

# Hikoi ki a Mātauranga / Walk to School

To ensure more than 50% of children and adolescents walk to school by 2025.



# Hikoi ki a Mātauranga / Walk to School



- Benefits
- Data
- Opportunities
- Recommendations

**Living Streets Aotearoa**






# Benefits of Walking to School



- Wellbeing
  - Mental health
    - Alertness
    - Social interaction
  - Physical health
    - Cardio, obesity,
  - Environment
    - Reduced congestion
    - Reduced emissions
    - More Public Transport
  - Forming the Walking habit

# Data in New Zealand - Transport

Ministry of Transport Household Travel Survey 2015 – 2018 for ages 0 – 15, all trip legs, all purposes

Mode of travel	Sample: People with any trips	Trip legs in sample			Mode share of distance	Mode share of duration	Mode share of trip legs		Km per person per year	Trip legs per person per year	Hours per person per year
1.Car/ van driver					0%	0%	0%		Not available	Not available	Not available
2.Car/van passgr	1022	15824			85%	72%	78%		5586	802	159
3.Pedestrian	531	3331			2%	15%	15%		135	156	33
4.Cyclist	81	492			1%	2%	2%		44	19	4
5.PT (bus/train/ferry)	148	840			8%	9%	5%		535	52	21
6.Motorcyclist	0	0			-	-	-		Not available	Not available	Not available
7.Other household travel	 16	81			4%	1%	1%		Not available	Not available	Not available
Total	1122	20569			100%	100%	100%		6555	1034	220

*“These results from the new survey are not directly comparable to the results from the 2003-14 or earlier travel surveys.”*

The 2018 census asked about Travel to Education for the first time





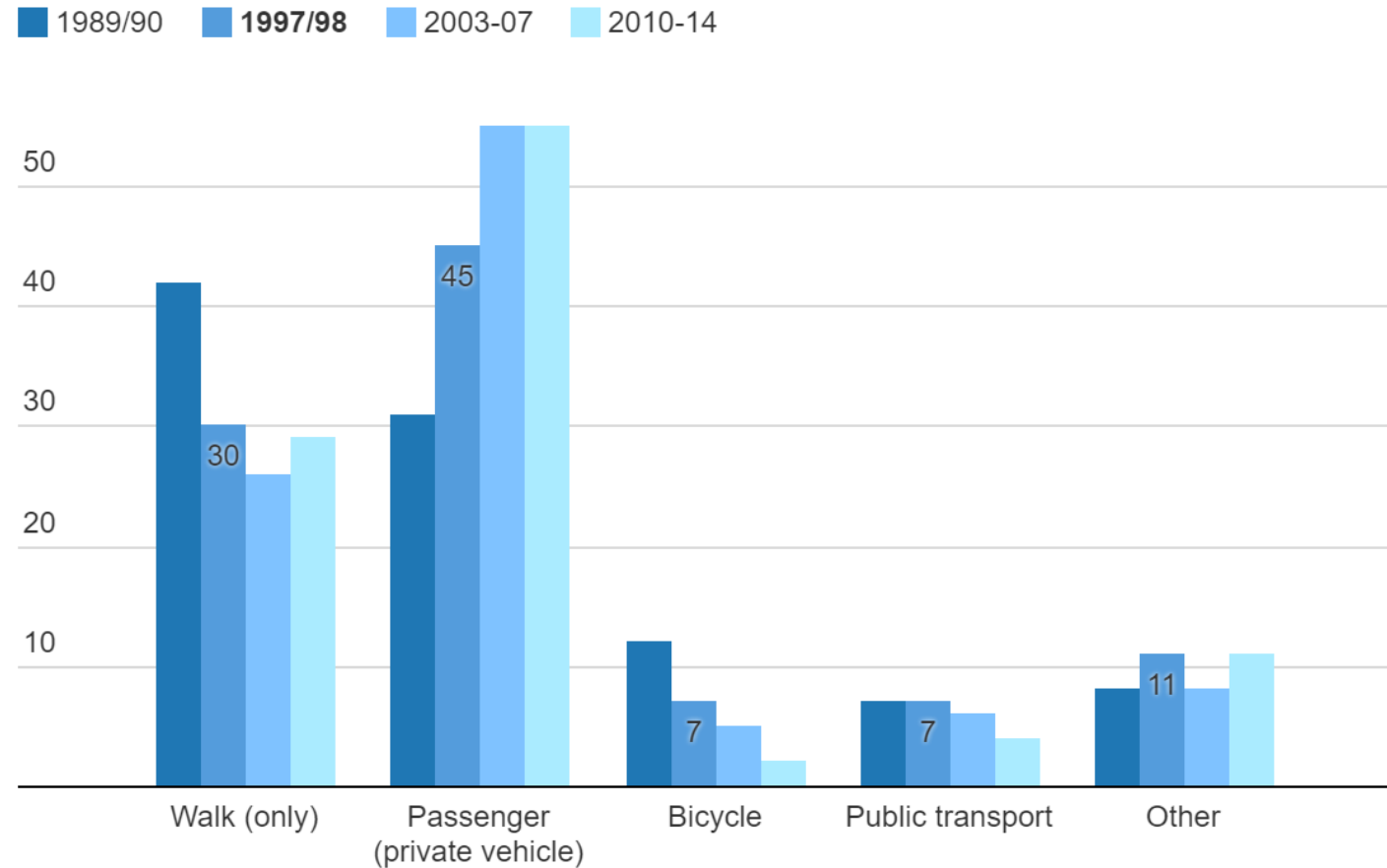
**Indicator: Usually uses active transport (walk, bike, skate or similar) to and from school (5-14 years)**

Health

Population group	2006/07	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18
Total	46.2	46.5	45.0	44.3	41.0	45.8	44.5	43.2
<b>Gender</b>								
Boys	48.0	47.2	43.6	47.1	42.3	48.5	46.3	43.6
Girls	44.3	45.8	46.3	41.4	39.7	43.0	42.6	42.8
<b>Age group (years)</b>								
5-9	42.3	43.7	41.2	40.5	38.4	42.3	40.5	37.7
10-14	49.9	49.2	48.7	48.3	43.8	49.7	48.8	49.1
<b>Māori</b>								
Total Māori	49.8	51.6	45.4	49.0	42.7	45.0	44.1	44.8
Māori boys	55.8	49.1	47.7	49.4	43.6	45.6	48.7	46.5
Māori girls	43.6	54.3	42.9	48.6	41.8	44.4	39.3	43.0

# A shocking decline since 90s

Mode of transport used to get to school by children aged 5-12 years, 1989/90 - 2010-14 (unadjusted prevalence, %)



Source: [New Zealand Household Travel Survey, Ministry of Transport](#) [Get the data](#)

Created with [Datawrapper](#)

# Active Healthy Kids Global Alliance

Country ▲	Overall Physical Activity ▲	Organized Sport and Physical Activity ▲	Active Play ▲	Active Transportation
Japan	INC	B-	INC	A-
Nepal	D+	INC	INC	A-
Zimbabwe	C+	B	D+	A-
Denmark	D-	A-	INC	B+
Finland	D	C+	C	B+
Hong Kong	C-	C	INC	B+
South Korea	F	C	INC	B+
Colombia	D+	C	INC	B
Nigeria	C	C-	C	B
Bulgaria	D+	C+	C+	B-
India	D	INC	C-	B-
Netherlands	C	B	B	B-
Spain	D	B	C-	B-
Venezuela	D	D	INC	B-
Belgium (Flanders)	F	B	INC	C+
China	F	D-	D+	C+
Czech Republic	D	B-	D-	C+



# Data



## Summary of the travel survey indicators required

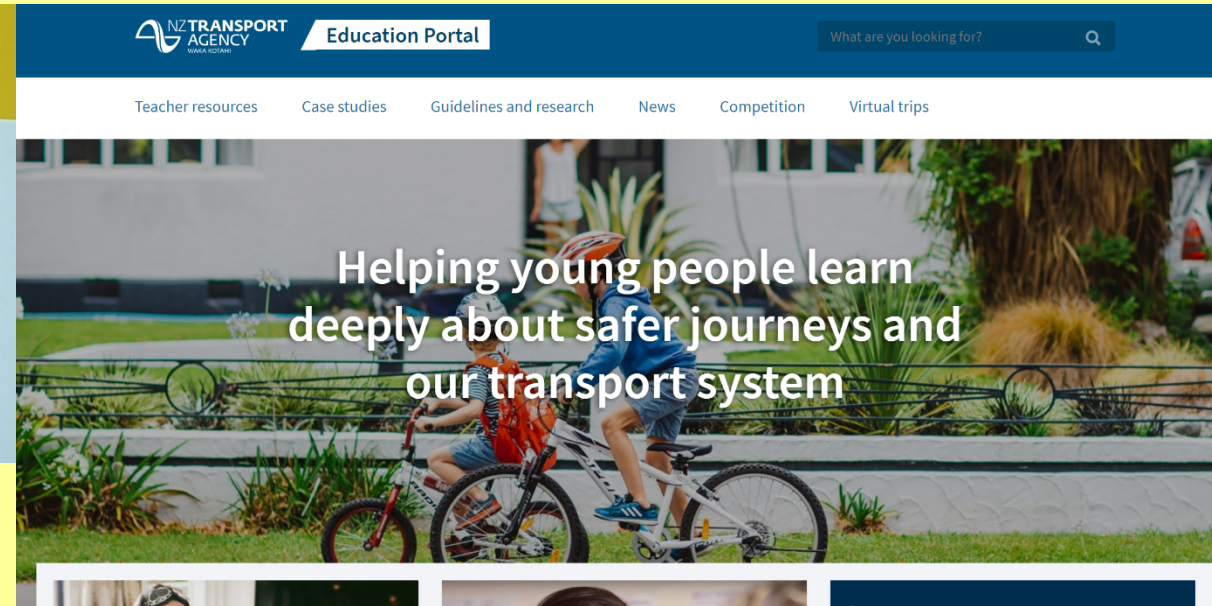
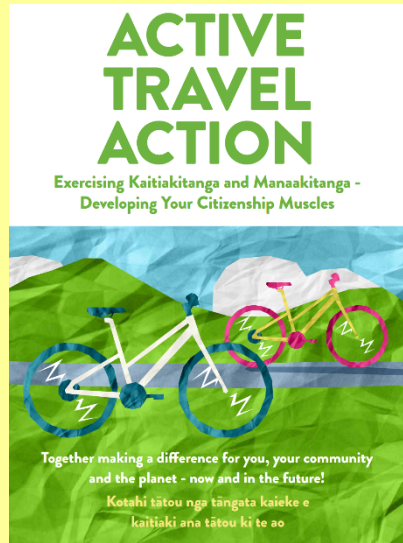
	Key indicator	Comments
<b>1</b>	Proportion of people who have made at least one walking stage on the survey day	The Standard provides details of how an “average” day is to be arrived at, and ways of handling data on days of the week, month, and season. It specifies the minimum age of people surveyed.
<b>2</b>	Average number of daily walking trips and walking stages per person	The Standard defines “trips” and “stages” generally, as well as specifically on foot, including the issue of walking in public and private spaces.
<b>3</b>	Average daily time walked per person	The Standard specifies how total walking time is arrived at, and the issue of “waiting time” is dealt with.
<b>4</b>	Average daily distance walked per person	The Standard requires the total distance walked in publicly accessible spaces to be presented. It also describes why the arithmetic mean as well as the median distance need to be calculated (median distance is the distance that 50% of the people exceed and 50% fall below)
<b>5</b>	Mode share of walking based on: <b>A.</b> stages <b>B.</b> main mode <b>C.</b> time <b>D.</b> distance	The Standard requires walking data to be set alongside data for all other modes, and for all trip purposes to be included.

<http://www.measuring-walking.org>

# New Zealand's commitments

- International
  - WHO's Global Action Plan on Physical Activity
  - PARIS Climate Treaty
- Wellbeing
  - Social, Environmental, Economic, Cultural
  - Child Wellbeing
- Road Safety Vision Zero

# Why walking not “Active Transport”?



- Walking gets forgotten
- More children and adolescents walk already
- Minimal equipment needed – no helmets or bikes
- Some issues the same as for people on bikes (traffic speed and volume, storage of coats/jackets)
- Easier to start from inactive lifestyle
- More sociable
- Fewer barriers
- Works with Public Transport
- BikeReady and Bikes in Schools already funded



# Existing initiatives need tuning, boosting & connecting

- Feet First (NZTA)
- Green prescriptions
- Road Safety co-ordinators
- Travel plans
- Walking School Buses
- Healthy Physical Activity (Education, Health, Sport NZ) – Budget 2019
  - school physical activity advisors.
- Increased Walking & Cycling Funding (GPS 2018)
- KidsCan (e.g. 47,000 raincoats) Variety and other charities
- Living Streets Aotearoa has examples, connections & supporting campaigns



# Recommendations to Government

- Focus on Walking to School (W2S)
- Appoint and fund a cross-agency W2S steering group for three years
  - Ministries of Transport, Health and Education
  - Academia, HPC, LGNZ/TRAFINZ, Sport NZ and Living Streets Aotearoa
- Improve data measurement for walking to school
- Mandate national, regional and city targets
  - >50% usually walk to school by 2025
  - Zero W2S deaths or serious injuries (while increasing walking rates)
- Make school travel plans compulsory for all schools
- Fund school travel planners in Unitary, Regional and City Councils
- Fund in-school W2S coordinators (part of school physical activity advisors' role)
- Fund charities to increase shoe, coat and bag provision for kids in poverty
- Support volunteers (WSBs, Crossings)
- Prioritise safety near schools with increased Funding Assistance Rate
- Make 30kph zones for 300m minimum radius around primary schools
- Plan future school locations and zoning to make walking possible for most students
- Make the 2014 national School Safety Assessment public, use to prioritise infrastructure
- Promote Walking to School nationally including updated Feet First material
- Support Living Streets Aotearoa
  - to share local and international best practice
  - to advocate for the rights of children, adolescents and their families to walk safely and enjoyably.





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