



Walking as Transport



Benefits, challenges and ideas in local government

Ben Rossiter

www.victoriawalks.org.au



Victoria Walks

- Walking health promotion body funded & supported by VicHealth
 - i.e. increase physical activity through walking, particularly for everyday purposes.
- Our **vision** is for vibrant, supportive and strong neighbourhoods and communities where people can and do choose to walk wherever possible



What we do

Leadership (submissions, resource provision, policy, research, public comment, forums & social marketing).

Walking promotion (many benefits of walking through campaigns, events, promotions & social marketing).

Support local action (change neighbourhoods into walk friendly environments).



Physical inactivity

- Direct health costs \$1.5b per annum
- Type 2 diabetes & burden of disease
- 61% of adults overweight or obese (2007-08)
- 25% children (5–17) overweight or obese
- 73% workers get less than 30 mins of moderate exercise per day.



Walking decline

- Work related (8% 1976, 4% 2001, 4.5% 2006)
- School
 - Dramatic since the 1970s.
 - Long term health impacts.
 - Less social connections.
 - Congestion & the school run
 - Forgetting how to walk
- Local walking (shops etc)?



Some general context

- Health, transport, congestion, urban sprawl, liveability, social inclusion, climate change...
- Benefits of walking for transport.
- Many car trips could be walked.
- Public transport and walking.
- Transport poverty – forced car ownership
- Aging population



Characteristics of walkable communities

- Livable, strong communities
- Good infrastructure & public spaces
- Destinations, density & urban form
- Low and slow traffic
- Walk-friendly (everyday walking)
- People walk!





Some of the challenges

- Walking not valued
- Rebrand walking & change attitudes
- Poor urban form & housing density
- Approach to congestion
- Pedestrian 'safety'
- Funding for infrastructure
- Seeing the big picture



Big obstacles





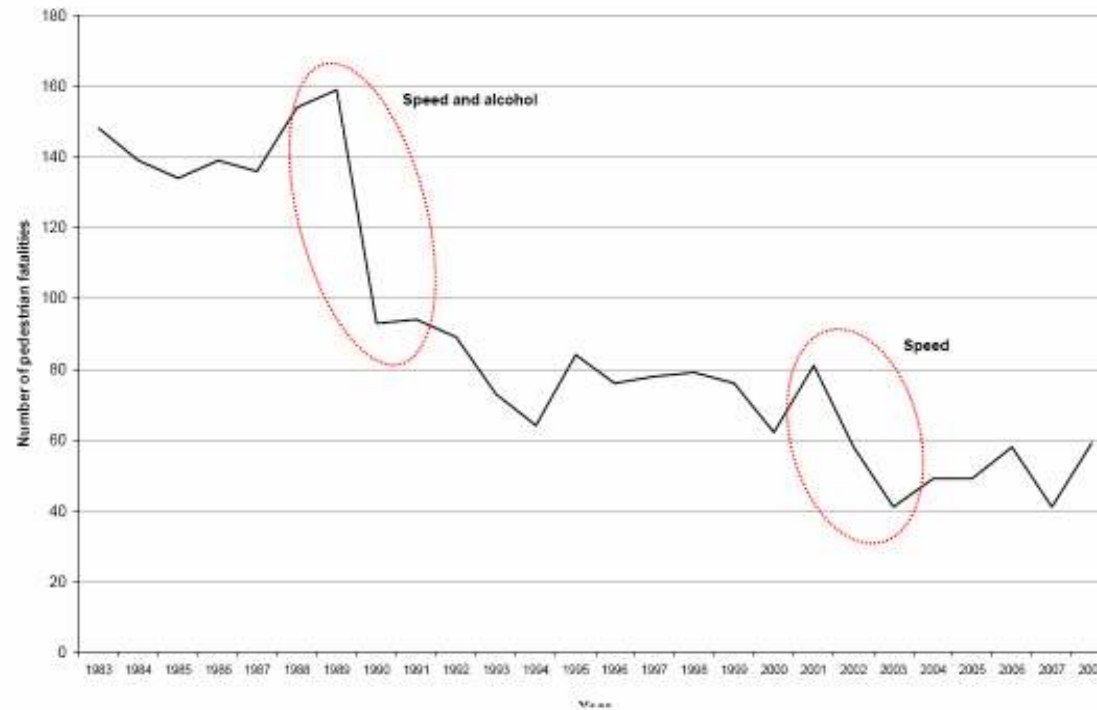




Speed & road toll

 **MONASH University**
Accident Research Centre

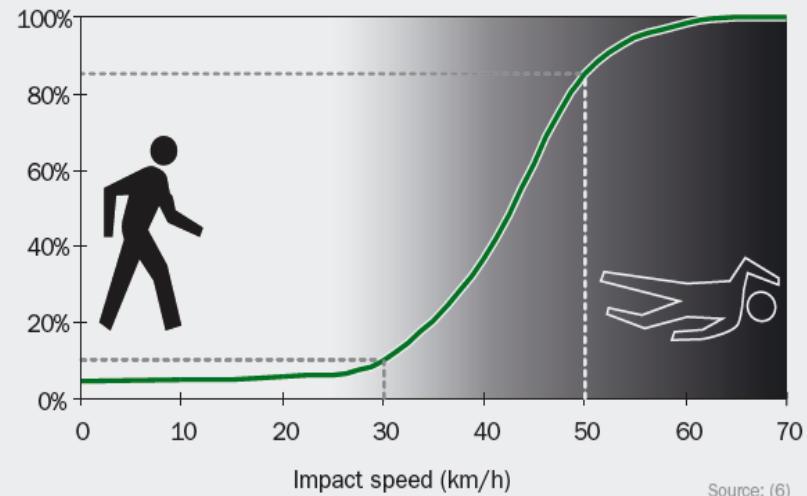
www.monash.edu.au/muarc





Speed & probability of death

Figure 1.1 Probability of fatal injury for a pedestrian colliding with a vehicle



Speed management A Road Safety Manual for Decision-Makers and Practitioners (WHO 2008)



Active Transport

- An obsolete concept?
 - Walking strategies



- Footpaths are for feet
- Roads are for vehicles



Working together

- Statewide (what works)
- LGA level (e.g. strategies & treatments)
- Local neighbourhood (WAGs)
- Telling us what you think
- Mass supporter base





Ben Rossiter

brossiter@victoriawalks.org.au

www.victoriawalks.org.au

9667 1339