

Your contact details:

Surname: Ward First Name: Aimee  
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Your relationship to nominee: AMHC Coordinator  
How did you find out about the awards?: via email

Nominee's details:

**Note: Where multiple agencies were involved in a project/promotion, only ONE organisation should be specifically nominated for the award (although others can be acknowledged).**

Name of project : The Adolescent Mobility Health Consortium (AMHC)  
Name of organisation: University of Otago, Department of Preventive and Social Medicine, Dunedin School of Medicine  
Address: PO Box 56, Dunedin 9054, New Zealand  
Nominee's names: Aimee Ward and Hank Weiss  
Nominee's email: aimee.ward@otago.ac.nz Telephone: (03)471 6356 or 022 673 1278

Award Category: (please place an X next to one of the following 4 boxes)

1. Best New Zealand Walking Project  
This award recognises any project by a community, business or organisation that has made a significant difference to encouraging more walking.
2. Best New Zealand Walking Facility  
This award is for best significant walking infrastructure which shows innovation to overcome barriers to enable more walking. Applicants need to show evidence of growth in walking numbers as a result of the facility. Accessibility and urban design quality will be key attributes of the facility.
3. Best New Zealand Walking Promotion  
This award is for successful promotion or event which has educated the general public as to the benefits of walking and promoted walking as an everyday means of transport. Applicants need to show how their promotion has produced a change in behaviours as a result if the promotion.

**X Auckland Transport Best NZ Joint Walking and Cycling Combined Project**

This can be a project, a facility, or a promotion but must contribute to both walking and cycling

## Details of Project

Please provide a 50 word summary description of the nominated project/organisation (note: this may be used for any subsequent publicity and for the display board at the Award ceremony and possibly throughout the 2WalkandCycle Conference)

The AMHC advocates for changing the current narrow paradigm of adolescent road safety that focuses mainly on crash risk, to the broader and healthier vision of less driving through mobility modal shift from cars to active and public transport. This paradigm shift represents the dynamics of considering simultaneously health and well-being, transportation safety and environmental sustainability.

**Coverage, in terms of number of people affected or potentially affected by this initiative:**

Two annual AMHC symposiums reached 100+ people in studio, and hundreds more watched as they were both broadcast live on the internet (archives of the symposiums can be found on our [You Tube channel](#) and at <https://blogs.otago.ac.nz/amc/>.) Since 2012, our website has received over 1,500 original visits from all over the world.

We framed the issue with our inaugural symposium, “**The Road Not Taken: Mobility Health - New Directions in Teen Mobility Management**” held in February 2012. In addition to NZ speakers, the keynote address was given by Associate Professor Paul Tranter (School of Physical, Environmental and Mathematical Sciences, UNSW@ADFA, Canberra, Australia), entitled “*The urban speed paradox: youth perspectives on time pressure, transport and health*”. Dr Bruce Simons-Morton (NIH Prevention Research Branch, Rockville, MD, USA), presented via Skype on “*The role of parents in adolescent transport decisions*”, and Mr Arthur Orsini (Urbanthinkers, Vancouver, Canada) presented his talk “*Engaging teens in healthy transport decisions*”. The symposium ended with a panel of non-driving teens from Dunedin; Arthur Orsini facilitated the panel, which engaged with themselves and the studio audience. The varied topics of the speakers allowed for broad discussion of the issues. The fact that the symposium included speakers from four countries, focused on a panel of non-driving youth and was broadcast on the internet increased its visibility. In particular, we got positive feedback about the Teen Panel.



*Teen Panel 2012*

In 2013 we held our 2<sup>nd</sup> annual AMHC symposium entitled, “**Moving Forward: Decreasing car use among teenagers**”, in order to discuss potential interventions. Once again we had an international panel of speakers, in addition to Professor Hank Weiss (then AMHC director) and others. The keynote address was delivered by Mr Todd Litman (Victoria Transport Institute, Victoria, British Columbia, Canada), “*Freedom From Automobile Dependency: How Youths Benefit from Better Living through Multi-Modalism*”. Jamie Stuckless (School Travel Planning Facilitator, Green Communities, Ottawa) presented via Skype on “*Youth Engagement to change travel mode: a secondary school pilot program in Ottawa, Ontario, Canada*”, illustrating one of the only intervention example at a secondary school currently available. Brittany Packer, NZ Youth Activist presented on “*Active transport, youth, and climate change – preparing for our low carbon future*”. We wrapped up with the ever-popular Teen Panel, facilitated by Aimee Ward and Brittany Packer, asking the question “*How do you get around Dunedin without a car?*” The symposium concluded with a walk-about Dunedin led by Todd Litman and Hank Weiss, for observation and discussion of Dunedin's transport challenges for youth in context.



***Teen panel 2013***

In terms of research and presentation, the AMHC has had several opportunities to increase visibility. The AMHC supported two Dunedin teen non-driving focus groups, and with support from a Road Safe Auckland grant completed a photovoice research project with young non-drivers in Auckland. The outcomes of these projects, as well as details about the AMHC itself, were presented several times in 2012 by Ms Ward and Dr Weiss; at the NZ Public Health Association Conference, the World Safety Conference, and the European Conference on Mobility Management (ECOMM) in Frankfurt, Germany. Two papers resulting from AMHC work are currently in peer-review.

Funding for the AMHC ended in 2013; however, Ms Ward continues to manage the website, and the success of the AMHC has led her to begin her PhD study. Her thesis is entitled “**Mobility Health: Bridging the gap between youth transport behaviour and well-being**”.

**Success to date of the initiative supporting walking and cycling:**

The AMHC started the conversation, but there is still much more work to be done. With the dramatic drop in youth licensure over the past decade, we are just beginning to learn about the transport habits of young people. Our research in Dunedin and Auckland promoted walking and cycling by singling out non-drivers as participants. Project

outcomes (teen panel discussions, participant photos and stories) can be found on our website and seen on our [Pinterest page](#).

**Potential widespread applicability of initiative to other locations or organisations:**

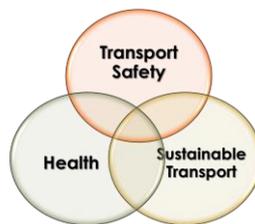
The AMHC initiative lives on in Ms Ward's PhD research, and has widespread applicability. Began in March 2014, her work will include several more photovoice projects with youth in Southland, New Zealand. In addition, a web-based transport behaviour and well-being survey will be disseminated to all Southland secondary school students aged 16-18 years, as well as secondary school students in Portland, Oregon USA. In light of the overall 25% drop in youth licensure in New Zealand, it is hoped that the results of the AMHC's legacy and Ms Ward's research will be applicable to future New Zealand transport planning policy.

**Relative uniqueness and innovation of this initiative in NZ:**

No one in New Zealand or abroad is encouraging youth not to drive, making the AMHC very unique. There are many programmes aimed at increasing youth active transport, but these are focused mainly on the trip to school among younger children. There is virtually nothing on increasing youth use of public transport. In early 2014, a few articles have emerged linking health and transport mode choice, but nothing yet has focused on youth, or interventions that delay licensure among youth.

**Please provide any additional supporting information that may be helpful for comprehension and subsequent publicity up to the 5 A4 page document limit.**

**Mobility Health:**



Motor vehicle (MV) injury remains THE leading cause of death and serious injury among New Zealand adolescents age 15-19. New Zealand also has the highest adolescent road crash death rate among OECD countries. Regrettably, NZ adolescents are no safer than they were 10 years ago. Maori youth are at substantially increased risk for both motor vehicle mortality and serious injury. But other harms from car use, outside the gaze of injury prevention and driver education programmes, go far beyond traffic injuries. Although poorly documented, 'non-traffic' teen risks from car use include physical inactivity, obesity, alcohol and drug use, poorer grades, and sexually transmitted diseases. In addition, ubiquitous driving places huge external costs on society in the forms of noise, pollution, congestion, sprawl, community severance, inequity, energy poverty, energy depletion, biosphere harm and climate change.

The goal of the Adolescent Mobility Health Consortium (AMHC) has been to encourage, develop and support research and interventions that facilitate voluntary adolescent transportation modal shift from motor vehicles to active and public transport. Many of these interventions go under the umbrella of mobility management (MM). MM is potentially more beneficial to adolescents than traditional road safety efforts aimed at making a costly, risky

and unhealthy activity (driving) marginally safer. These efforts aim to promote the consideration and adoption of alternatives to the cultural and generational expectations of ubiquitous driving in private automobiles. It is about the freedom for youth to choose their mobility options with full knowledge of the benefits and drawbacks of each alternative.

**Below: Poster presented at ECOMM in Frankfurt, Germany, along with Pecha Kucha presentation about the AMHC:**

**UNIVERSITY OF OTAGO**  
 Te Whare Wānanga o Ōtago  
 NEW ZEALAND

**IPRU**

**The Adolescent Mobility Health Consortium (AMHC)**  
**“Adolescent Mobility Health: Advocating for Deep Change”**

Professor Harold Weiss, PhD  
 Aimée Ward, MPH  
 Injury Prevention Research Unit, University of Otago – Dunedin, New Zealand

**A New Research and Practice Model**

We have formulated a new research and practice model, *Adolescent Mobility Health*, that works directly with youth to address their transport issues. This model represents the intersection of considering simultaneously health and well being, transportation safety and environmental sustainability.

**Our Focus**

Transition teens (aged 15-19) are greatly underrepresented in mobility management efforts. Yet, they represent a very important market and social sector:

- **Safety** - They embody the *highest* crash risk of any age group. Yet, injury prevention efforts have plateaued within a narrow ‘road safety’ perspective that mainly encourages driving marginally safer, not driving less
- **Health** - Little has been done to account for the *non-traffic health risks* related to teen driving (drug and alcohol use, anxiety, anti-social behaviour, risky sexual behaviour, inactivity and obesity and environmental and social externalities). Thus, we have greatly underestimated the health and societal costs of driving and car dependency in this age group
- **Sustainability** - Teens are literally the *future of transport*; a massive economic sector that faces an increasingly urgent need to travel greener

**Why Teens?**

- Pre-driving youth have not yet formed car-use or car dependent habits,
- Teens are less likely to have physical barriers to increasing active transport,
- Healthy mobility learned as youth may be engrained for many years,
- Parents, work and peers play a special role in influencing youth behaviours, and
- Engaging teens on transport issues fosters collaboration between MM and the health sector.

*“It was good to see that people were listening to our discussion ... that doesn't happen very often.”*  
 - Teen Panel participant, 2012 AMHC Symposium

Poster Presented at ECOMM, Frankfurt, Germany – June 2012  
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