

## Breaking New Zealand's 'P' Dependence

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## Outline

- The extent of the 'P' problem in Aotearoa
  - Do we have a chronic case of chemical dependence?
- Junkie no more!
- Cleaning up our act - Getting There on Foot
  - Initiatives and activities
  - Moving forward together

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## Are we hooked on P?



1998

2002

The consequences of long term petrol dependence...?

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## Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) Addiction: Car-o-holic

Three or more of the following signs or symptoms:

- TOLERANCE
- WITHDRAWAL
- LARGE AMOUNTS OVER A LONG PERIOD
- UNSUCCESSFUL EFFORTS TO CUT DOWN
- TIME SPENT IN OBTAINING THE SUBSTANCE (PETROL)  
REPLACES SOCIAL, OCCUPATIONAL OR RECREATIONAL  
ACTIVITIES
- CONTINUED USE DESPITE ADVERSE CONSEQUENCES

ADDICT

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## Are we hooked on P?

- Can we go cold turkey?
- The environment – climate change
- The sea of cars – space pollution?

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The affects of 'P' on our mental and physical health



**ROAD RAGE**

**Car travel driving us to obesity**

THE SUNDAY TELEGRAPH, www.sundaytelegraph.com.au, June 16, 2008

By Margaret Carter  
ROAD RAGE

DETONY recommends the concept of car-pooling. This practice can help reduce the number of cars on the road, which in turn can help reduce the risk of road rage. Detony also suggests that drivers should avoid driving during rush hour, as this can help reduce the stress and frustration associated with driving in traffic. Finally, Detony suggests that drivers should avoid driving in areas with a high density of cars, as this can help reduce the risk of road rage.

Frustration behind the wheel can become dangerous.

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Addicting the next generation?

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How do we wean ourselves off the pump?

Step one:

Recognise the benefits of multi-modal transport



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New Additions



Biofuels - cleaner but not an improvement

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New Additions



Transport alternatives

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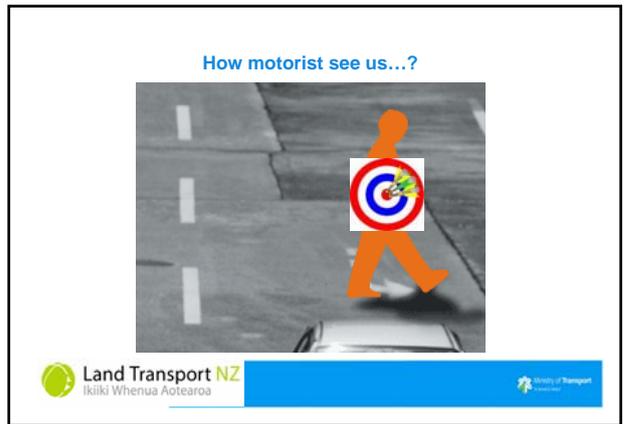
Getting There – On Foot, By Cycle

- Strategic Implementation Plan – 10 exciting initiatives
  - Providing more opportunities to walk
  - Developing an information centre for walking
  - Strengthening walking networks
  - Developing model walking and cycling communities
  - Increasing awareness
  - Aligning the transport sector




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**Getting There Initiatives – Benchmarking**

- Guidance to Councils in assessing and improving efforts for walking and cycling
- Purpose is to share information on
  - Policy and strategy
  - Processes & Implementation
  - Outputs
  - Outcomes



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**Getting There Initiatives – Information Centre**

- Will provide people with easy access to information, resources and advice to support walking and cycling
- Opportunity for partnerships with key agencies
- Opportunity to spread the word about walking and cycling beyond the usual agencies and organisations



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### Getting There Initiatives – Strengthening walking networks

- Strengthen the capacity of walking and cyclist user groups
- Identify key people, organisations and champions to encourage walking promotion
- Develop strong local and regional walking group networks



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### Getting There Initiatives – Model Communities

- Partnerships between National Agencies and local communities
- Comprehensive range of programmes and networks to support walking and cycling



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### Getting There Initiatives – ‘Share the road’

- A national programme focussed on encouraging motorists, pedestrians and cyclists to all ‘share the road’



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### Let's get off the pump together...make your next trip on foot!



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### For more information

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