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NZ Walking Conference 2008
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ABSTRACT FORM

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Presentation topic	Public transport, public health, planning		
Presentation title	How does Public Transport Accessibility influence Work-related Travel Behaviours?		
Presentation Style	Presentation <input checked="" type="checkbox"/> Workshop / Walkshop <input type="checkbox"/> Other <input type="checkbox"/>		
Estimated Time Required	0-10 mins <input type="checkbox"/>	10-20 mins <input checked="" type="checkbox"/>	20-30 mins <input type="checkbox"/>
<p>Authors: Hannah M Badland* & Nick Garrett</p> <p>Background: Public transport has been promoted as an alternative to private automobile reliance for commuting to work. Recent evidence suggests that commuting via public transport can provide health benefits through increased physical activity by walking from point to point. Yet, little is known about how the commute journey environment (such as public transport access) influences travel mode selection in the first instance for adults traveling to their place of work.</p> <p>Methods: Travel and health data were collected by self-report survey on 1,188 employed North Shore City adults. Geographical Information Systems (GIS) measures were used to determine objective measures of public transport access and distance between home and the workplace. Health measures were obtained by self-report methodology.</p> <p>Results: Overall, public transport was used for 12.1% of the work-related commute in North Shore City adults. Our results demonstrated that, when compared to the referent groups, those who used public transportation for commuting to and from work reported higher levels of walking, lived closer to a public transport stop, perceived public transport as accessible, and were more likely to travel to the central business district.</p> <p>Conclusions: Work-related public transport engagement was strongly associated with issues of convenience, accessibility, and workplace location. Where possible, public transport stops should be proximal to residential addresses to increase work-related public transport patronage and total walking accumulation.</p>			
<p>Dr Hannah Badland (presenting author*) is a Post-doctoral Research Fellow at the Centre for Physical Activity and Nutrition Research, Auckland University of Technology. Her research interests relate to public health, walking and cycling as transport modes, and the built environment.</p> <p>Mr Nick Garrett is a Senior research Fellow and Biostatistician at the Centre for Physical Activity and Nutrition Research, Auckland University of Technology. His area of research includes the relationship between perceived and objective measures of the built environment and the association with population health outcomes.</p>			