



# DOUBLE THE FEET ON THE STREET

NZ Walking Conference 2008

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<b>Phone number</b>	04 4720138	<b>Fax Number</b>	04 4720144
<b>Presentation topic</b>	<b>Health benefits of walking for older people and features of age-friendly cities that help increase walking by older people</b>		
<b>Presentation title</b>	Age-friendly cities; what will help to double older walkers?		
<b>Presentation Style</b>	<b>Presentation</b> <input checked="" type="checkbox"/> <b>Workshop / Walkshop</b> <input type="checkbox"/> <b>Other</b> <input type="checkbox"/>		
<b>Estimated Time Required</b>	0-10 mins <input type="checkbox"/>	10-20 mins <input checked="" type="checkbox"/>	20-30 mins <input type="checkbox"/>
<p><b>Abstract Remit</b></p> <p>It is never too late in life to walk for transport or leisure, and international evidence suggests that even modest increases in walking can have considerable benefits for the wellbeing of older people. A large body of research indicates a range of health benefits for physically active older people, including enhanced physical and cognitive functioning, reduced depression, enhanced sleep quality, and reduced risk of falls.</p> <p>The proportion of older people in New Zealand is projected to double over the next thirty years. An effective way to 'double the feet on the street' would be to design age-friendly cities that facilitate and encourage more older people to walk regularly for both transport and leisure. The World Health Organization has defined an age-friendly city as one that encourages active ageing by maximising the opportunities for health, participation and security for people as they age. An age friendly city adapts its structures and services to be accessible to and inclusive of older people with a range of capacities and needs. As active ageing is a lifelong process, age-friendly cities are not just 'old age friendly'. Such cities will also meet the needs of the rest of society including people with disabilities, injuries, mobility problems or parents with young children.</p> <p>This presentation will give a brief overview of the health benefits of walking for older people. Drawing on recent international research it will then discuss the features of age-friendly cities that can help to foster increased walking by older people. The presentation will include examples of innovative practices and initiatives with older people in promoting walking and walkable environments.</p>			
<p><b>Author Profile</b></p> <p>Louise Thornley is a Senior Research Associate with Quigley and Watts Ltd. She has a background in public health research, policy analysis and community work, with experience in both government and non-government sectors. Much of her recent work has focused on sustainable cities and the links between aspects of urban environments and population health and wellbeing.</p> <p>Louise has worked as a Research Fellow at the Wellington School of Medicine's Department of Public Health, and has a postgraduate diploma in public health. She previously worked for five years as a Senior Policy Analyst for the National Health Committee and the Public Health Advisory Committee, who provide independent advice to the Minister of Health. The role included leading several major projects on complex policy issues, including health impact assessment, and work on transport and health.</p>			