


Canterbury
District Health Board
Te Pōari Hauora o Waitaha

Active Transport and Public Health



Penny Wilson
Community and Public Health

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Why are we interested?

- Population focus
- Strong evidence base for health benefits
- More people, more active, more often
- Walking and cycling = 30minutes a day
- Accessible, affordable activity
- Healthy sustainable environments

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Who are we responsible to?

- Contracted to the Ministry of Health
- Support community action
- Commitment to Treaty of Waitangi
- Reducing Inequalities
- Health Promotion ~ Ottawa Charter

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How do we work?

- Healthy public policy ➤ Share the road, incentives
- Environmental change ➤ Curbs, lighting, pavements, parks, open spaces
- Knowledge and awareness ➤ Promotions eg. Bikewise week
- Community action ➤ BUGS, walking groups

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What can we contribute?

- Limited project funding
- Staff time and resource
- Networks within various settings - schools, workplaces, community groups
- Advocacy
- Commitment to inter-sectoral work

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