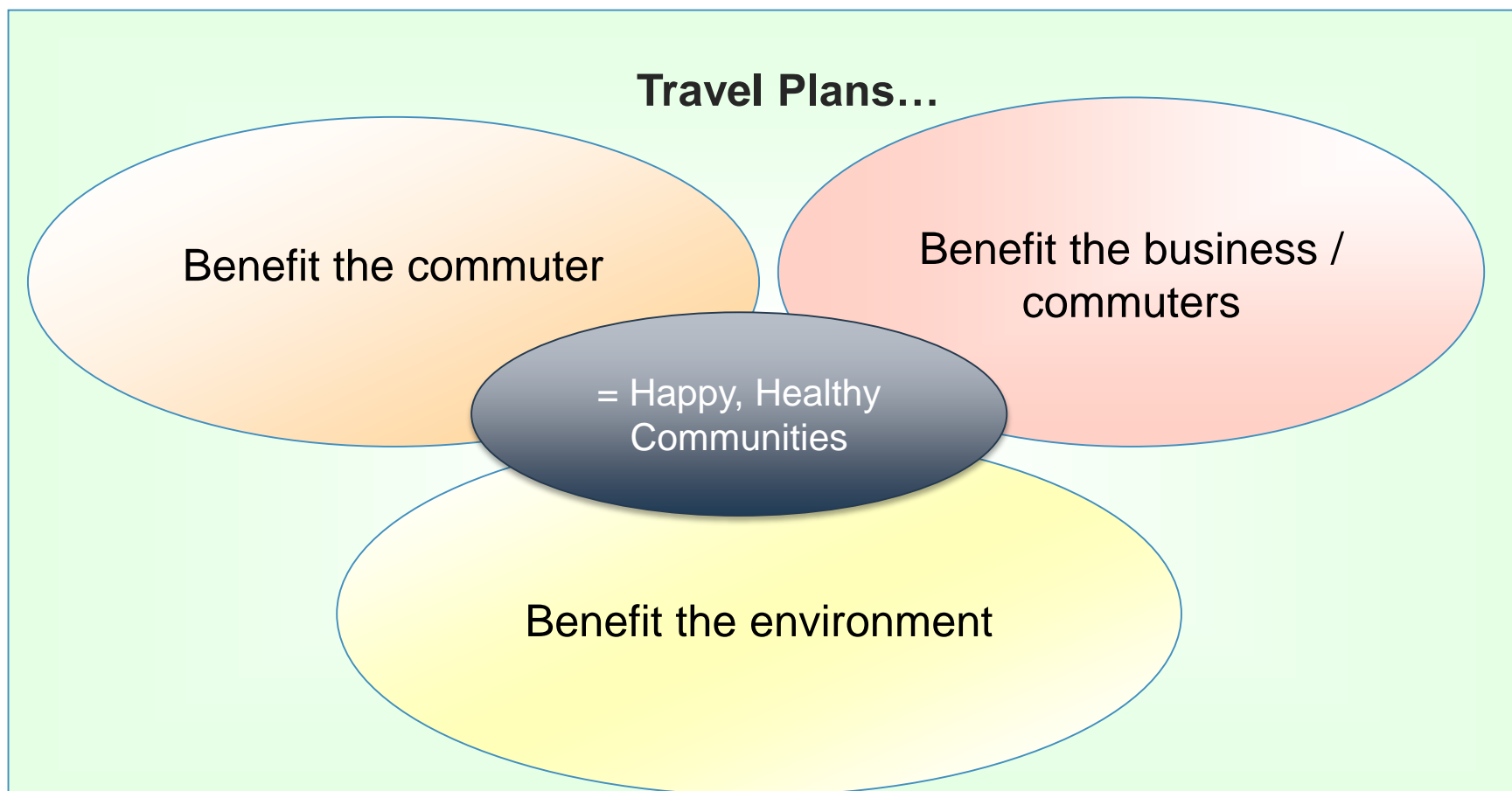


AT Commute
Travel Plans



Let's Carpool

Who Benefits from Travel Planning



"There are major opportunities for achieving large health gains for the European population by increasing levels of routine physical activity. Walking and cycling as a means of daily transport can be a most effective strategy to achieve these gains.⁹¹"

World Health Organization Regional Office for Europe.



Public health benefits

Those that had an active commute were found to have a higher level of wellbeing than those who went by car or public transport
(UEA study, 2014)

Commute

Explore your transport options

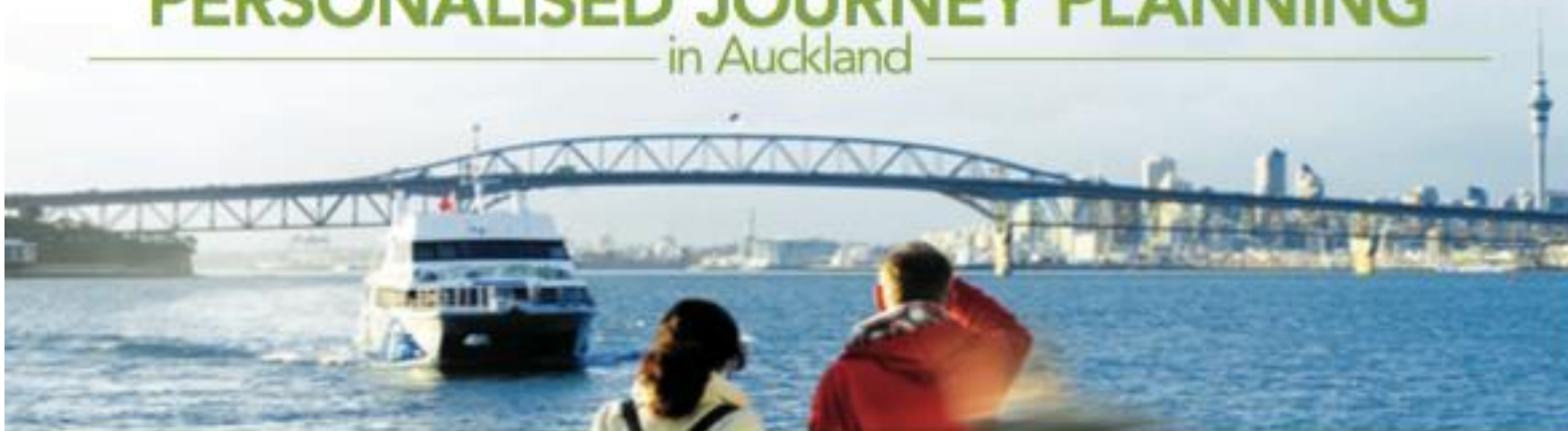
Less congested roads and more active travel have benefits for health & the environment through:

- 11.9 million fewer vehicle kilometres travelled
- Reduction of 3,864 tonnes of CO2 emissions
- 3,851 single occupant trip reduction in the morning peak

Commute

Explore your transport options

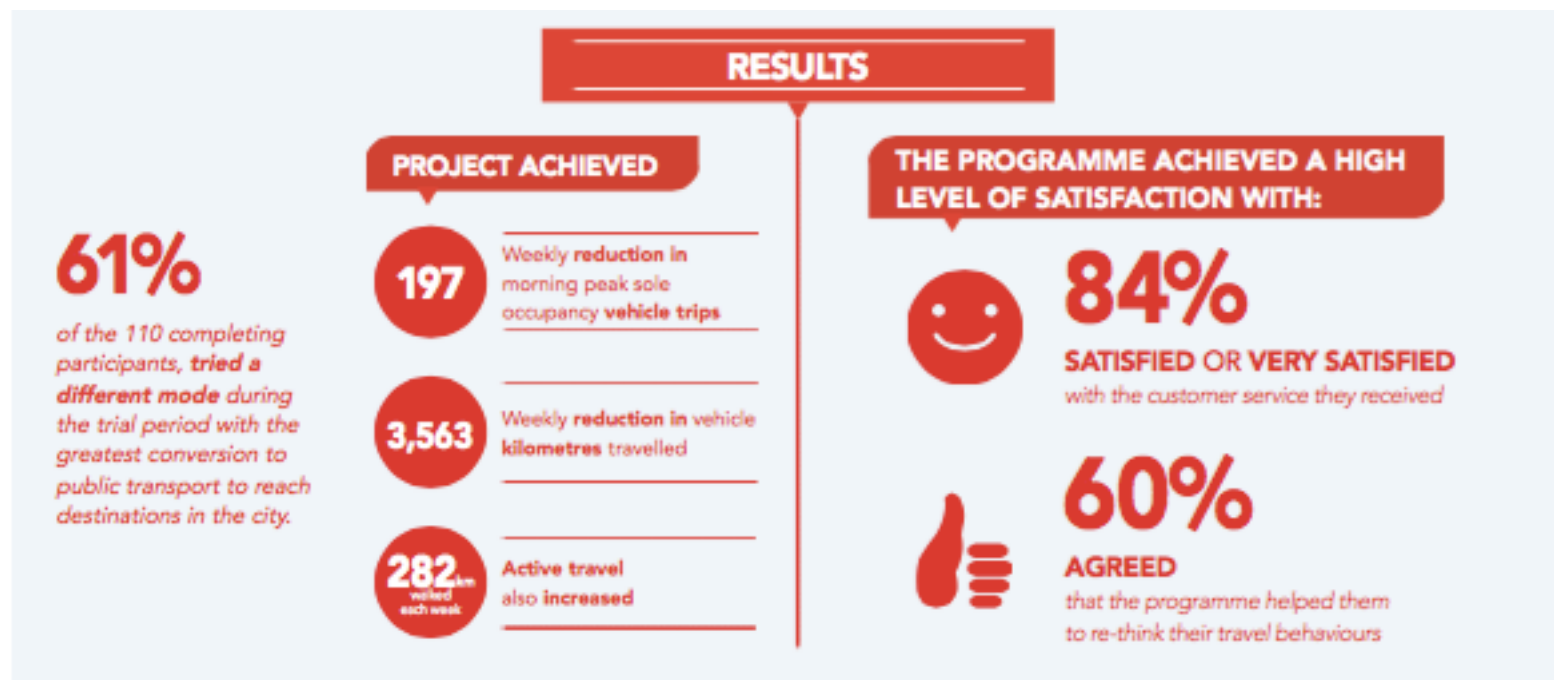
PERSONALISED JOURNEY PLANNING in Auckland



Personalised Journey Planning (PJP) aims to reduce the number of solo vehicle drivers on our roads in the morning peak and raise awareness of more sustainable modes including public transport, walking, cycling and carpooling.

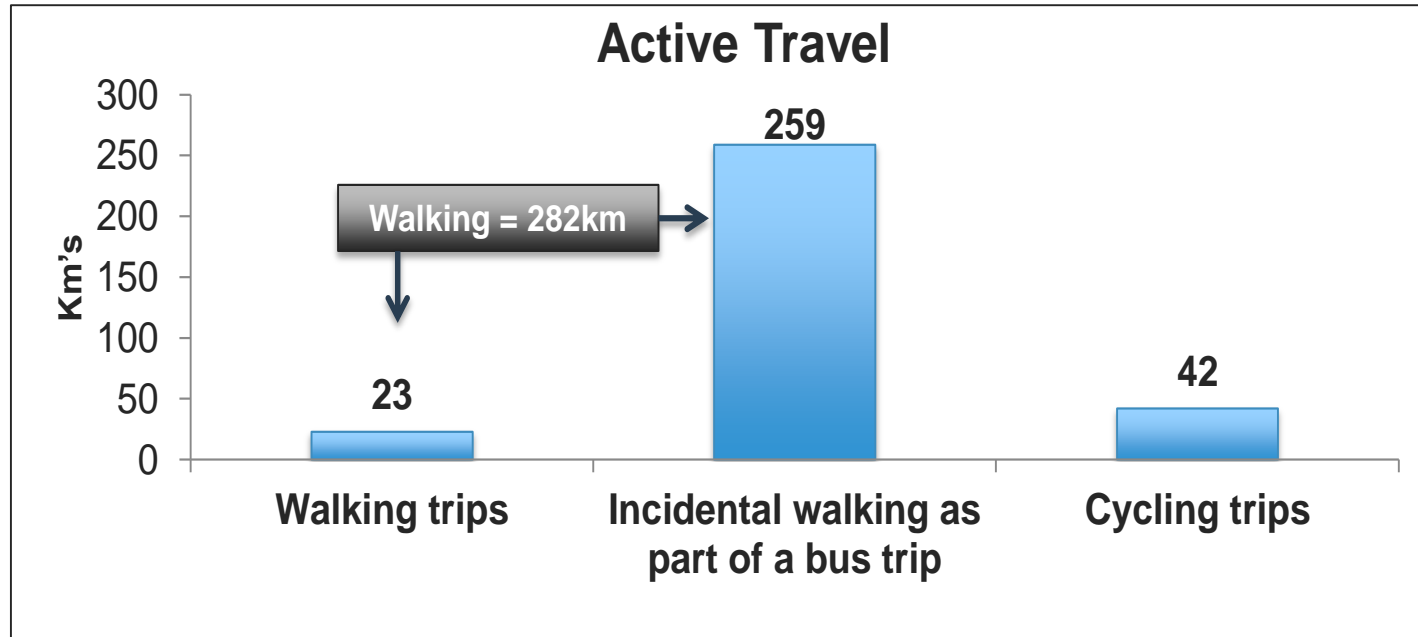
Commuters and communities are offered tailored journey information, support, guidance and incentives to try a different mode and make a positive change in behaviour.

Birkenhead PJP Project



“Love cycling, clean, green and great incidental exercise.”

Birkenhead PJP Project



Short distance trips Walking and Cycling up to 6kms
Links to Public transport Walking 410m to the bus stop

Commute

Explore your transport options

Commute

Explore your transport options

Commute your way to wellbeing

Encouraging staff to use public transport, carpool, walk or cycle to get to work can lead to a more active and healthy lifestyle.

Using sustainable transport modes will also help to reduce congestion and contribute towards a more liveable city.

The Five Ways to Wellbeing are a set of actions which have been proven to help improve wellbeing.

These are simple things that individuals can do in their everyday life:

- 1. Connect** – with people around you. Building these connections will support and enrich your life at work and home
- 2. Give** – seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you
- 3. Take Notice** – be aware of the world around you and what you are feeling
- 4. Keep Learning** – learning new things will make you more confident and can be fun
- 5. Be Active** – exercising makes you feel good.

Incorporating the Five Ways to Wellbeing into people's commute to work is a good way of helping them experience the benefits of each action.

For more information on the Five Ways to Wellbeing see the New Economics Foundation website (<http://www.neweconomics.org/issues/entry/well-being/>) and the Mental Health Foundation website (<http://www.mentalhealth.org.nz/home/ways-to-wellbeing/>)

To find out more, visit aucklandtransport.govt.nz/commute

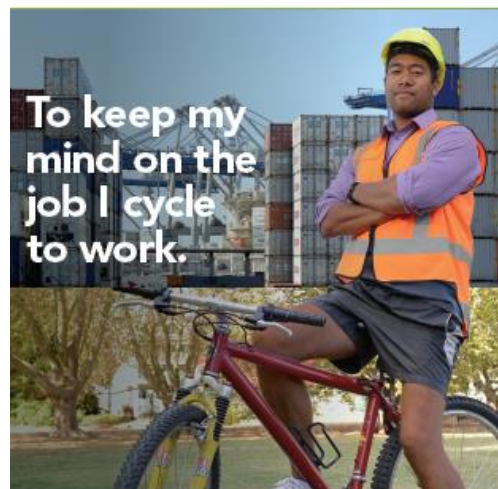


Auckland Transport

Commute.



To keep my
mind on the
job I cycle
to work.



Redesigner: graphic design studio
Photographer: iStockphoto.com
Illustrator: iStockphoto.com

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Walking to
work, it's good
for business.



Walking is a great way to get exercise that is convenient, easy and cost free. A minimum of 30 minutes exercise a day can help you on your way to becoming healthier and feeling great. Healthier staff are an asset because they are more energised and take fewer sick days. That means higher output and lower business costs.

One third of car trips in New Zealand are under 2km. Short distance car trips generate the most pollution per km travelled. Avoid short trips, try walking or cycling instead.

Happy Commuters: 5 Wellbeing Actions

Commute
Explore your transport options

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- Connect (unplug)
- Give (time and self)
- Take Notice (look around you)
- Keep Learning (and moving forward)
- Be Active (healthy)

Walk to Work Day

- Promotion of Walking to Work or to Public Transport
- Engagement with Businesses in Commute
- Pledge cards for employees could take part in a walking challenge

6 businesses responded and registered to take part in Walk to Work Day

IRD

NZTA

Navy

Smales Farm

BNZ

Mahitahi Trust

Great things can happen when you

WALK TO WORK

WALK2WORK DAY, MARCH 11

Auckland Transport is supporting Walk2Work Day. Walk to a bus, train or ferry, just get out there, get walking and feel the difference!

For more information visit [AT.govt.nz/walk2work](https://at.govt.nz/walk2work)

STORIES TO TELL

FEELING CONNECTED

SAVING MONEY

GETTING FIT

Commute
Explore your transport options

Living Streets Aotearoa
www.livingstreets.org.nz

AT

Walking Activities with the Tertiary sector

Manukau Institute of Technology

- Pedometer challenge
- Increasing the level of walking
- Walking more enjoyable
- 89% achieved progress towards their walking targets

Massey University

- Information & incentives
- Increase in walking from 3.7 days to 7 days
- Increase in comfort levels made a difference

Cycling Activities

- In 2013/14 15 cycling packages were delivered to businesses in the region.
- Over 200 people trialled a loan bike
- Results showed no of employees who cycled at least one day a week rose from 8% to 28%





Healthy Auckland Together is focussing on collaboration, advocacy and monitoring progress in four priority areas



Thank you.

aucklandtransport.govt.nz/commute

