

# Physical Activity and Urban Design in New Zealand: What's the evidence?

Associate Professor Grant Schofield

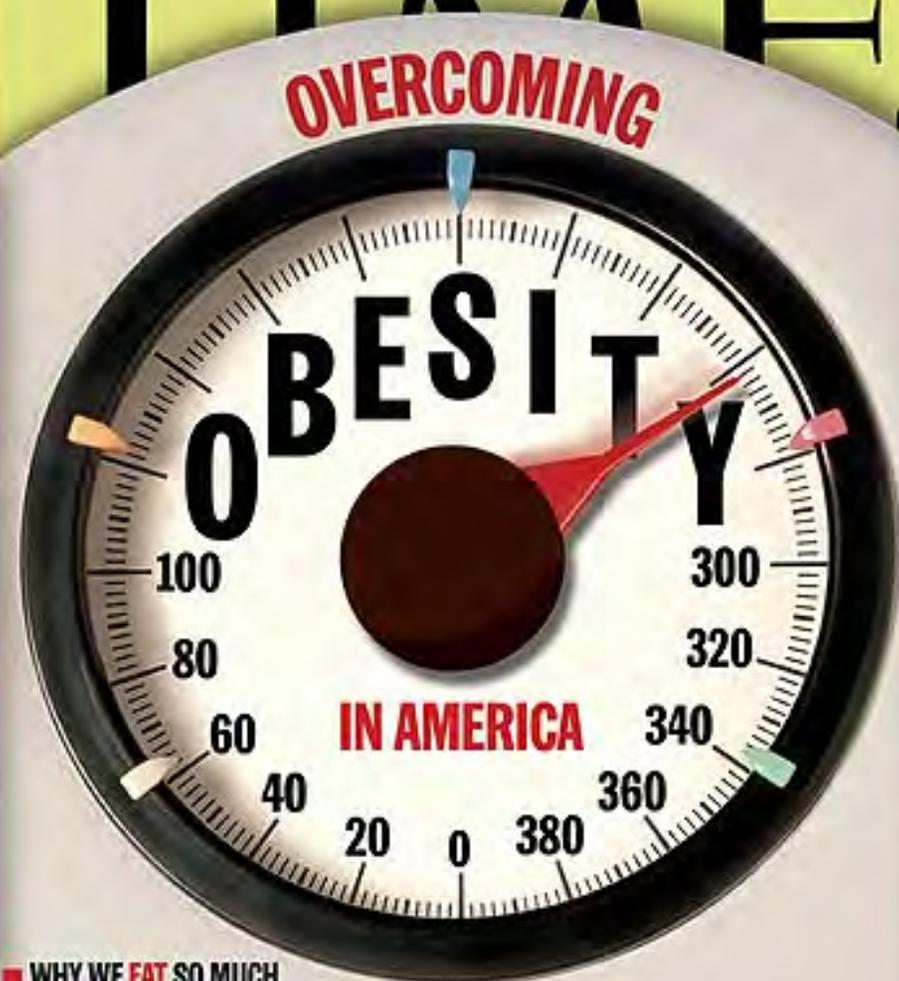


JUNE 7, 2004

SPECIAL ISSUE

# TIME

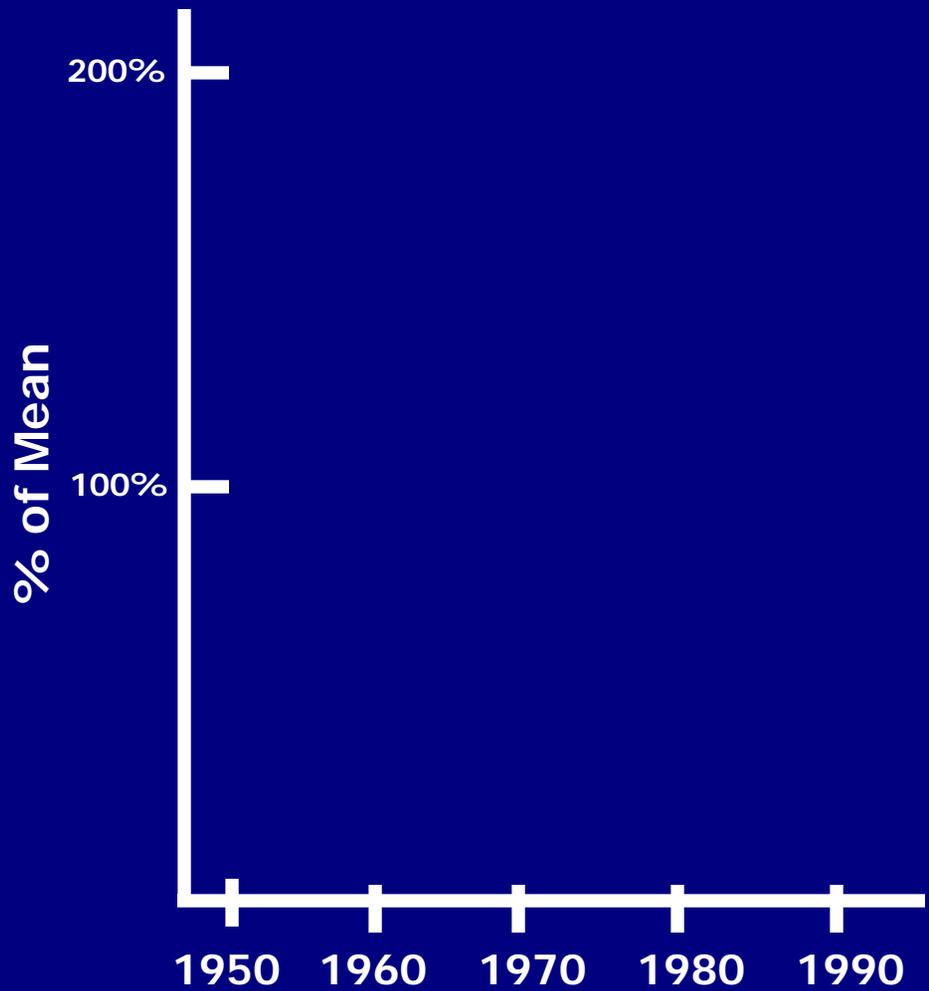
OVERCOMING



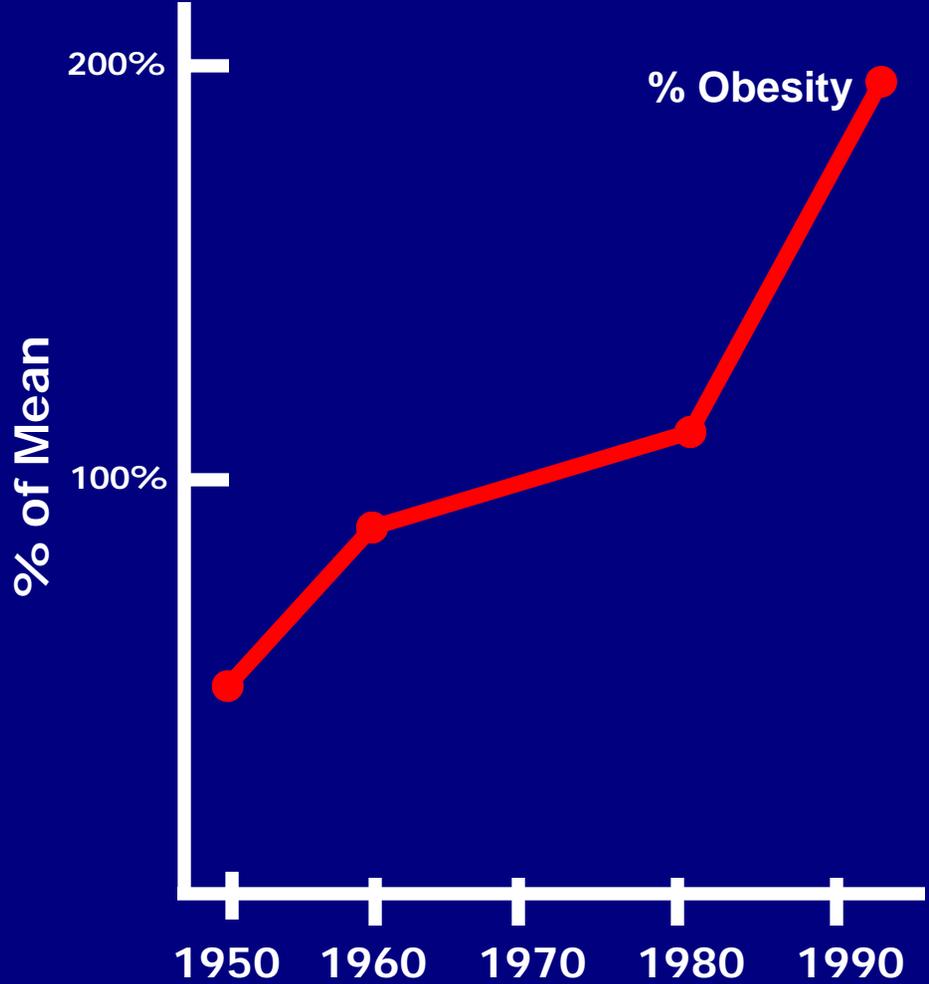
IN AMERICA

- WHY WE EAT SO MUCH
- THE ANTI-FAT CRUSADERS
- WEIGHT-LOSS HEROES
- WHAT TO TELL YOUR KIDS
- A GUIDE TO DIET BOOKS

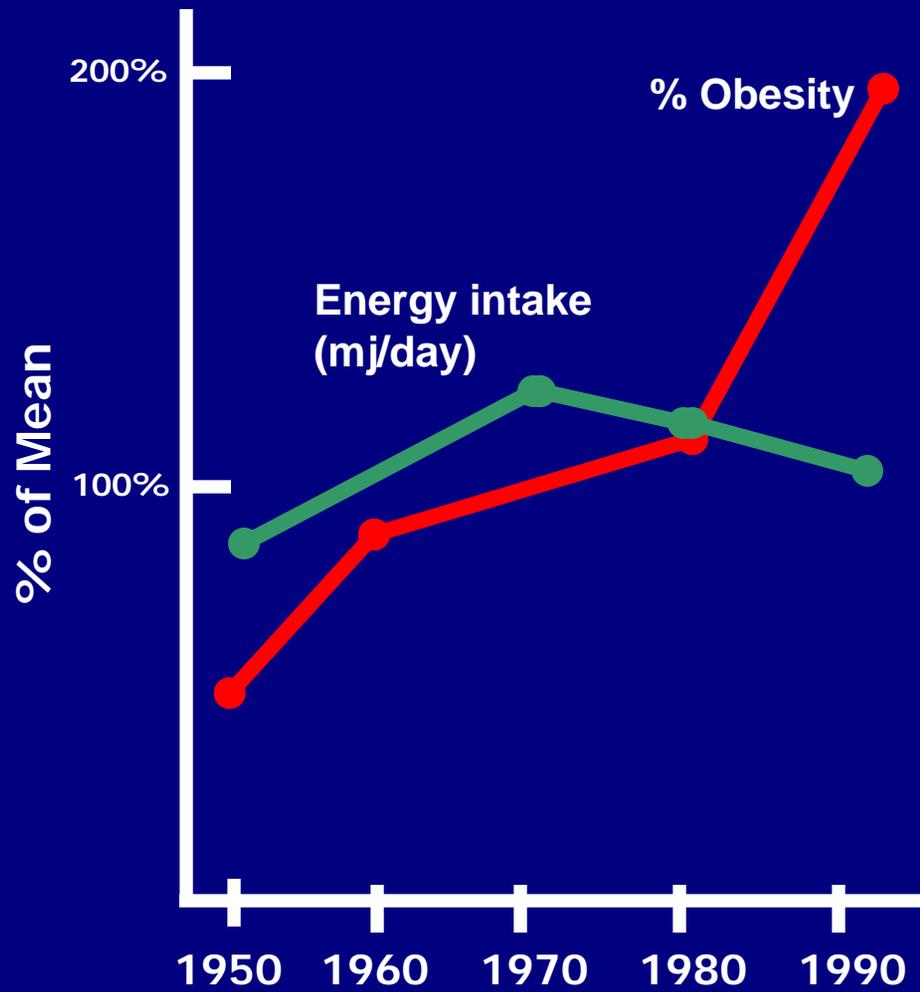
# British National Health Survey (BMJ, 1996)



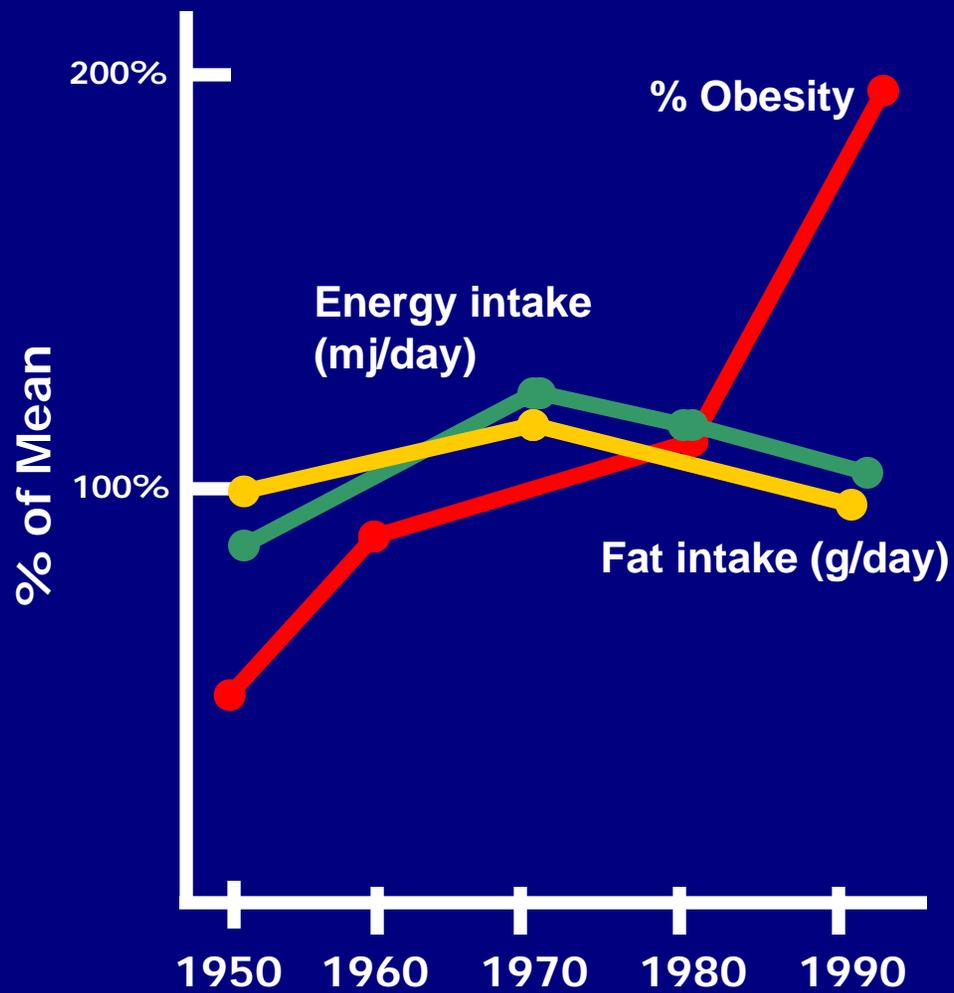
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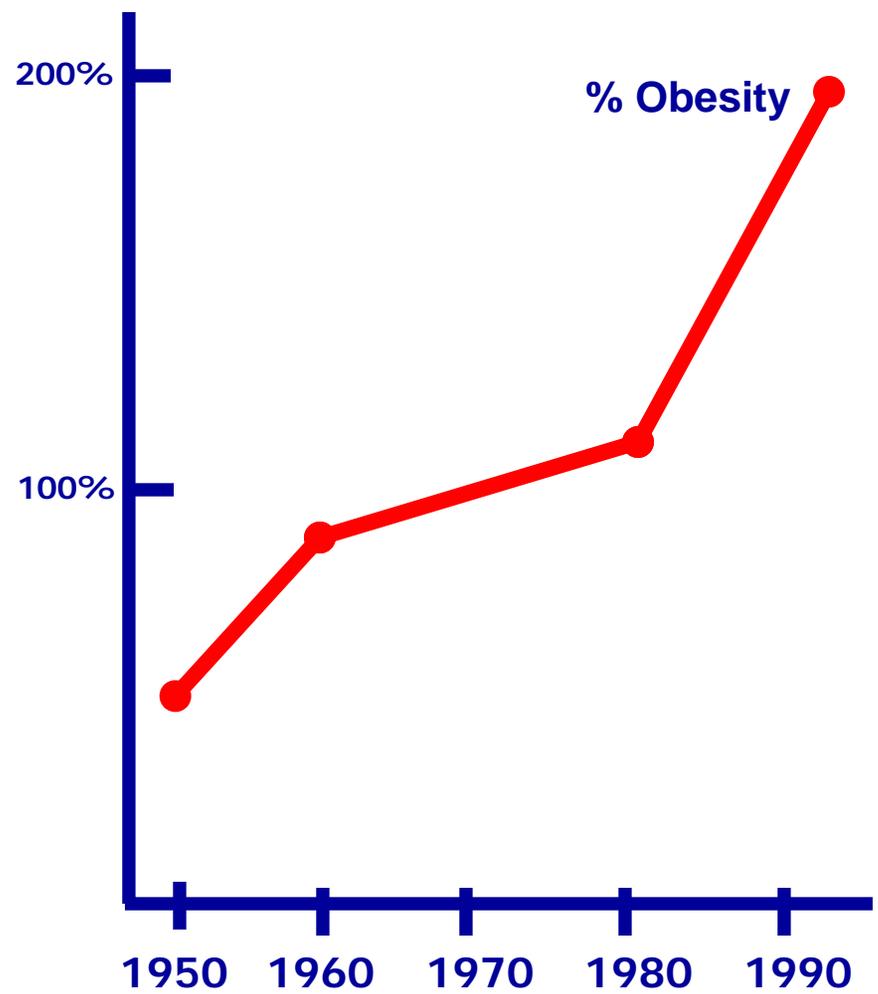
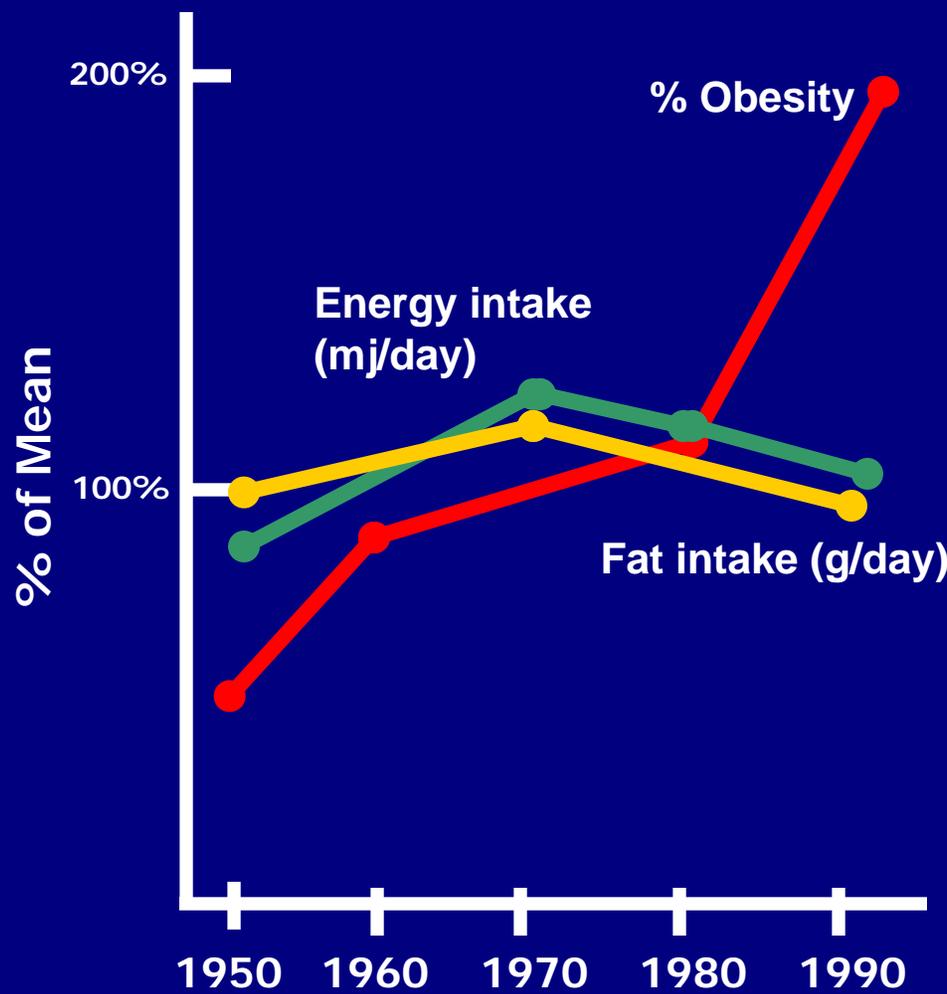
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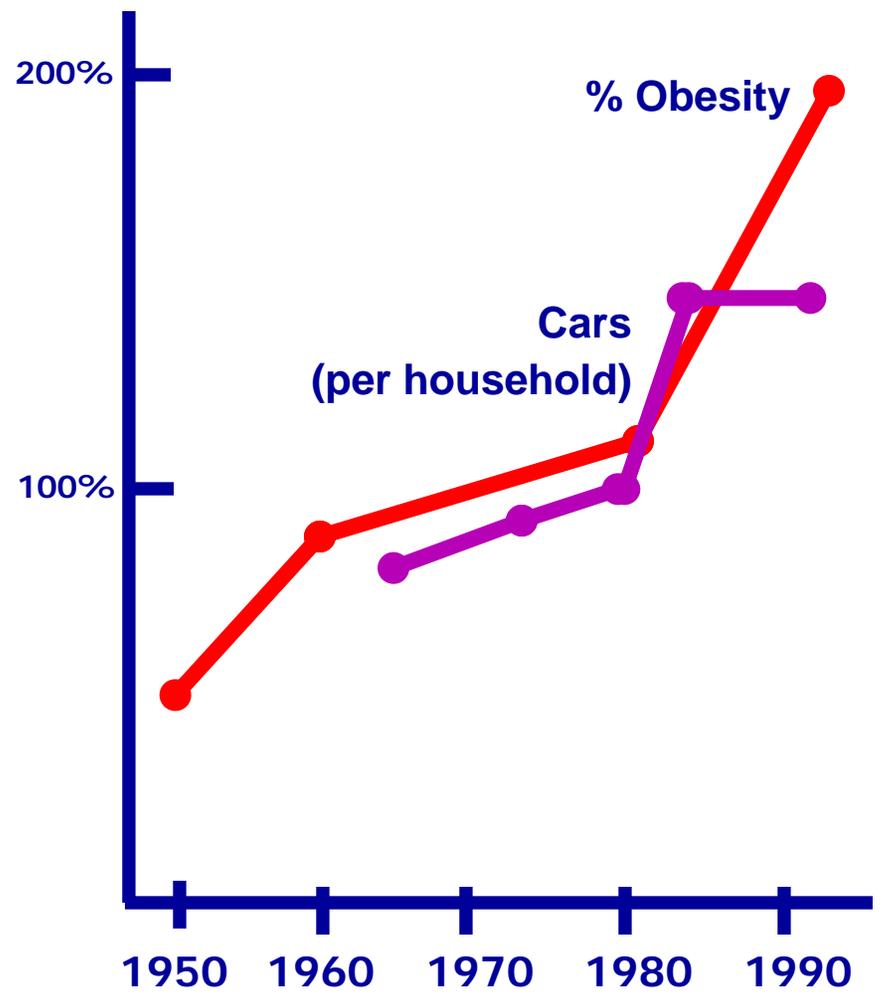
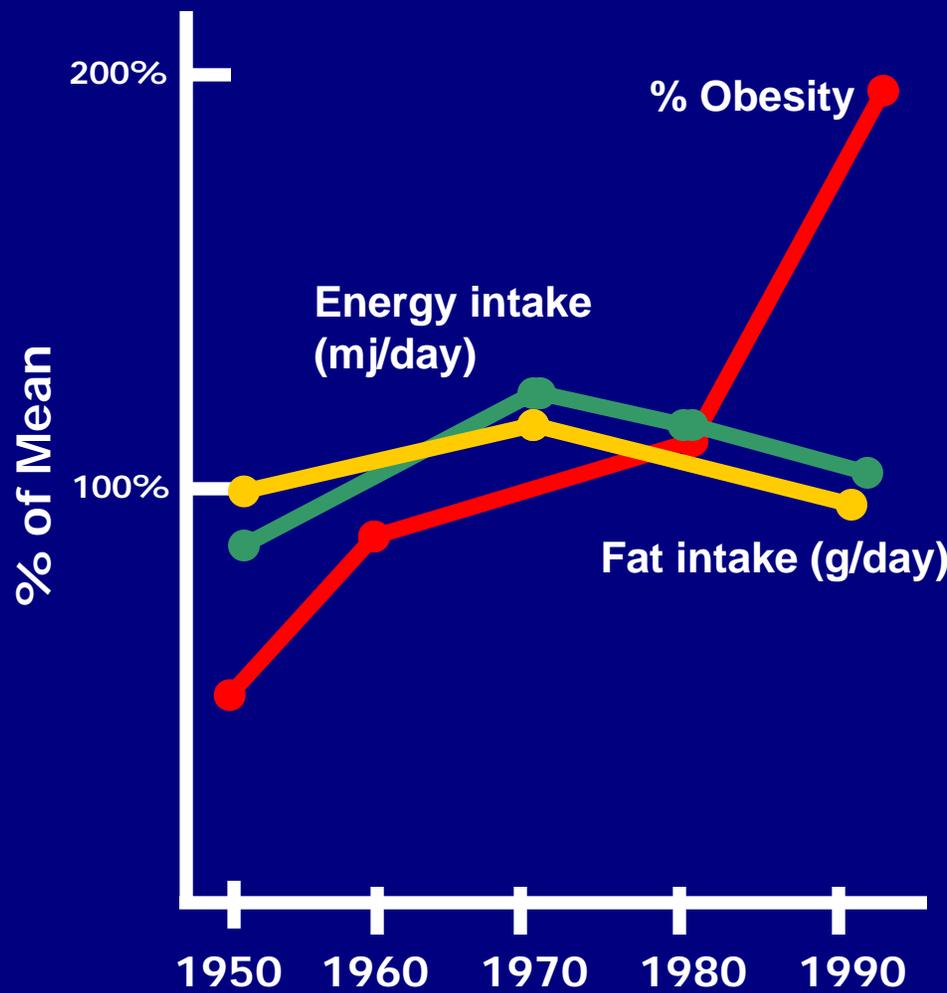
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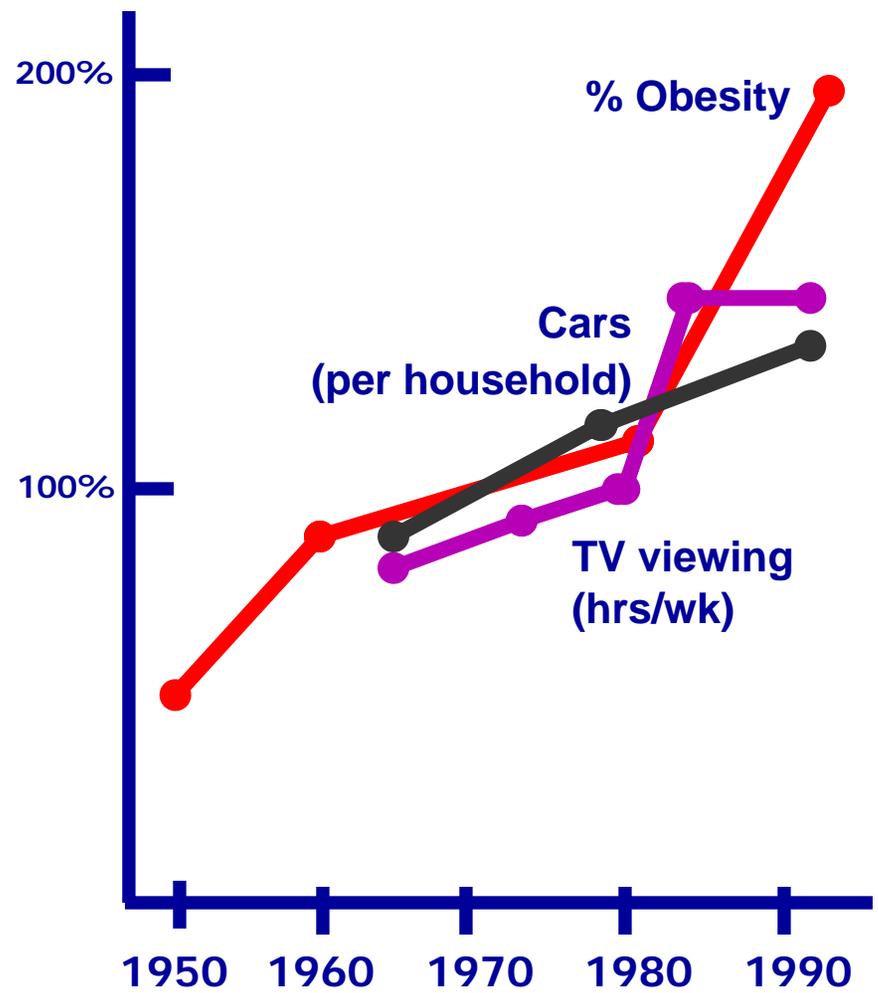
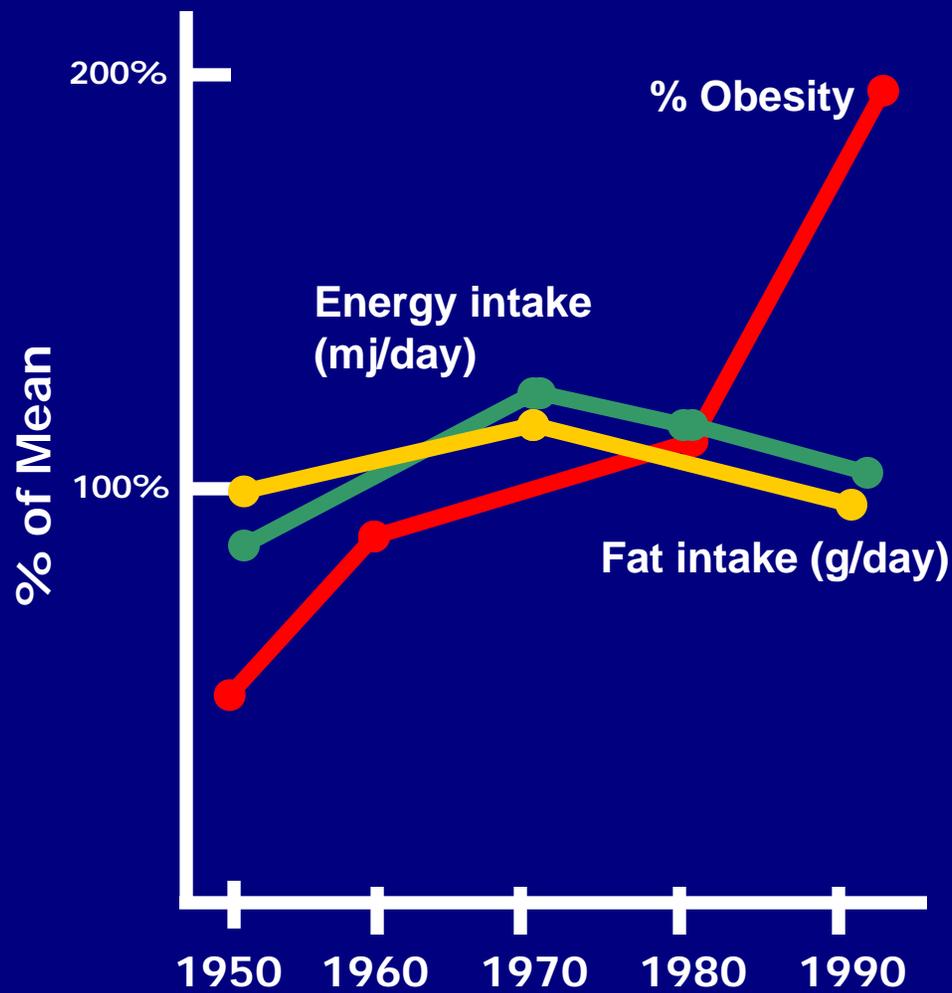
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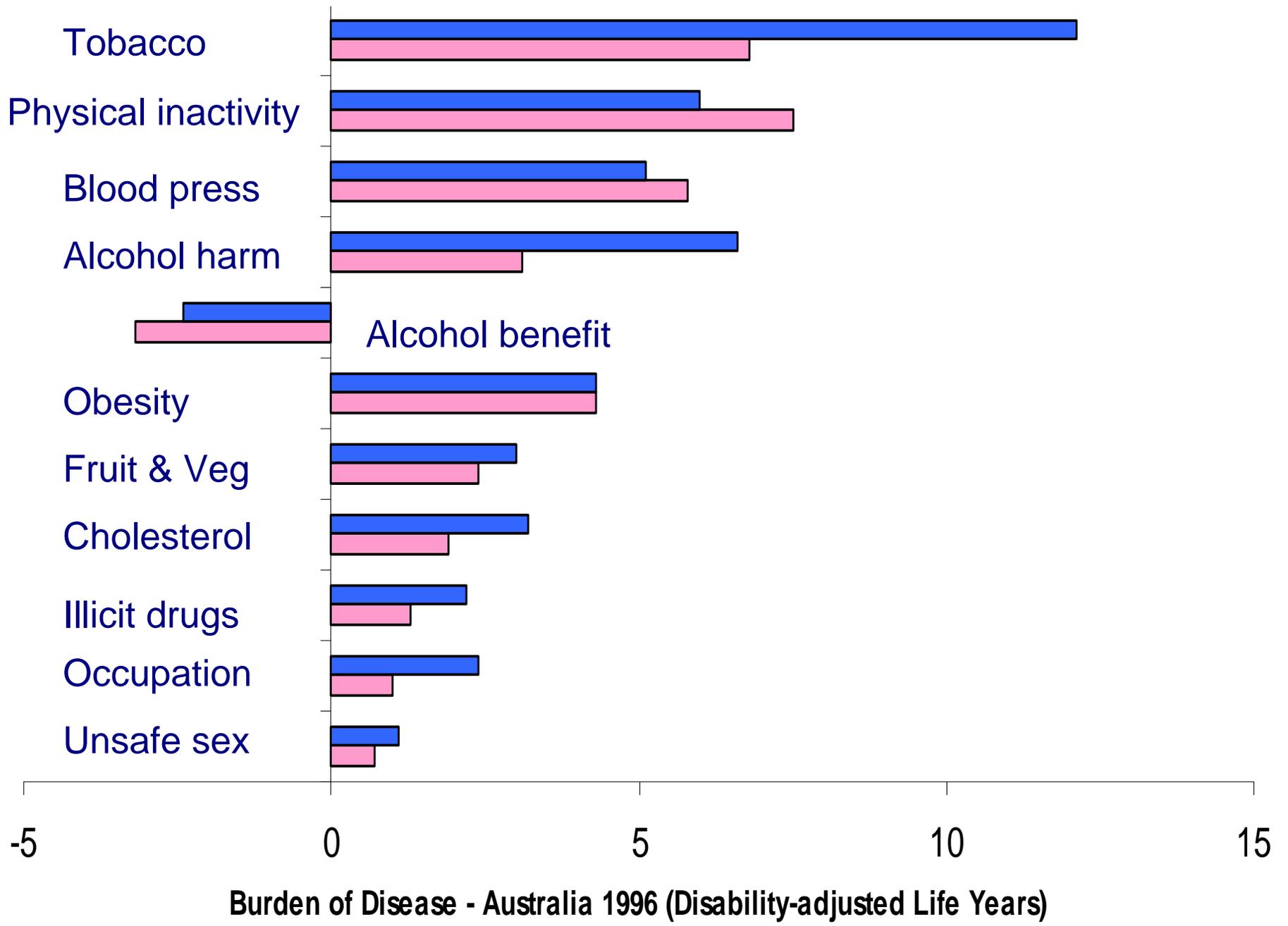
# British National Health Survey (BMJ, 1996)



# British National Health Survey (BMJ, 1996)















# Active Friendly Environments

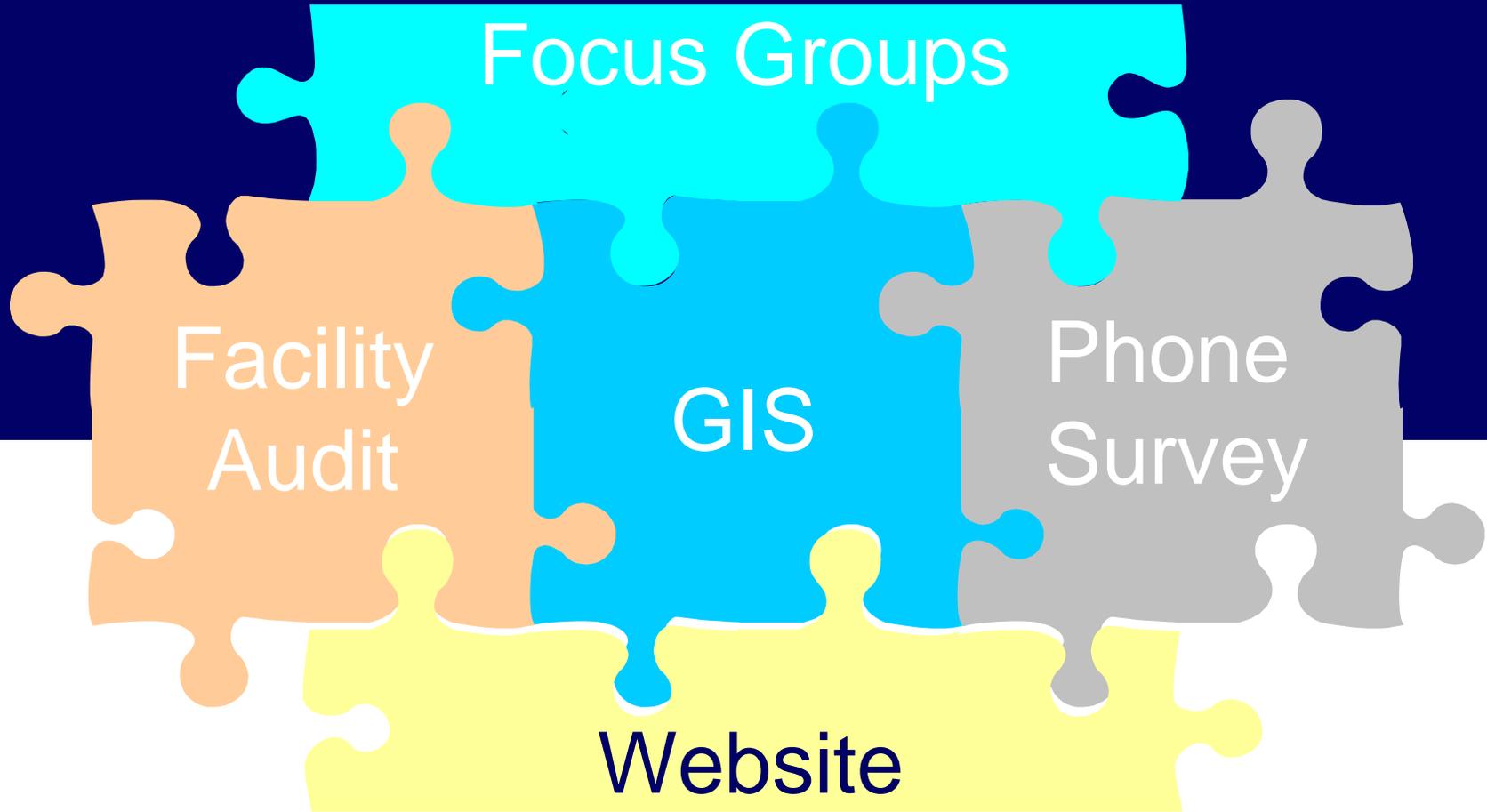
Focus Groups

Facility  
Audit

GIS

Phone  
Survey

Website

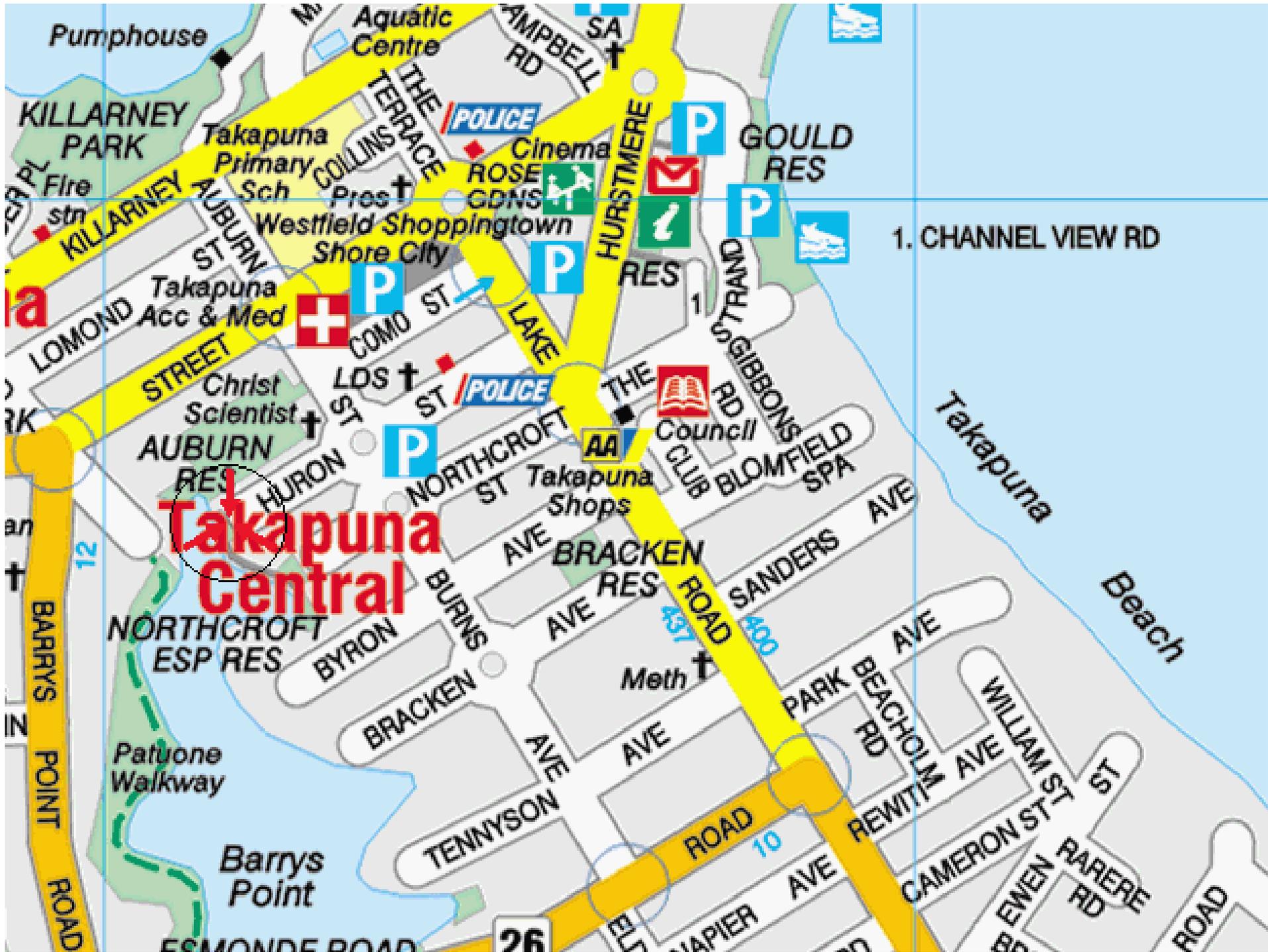




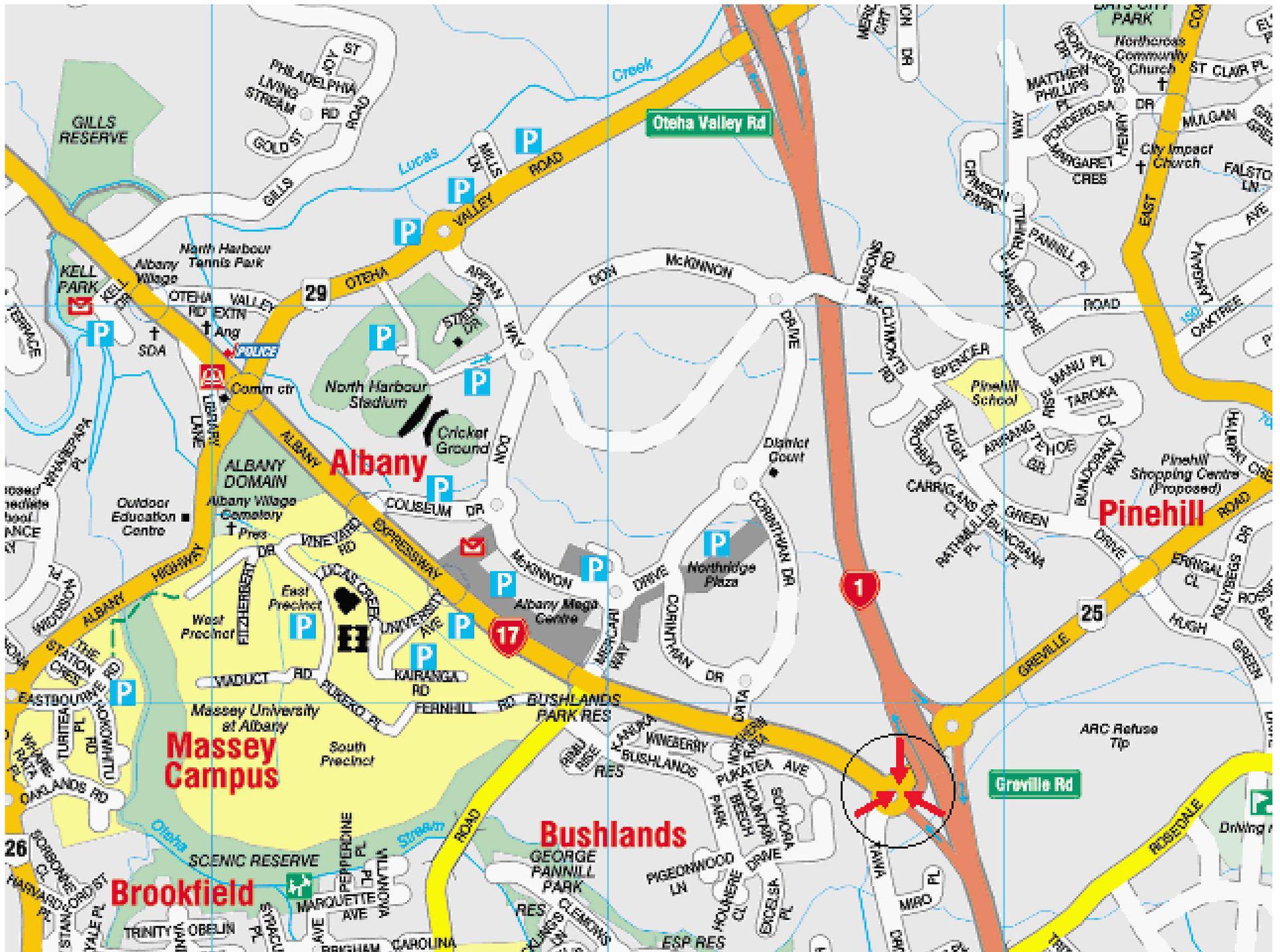
**Takapuna Central**

1. CHANNEL VIEW RD

Takapuna Beach

















# Focus Groups

- ▶ Inform questionnaire design
- ▶ Identify any local characteristics
- ▶ Identify cultural issues

## Participant groups:

- Maori, Korean, Chinese, European/Other
- Athletes, People with Disability, Youth (16+), Older Adults



Phone  
Survey

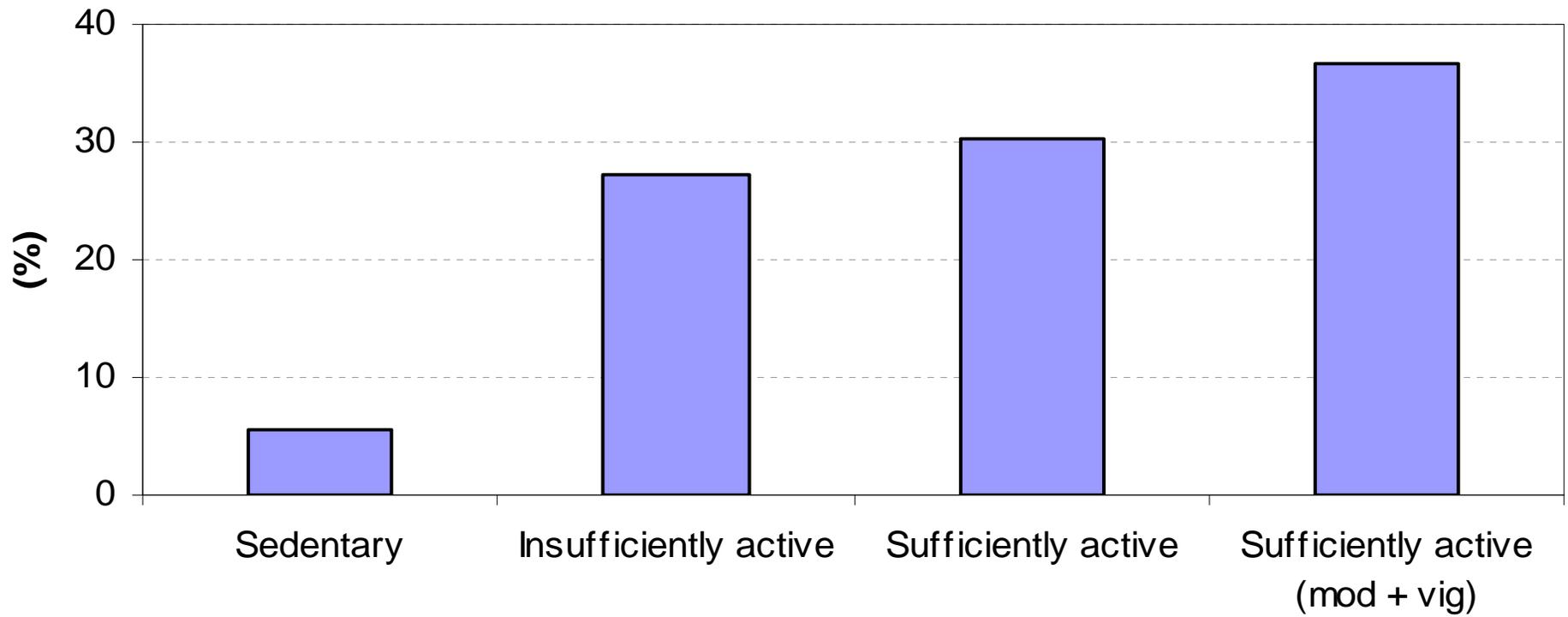
## Telephone Survey

2,000 North Shore City Residents

AC Nielsen CATI System

Stratified by age and sex

## Overall Physical Activity Levels

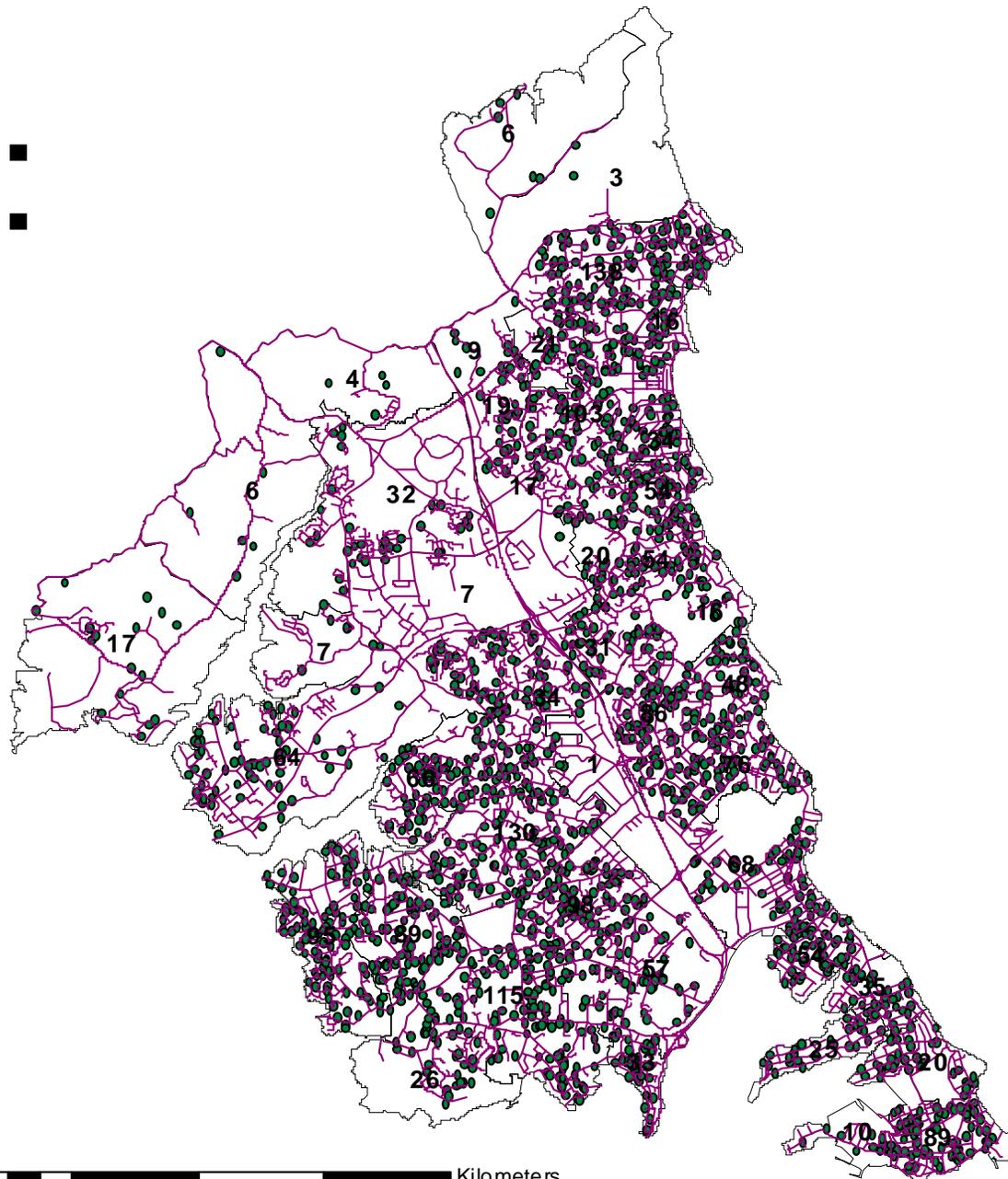




GIS

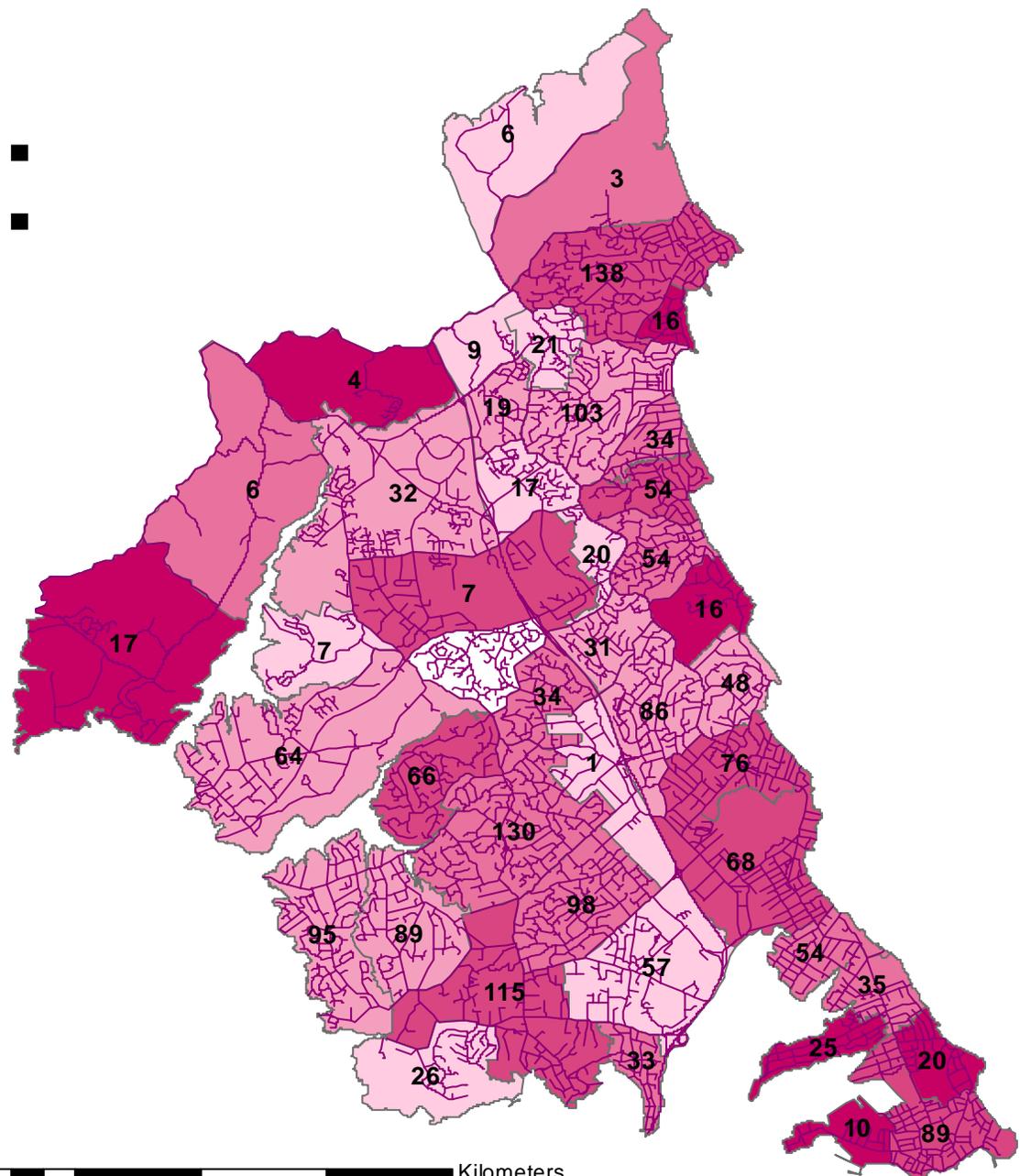
# Geographical Information System

- ▶ Addresses of telephone survey participants
- ▶ Addresses/location of facilities
- ▶ Measures of environment
  - Connectivity
  - Land use mix
  - Pedestrian safety
  - Coastal access

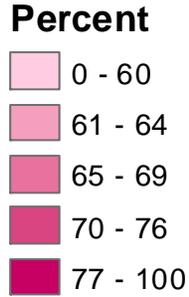


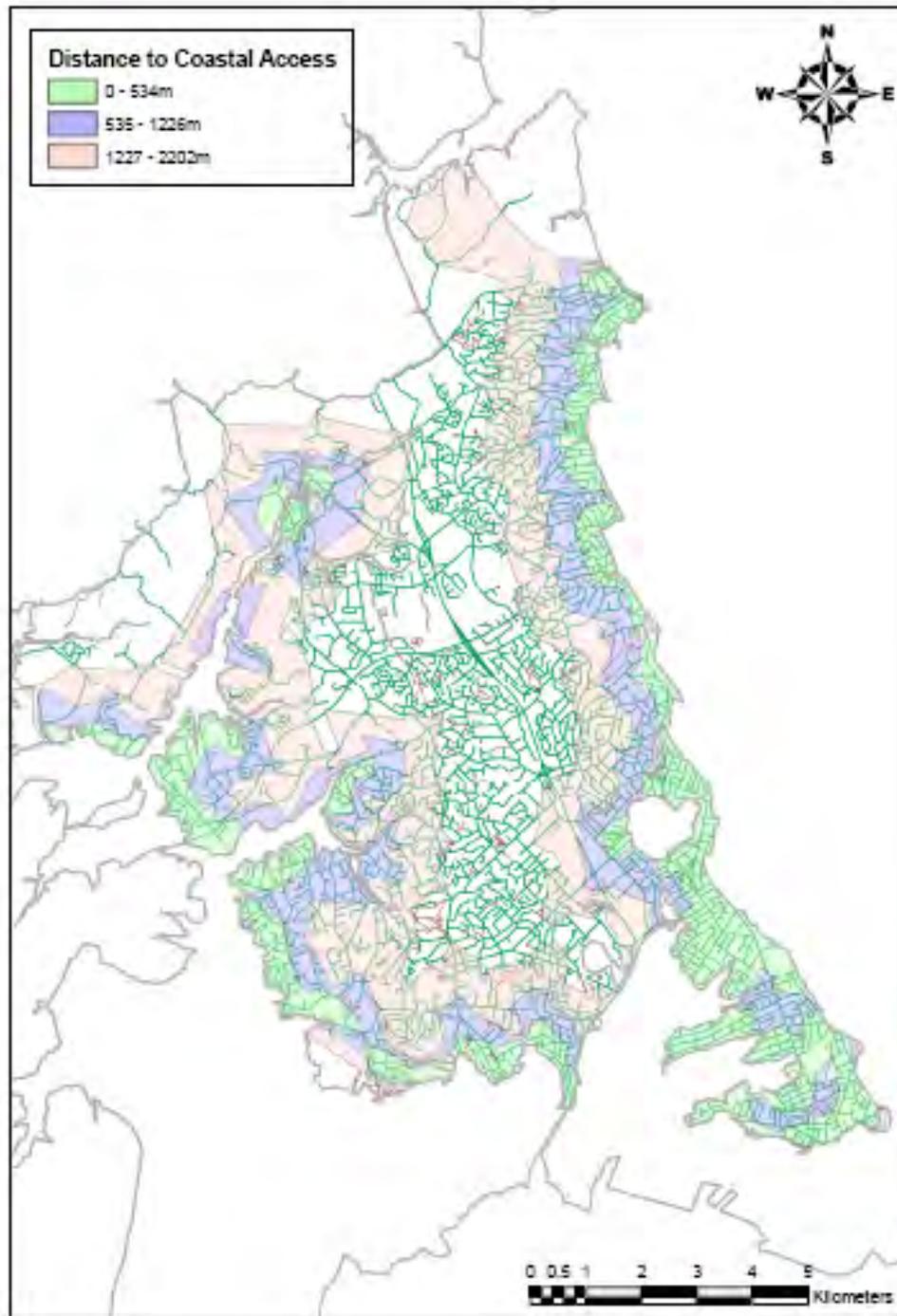
Residential Adresses of  
Survey Respondents

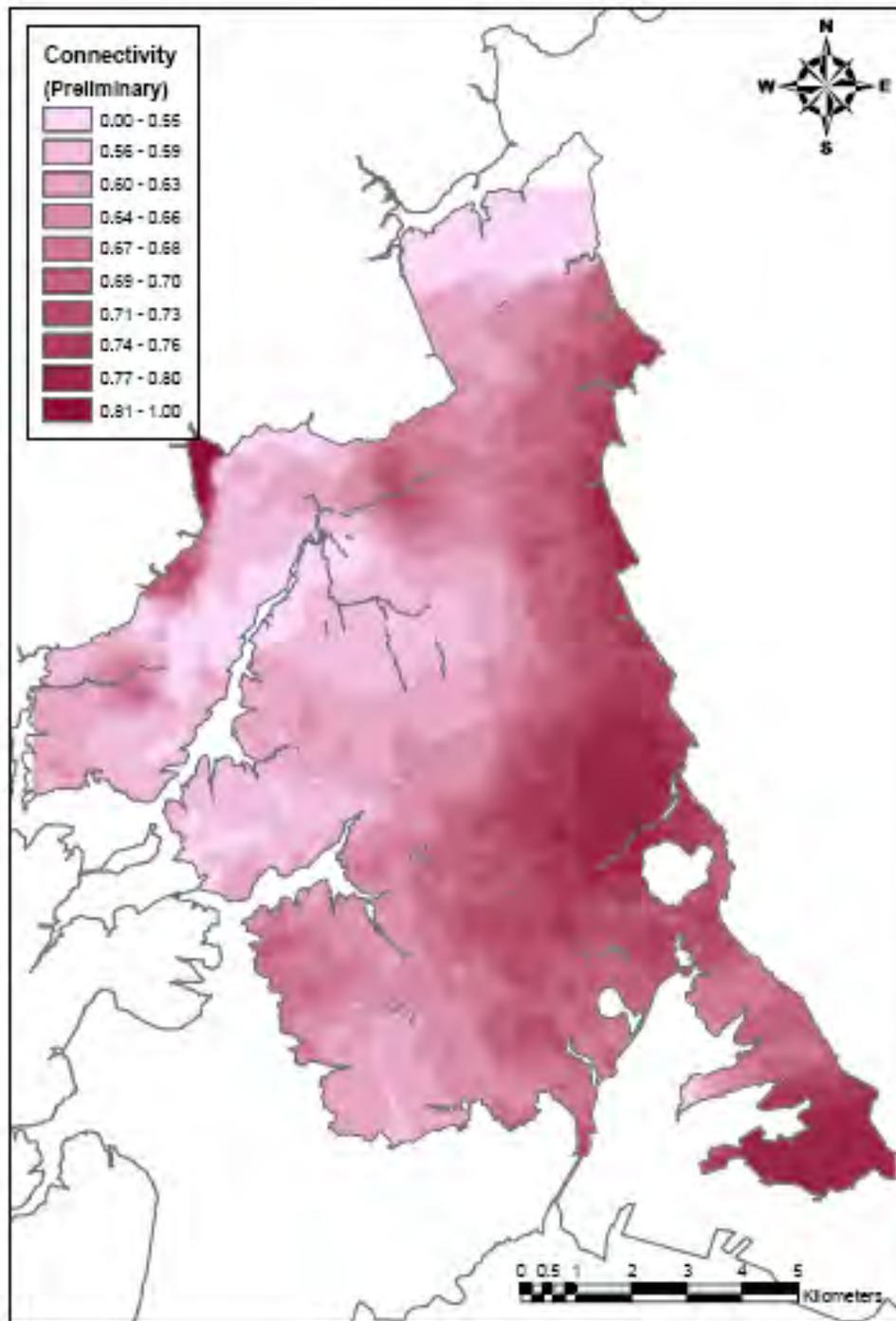
0 1 2 4 6 8 Kilometers



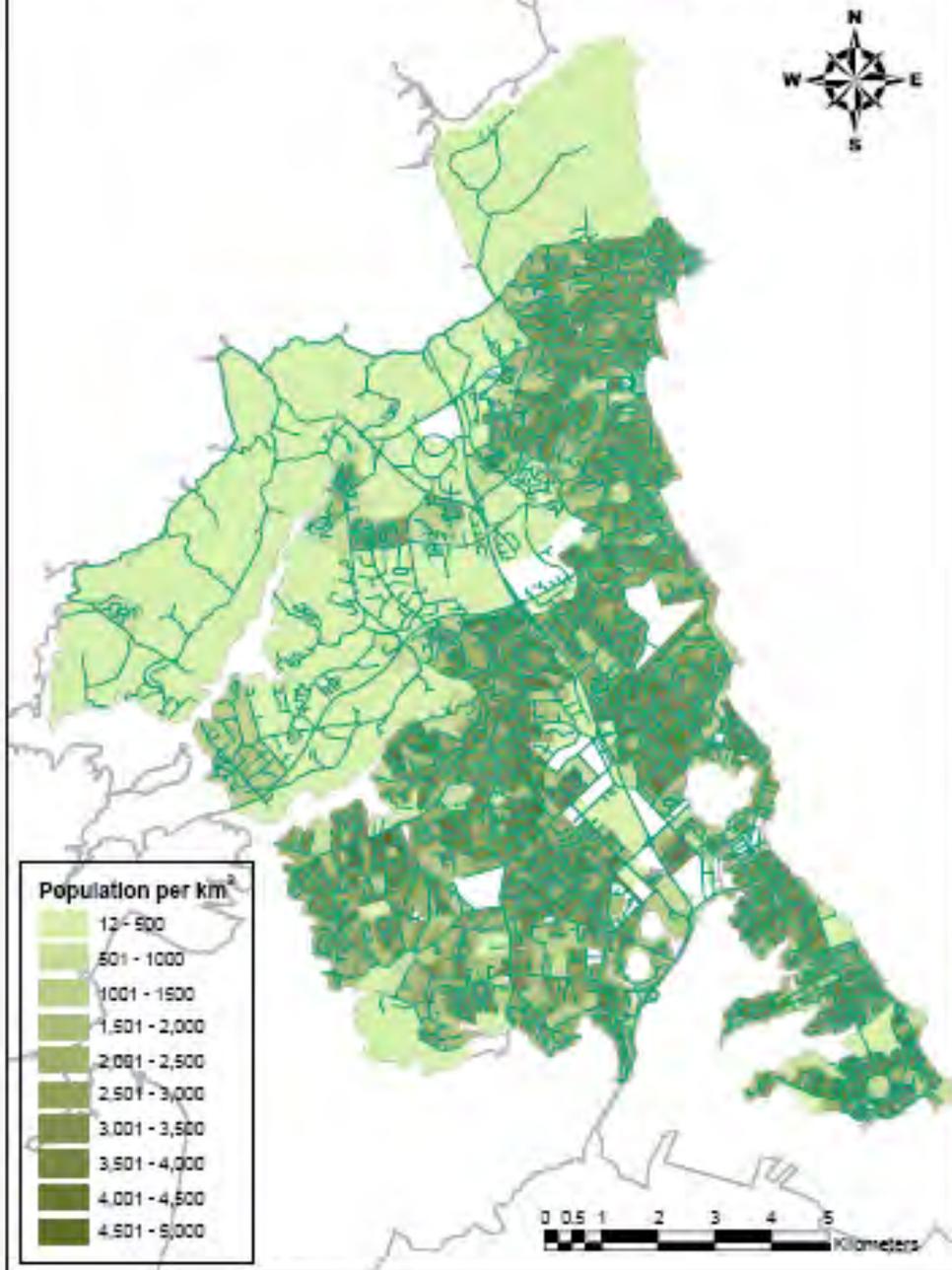
Percentage of Sufficiently Physically Active Survey Respondents





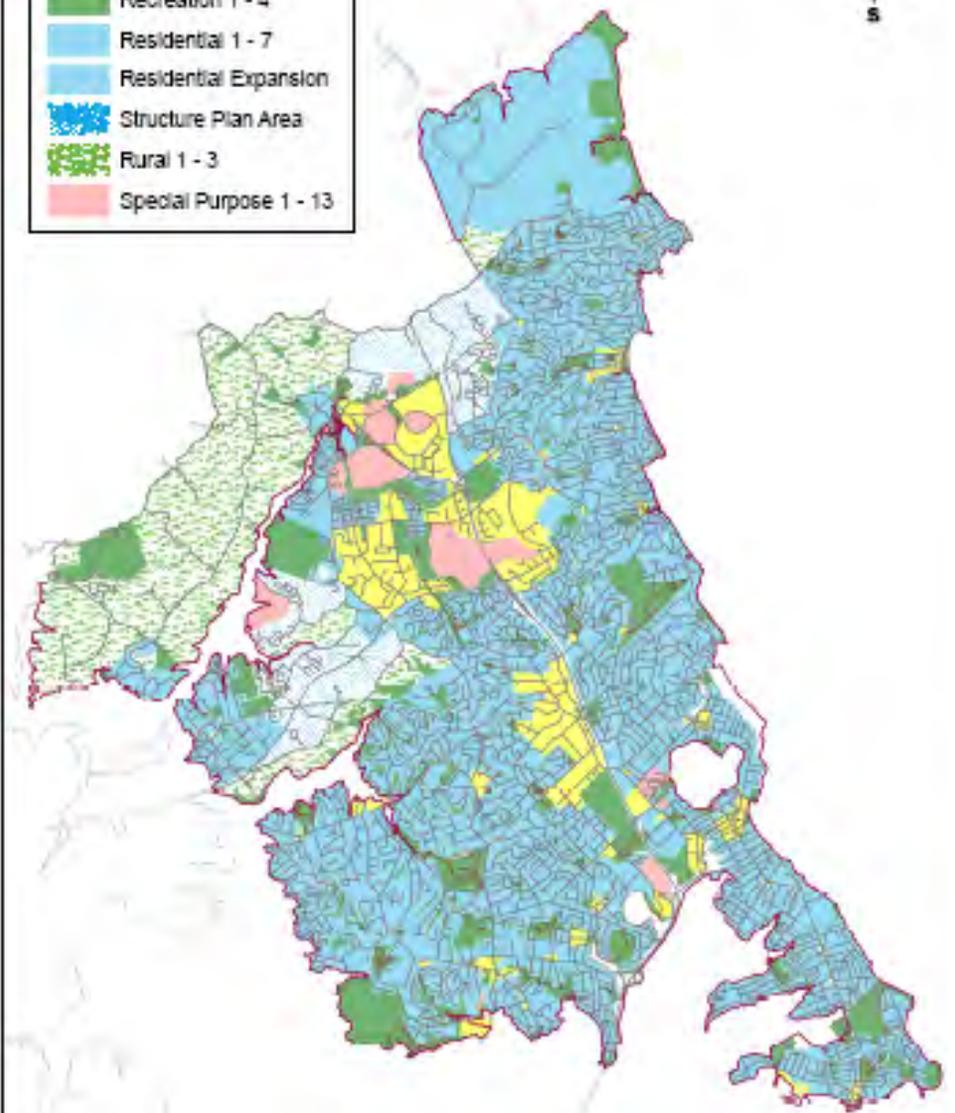


# 2001 Census Population Density (per km<sup>2</sup>)



### District Plan Zones

- Business 1 - 11
- Recreation 1 - 4
- Residential 1 - 7
- Residential Expansion
- Structure Plan Area
- Rural 1 - 3
- Special Purpose 1 - 13



# What is associated with PA in North Shore City?

Coastal access ✓  
Connectivity ✓

Density *X*  
Land use *X*



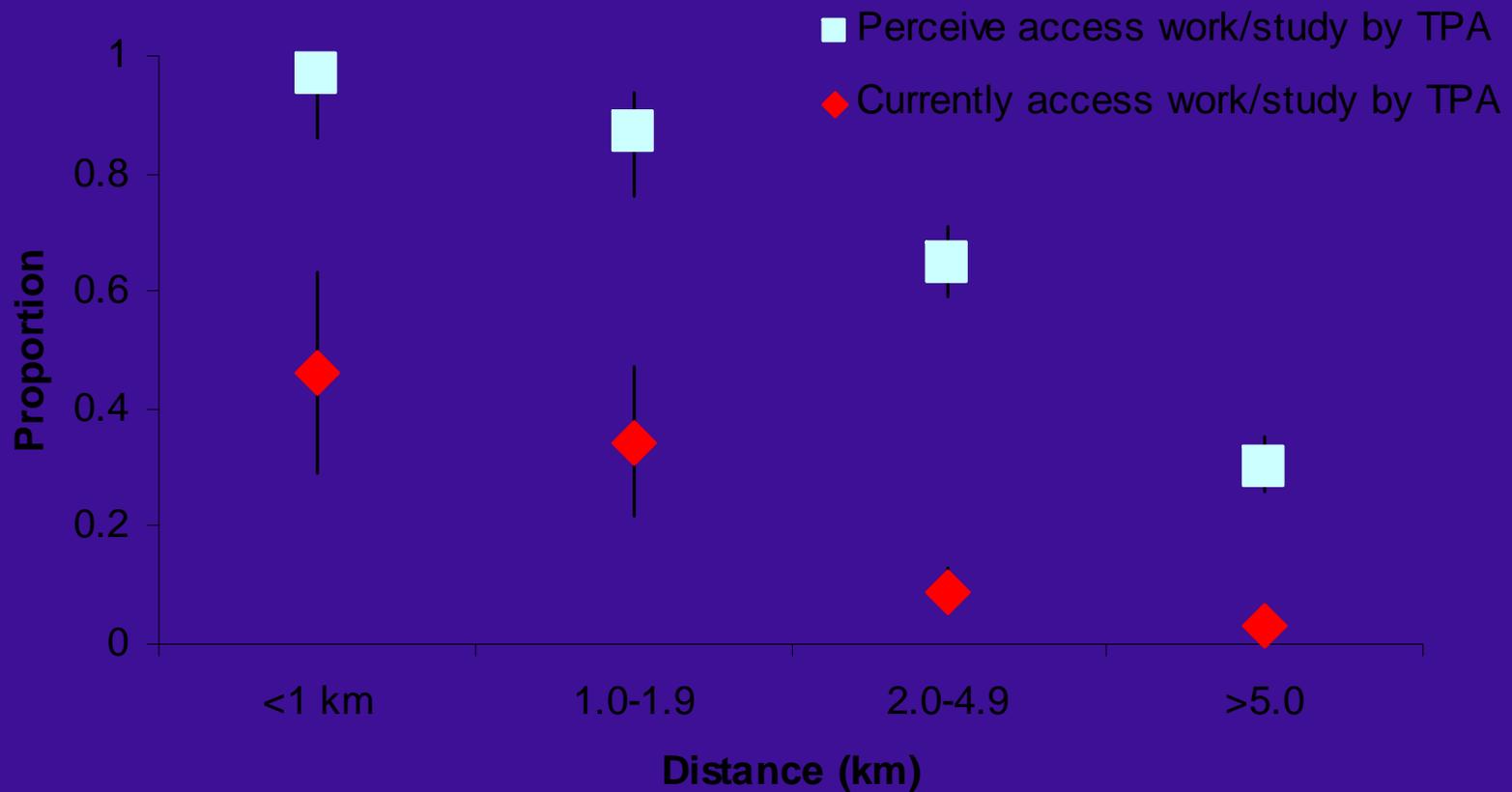
# TRANSPORT-RELATED PHYSICAL ACTIVITY (TPA)



# Travel mode commute prevalence

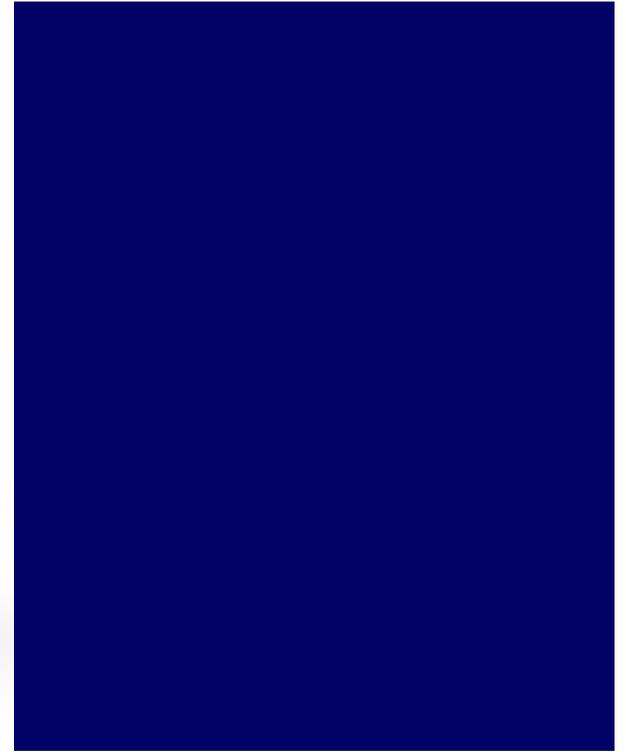
	Work/study	Local shops
TPA	7%	32%
PT	5%	5%
Automobile	89%	64%

# TPA travel versus TPA perceptions



## Other TPA associations

- ▶ Limited car availability = increased TPA levels
- ▶ 54% less likely to be sufficiently active if use an automobile to get to work (vs TPA)
- ▶ 44% less likely to be normal BMI if use an automobile to get to work (vs TPA)





# International Physical Activity & the Environment Network

