



Department for Planning and Infrastructure
Government of Western Australia

Putting your best foot forward

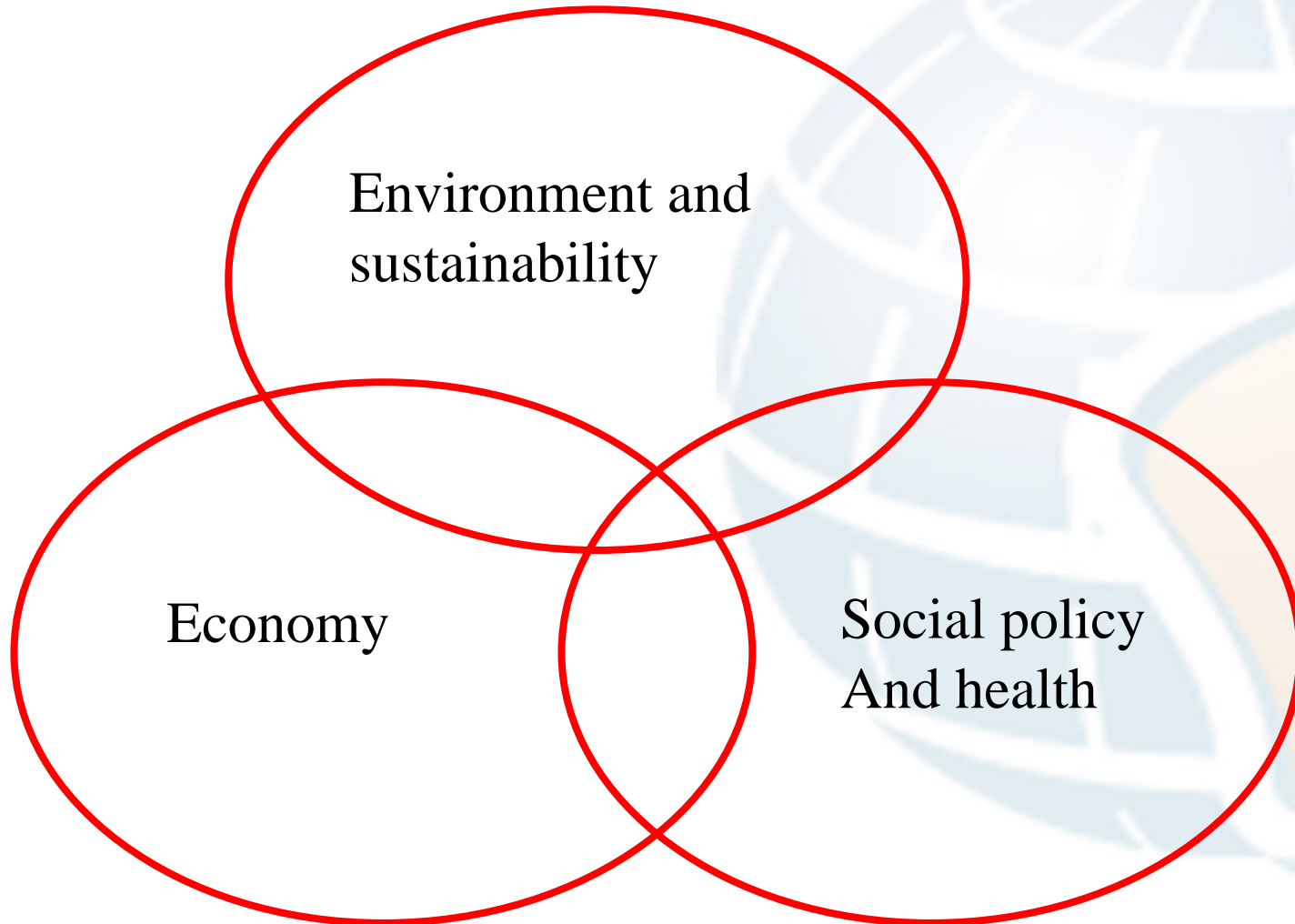
The benefits and relevance of Walking

Chair: Trevor Shilton





Walking delivers wins across the triple bottom line





Walking: fascinating facts and benefits

Walking:

- is the most prevalent and popular physical activity
- does not decline with age
- greatly reduces risk of heart disease (30-50%) and other chronic diseases
- decreases traffic congestion
- contributes to cleaner air
- has psychological and community benefits
- delivers benefits across all sectors (transport, planning, health, education, sport and recreation, local Government, crime prevention, main roads...)



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Walking delivers environment and sustainability benefits





Multiple benefits Health and environment



**Walk Week
2005**

- **Western Australians**
 - 240,000 car trips per day less than 1km
 - 750,000 trips per day of less than 3km
- What impact on health, traffic congestion and environment could be achieved if we switched 25% of these trips to active modes (walking or cycling)?
- Invest in walking for multiple wins

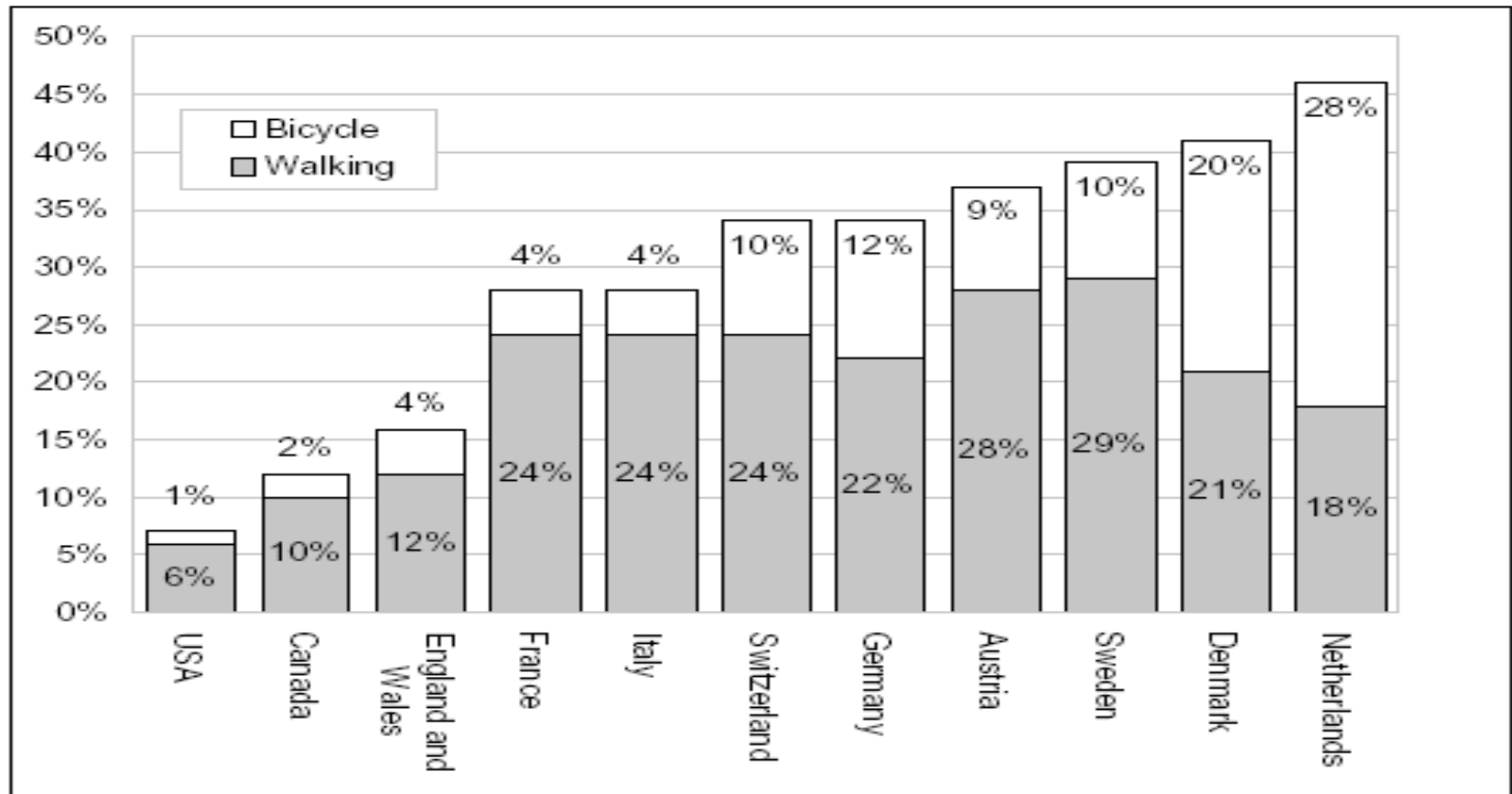


Figure 1: Walking and Bicycling Shares of Urban Travel in North America and Europe, 1995

Source: Transportation Research Board,²⁹ Table 2-2, pg. 30.

Note: Modal split distributions for different countries are not fully comparable due to differences in trip definitions, survey methodologies, and urban area boundaries. The distributions here are intended to show the approximate differences among countries and should not be used for exact comparisons.



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Walking delivers health and economic benefits





Health benefits

If all West Australians walked for 30 or more minutes a day the following would be prevented:

- One third of coronary heart disease deaths
- One quarter of diabetes deaths
- One fifth of colon cancer deaths
- Up to 12% of breast cancer risk
- About 15% of ischaemic stroke risk
- 10-16% of the risk of hip fractures



By way of example, Sep., 05. **Costello on prevention**

“Singling out obesity as a particular problem, Mr Costello said Australia's health system needed to shift its focus from treating diseases to preventing them if it was to stop soaring costs swamping government coffers”.

(The Age, Sep 13, 2005)





Walking solutions recommended.....

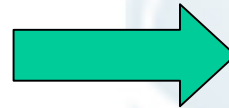
Individuals

- **Build knowledge, skills, self-efficacy, through social marketing and education**



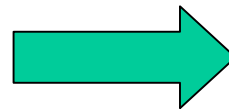
The built environment

- **Provide a supportive built environment.**
- **Neighborhood** planning
- **Active transport**, walking, cycling



Social supports

- **Fund programs that provide and support social connection**
- **Opportunities to be active in the places where people live, work and are educated (schools, workplaces and local government)**





Our program today represents this balance

**People or places – What should be the target
(Prof Billie Giles-Corti)**

**Designing out crime –designing in people
(Dr Paul Cozens)**

**Walking the talk – The role of local Government
(Ray Haeren & Etienne Brits)**

**Walking programs
(Rachelle Foreman)**

**Cross-Government walking strategy
(Jennifer Riatti)**