

Pedestrian Rights: 100 years of oppression Seminar, 2 September 2002

Pedestrians and Health

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Overview

- Health benefits
- Role of walking
- Who walks?
- Why don't we walk?
- Increasing walking

Health benefits of physical activity

- Cardiovascular disease prevention
- Diabetes prevention & control
- Prevention of some cancers – colon, breast
- Injury prevention & control
- Promotion of mental health

Role of walking

- Convenient form of physical activity
- Preferred activity for many people
- Popular, cheap, non-threatening, available to most people
- Requires no particular skills & equipment
- Undertaken anywhere, at any time

Who walks?

Walking for recreation:*

60% overall sample;
50% males; 69% females

Walking for transport:*

25% overall sample;
26% males; 25% females

*(Bull et al., 2000)

Walking to school:**

primary – 25% walk; 10% cycle; 60% travel by car

secondary – 21% walk; 8% cycle; 29% public transport; 38% travel by car

barriers – personal safety; traffic safety; too far; too young; too lazy; too much to carry

** (Transport WA, 2000)

Why don't we walk in our neighbourhoods?

Physical environmental issues:

- Functional – poor quality of paths; street & urban design issues
- Safety issues – poor personal & traffic safety
- Aesthetics – lack of “pleasant” places to walk (trees, gardens, parks)
- Destinations – limited or poor access to local facilities

SEID2

- Designed to examine the influence of the physical environment on walking in the local neighbourhood
- Assessing the functional, safety, aesthetic & destination factors as correlates for walking for recreation & walking for transport
- Results later in the year

What are we doing to increase walking?

Promoting walking as a convenient form of physical activity

Researching the individual, social & physical environmental correlates for walking

Forming partnerships:

- Local governments
- Other government & non government agencies
- Physical Activity Taskforce
- Community groups (eg walking groups)

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