



four factors influencing participation in physical activity:

- **time**
- **health**
- **environment**
- **money**

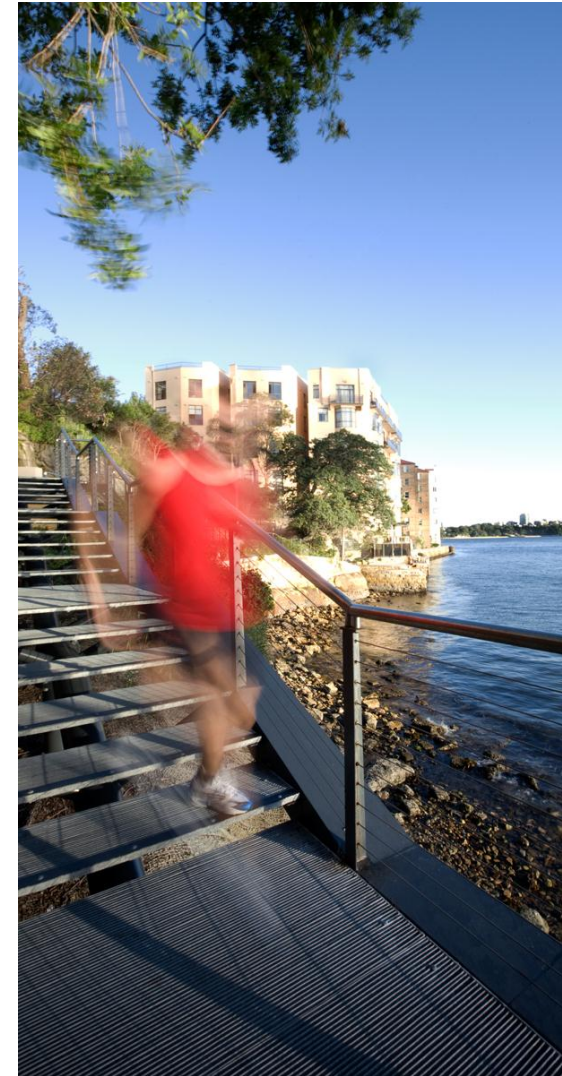


determinants of activity participation

determinant of changing behaviour patterns:

global/societal

- urban improvements..... environment
- congestion increases..... time/money
- fuel cost rises..... money
- climate change implications..... environment
- health and wellbeing awareness..... health
- global financial crisis..... money



convergence of determinants

- **transport**: access and sub access
- **recreation**: in the park or anywhere in the public realm
- **health and wellbeing** : physical and mental
- **social/leisure** : to meet friends/family or shopping

why we walk or cycle

a plethora of facts and figures ...

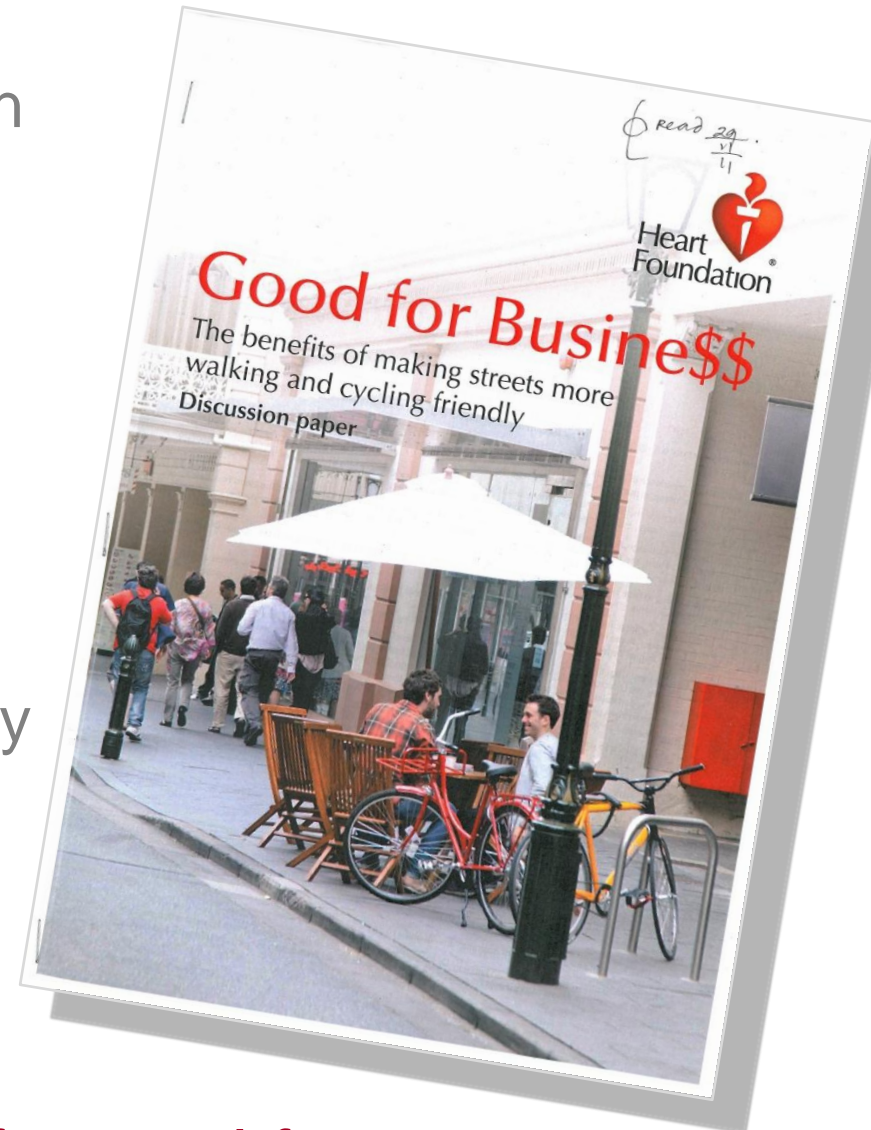
- over 50% of car trips in Australian cities are under 5km and 30% are less than 3 km
- The short car journeys are the worst polluters (cold engines and catalytic converters)
- Peak Oil meets Peak Car use. The US achieved Peak Car in 2005 with miles travelled by car never since being exceeded
- So vehicle infrastructure investment will also peak.....eventually!

the demise of the car?

- Only 30% of the time on an average city commute is spent on the transport itself. The rest is on foot
- 20% of the time on most commutes is spent waiting for transport or getting in and out of a station
- So the walking environment is critical to public transport choices
- The economics of walking are now being realised. The slower we travel the more we spend

the rise of walking?

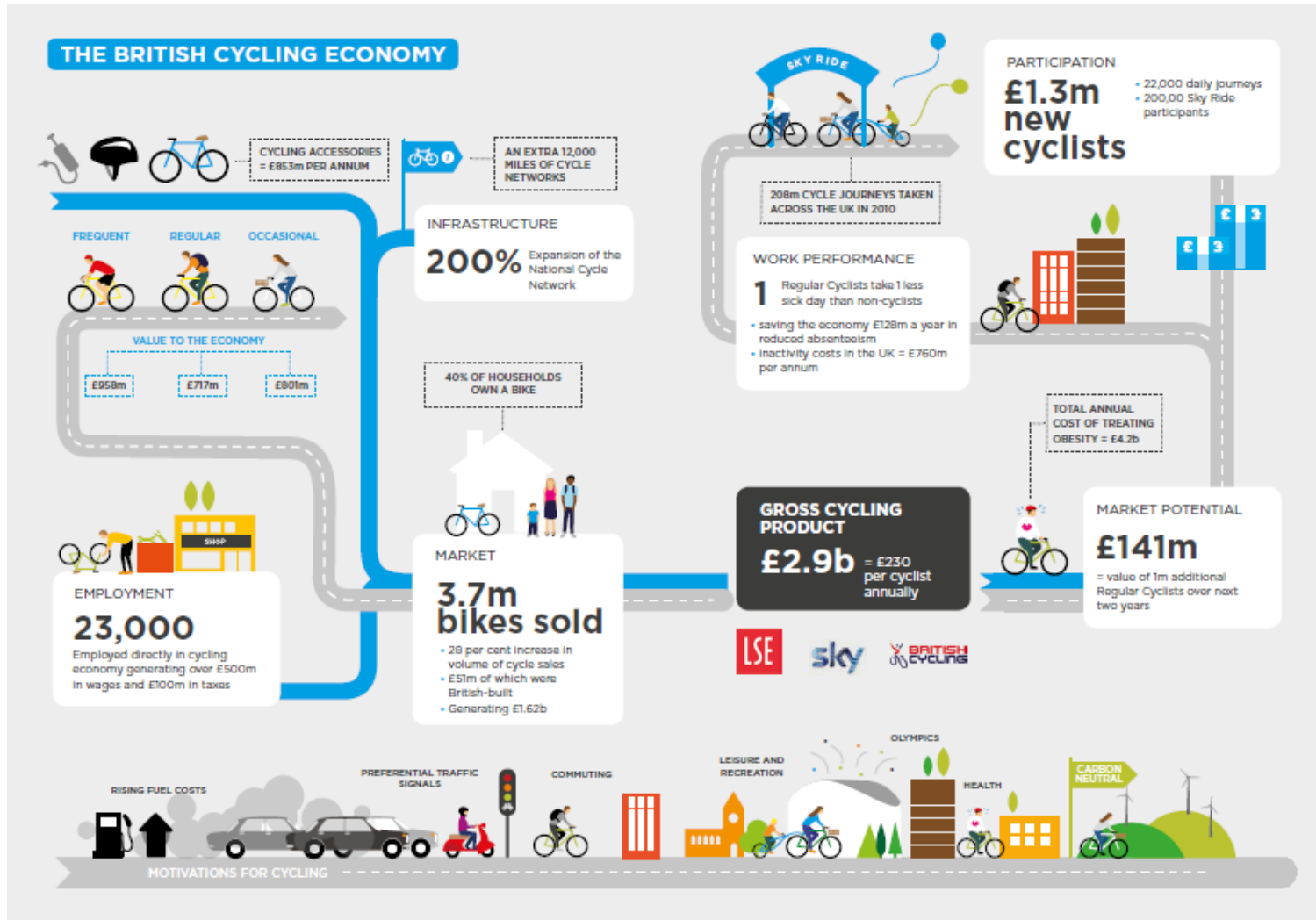
- footfall at street retail is higher in total from walking and cycling than from cars
- retailers think they need more parking, shoppers think they need better walking
- walkscores show direct relationships between walkability and real estate values
- lower vehicle speeds in streets increase adjoining property values



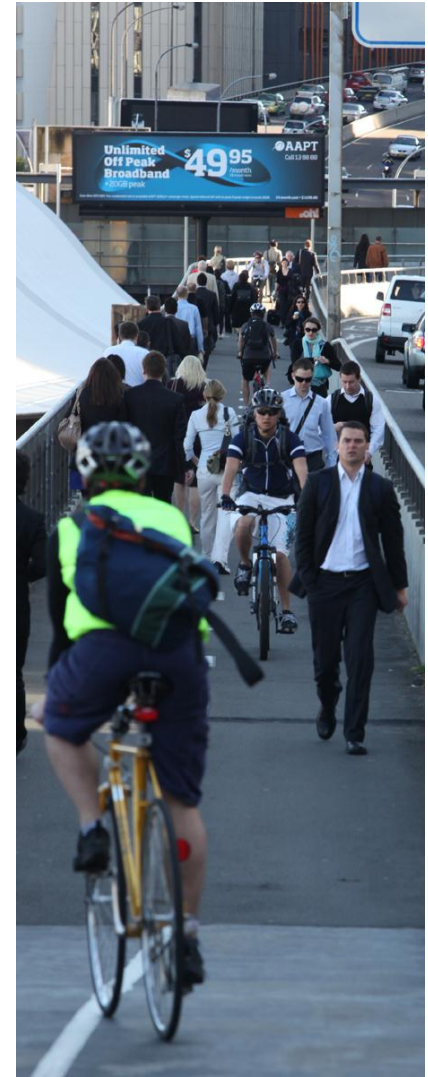
facts and figures - economics

- national physical inactivity costs \$13.8 billion p/a (2008 KPMG)
- national road accidents cost \$17 billion p/a (2006 QUT)
- sick leave costs employers \$27 billion p/a (DHS 2008)
- road repair and construction costs \$52 billion p/a (BITRE 2011)
- transport is responsible for 16% of household greenhouse gas emissions

economics – counting the cost



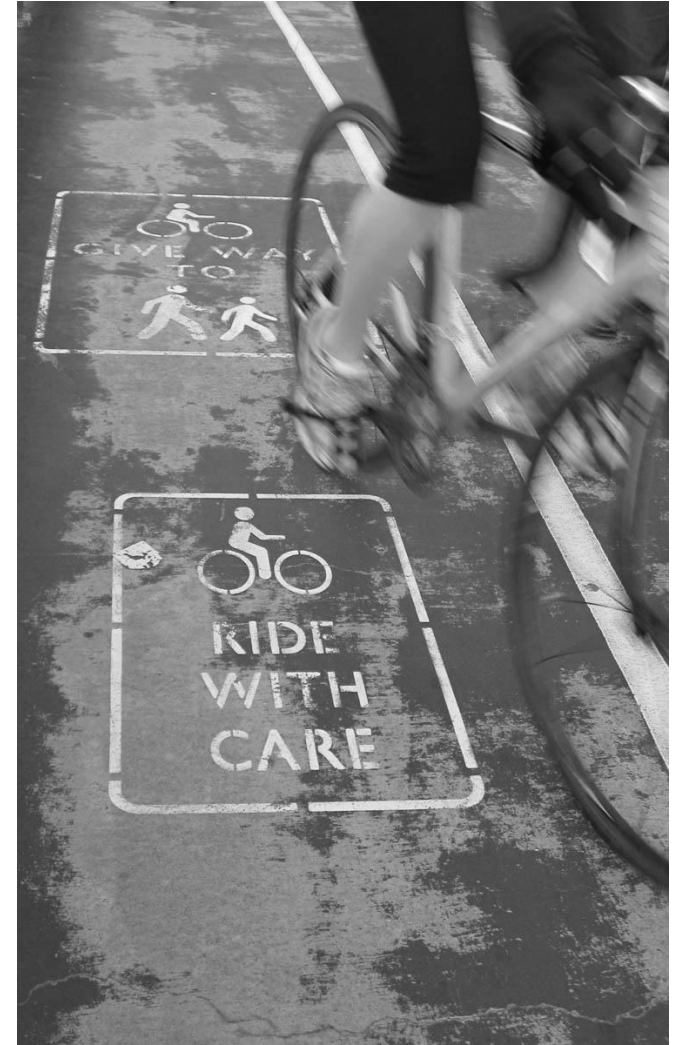
facts and figures - gcp in the uk



to share or not share?



to share or not share?



to share or not share?

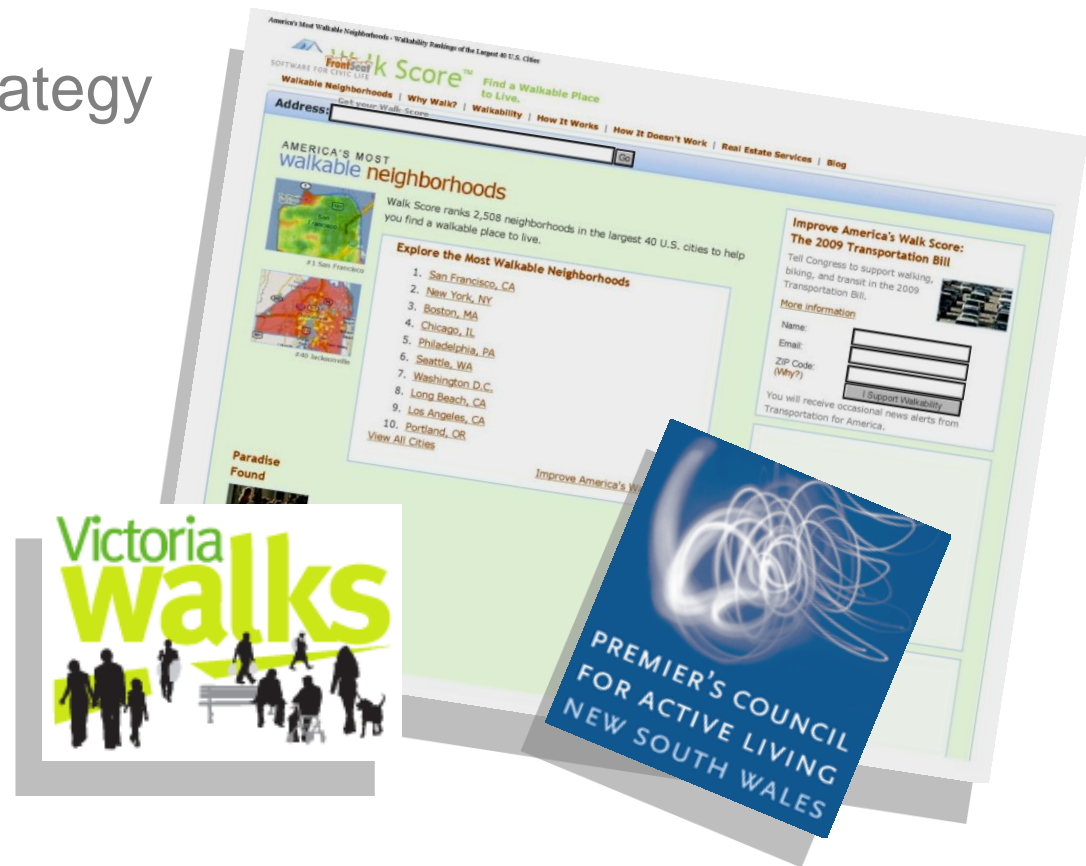


to share or not share?



planning the journey

- Vic + NSW Walking Strategy
- Victoria Walks
- PCAL NSW
- Walk Score
- Walk 21
- BiXE Index
- Brisbane ‘Step Where’
- Translink Self Guided Tours
- Heart Foundation – ‘Gone Walking’



- **policy**: setting objectives and directions



- **priority**: targeting destinations and capacity of the existing urban fabric



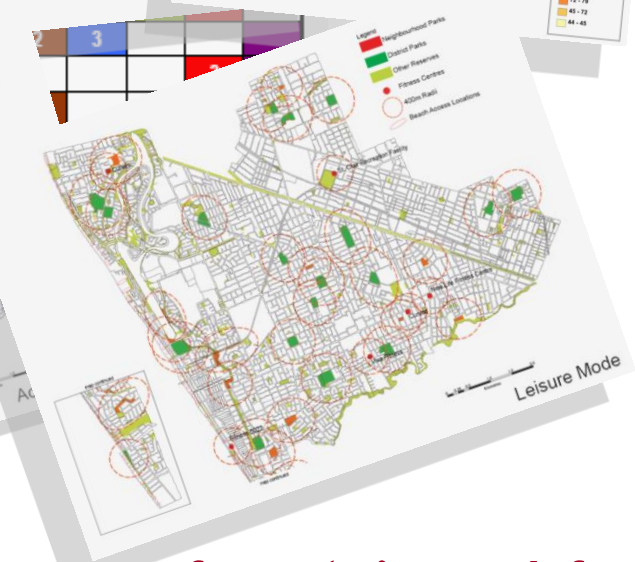
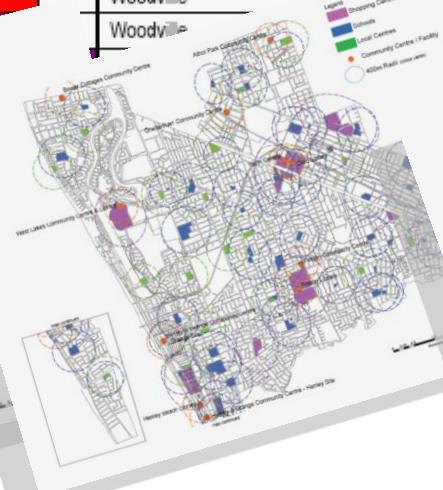
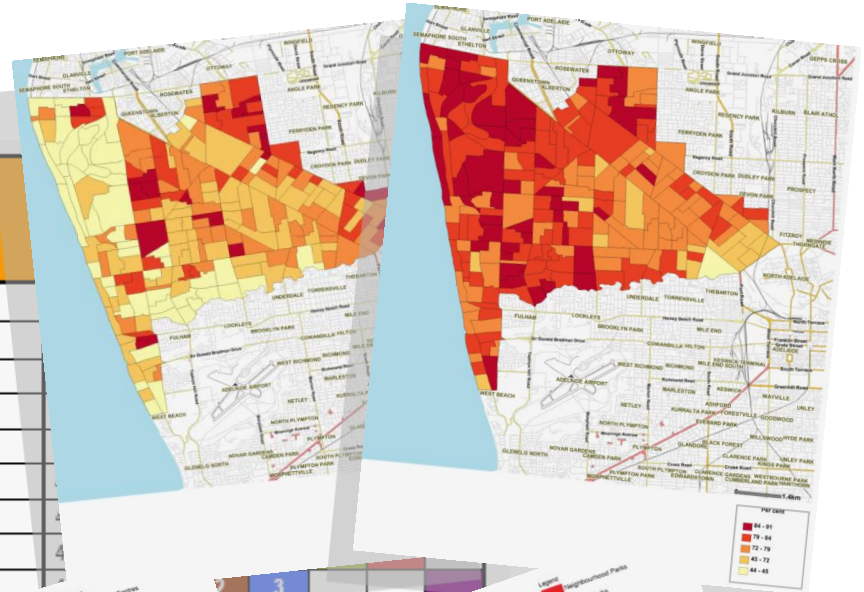
- **planning** : auditing the targeted areas for walkability, the five 'c's



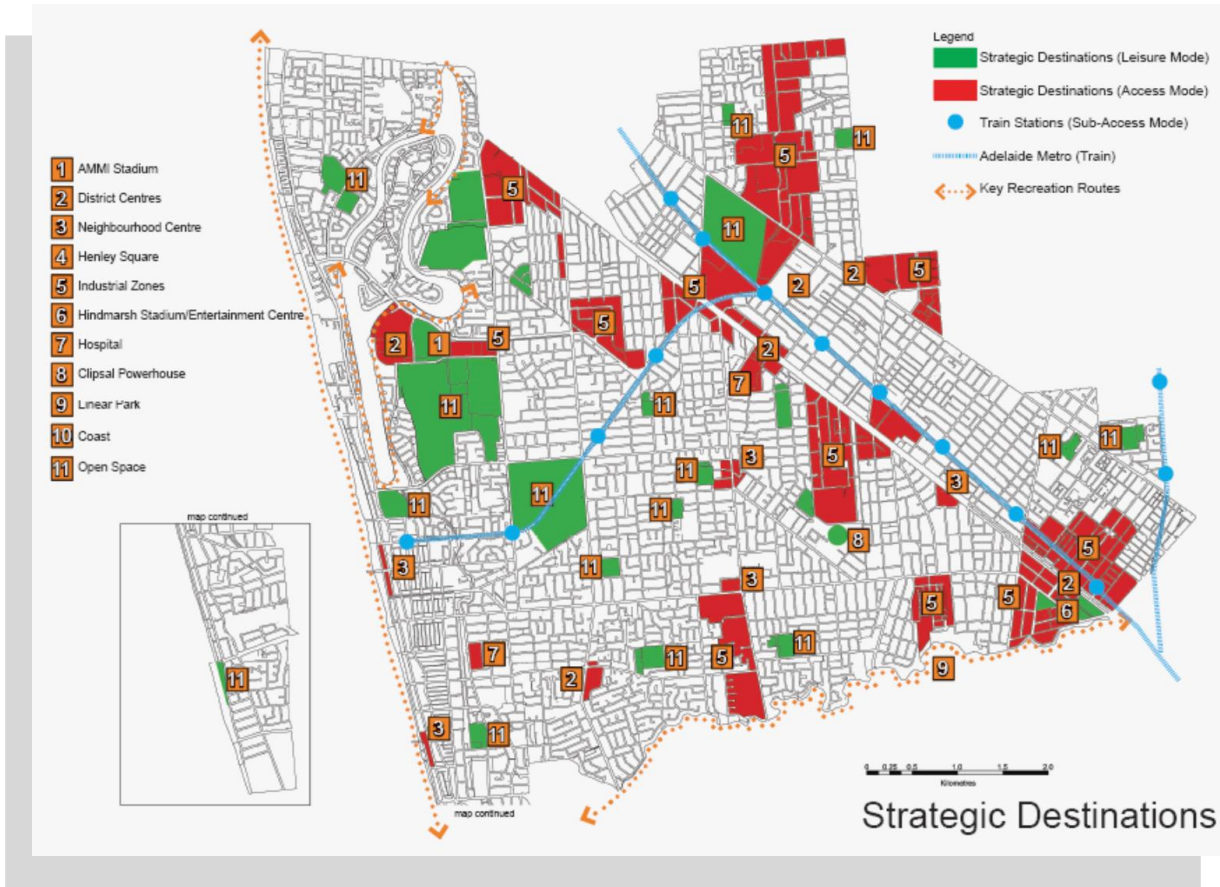
- **pavement**: making the changes on the ground

planning the journey – four 'p's and five 'c's

Suburb	Collector District	Access	Sub Access	Leisure	Social	Accident	Suburb
Albert Park	4101003	2					Kilkenny
Bowden	4102610				2		Pennington
Brompton	4102605	2					Renown Park
Brompton	4102608	2					Semaphore Park
Findon	4101604				2		Sefton
Findon	4101710	2					West Hindmarsh
Flinders Park	4102001	2					West Lakes
Flinders Park	4102007						West Beach
Grange	4102204						Woodville
Grange	4102206	2					Woodville
Henley Beach	4102301						
Hindmarsh							
Kidman							



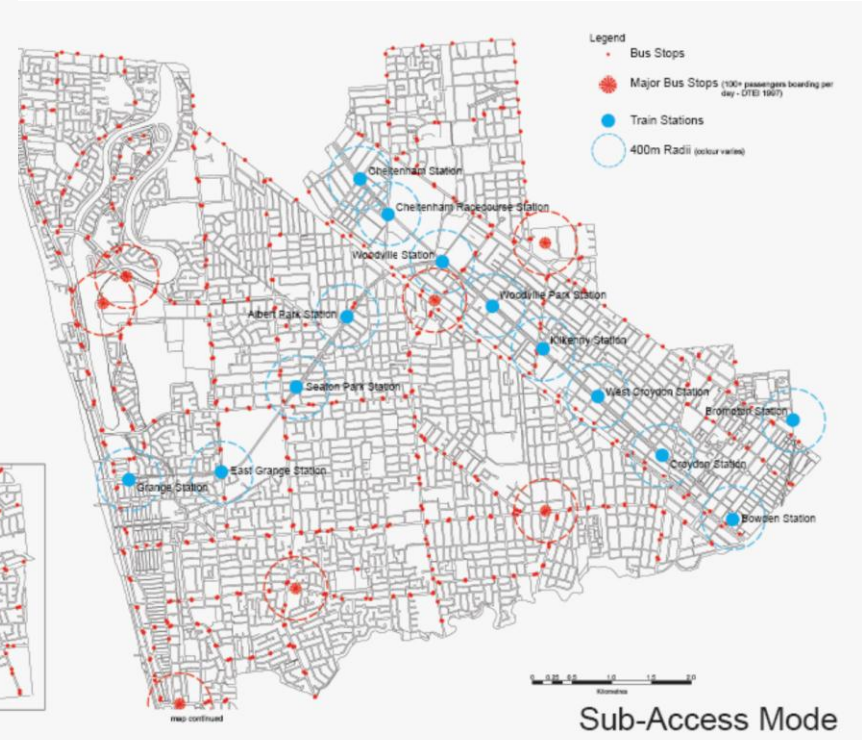
planning the journey – four ‘p’s and five ‘c’s



planning the journey – four ‘p’s and five ‘c’s

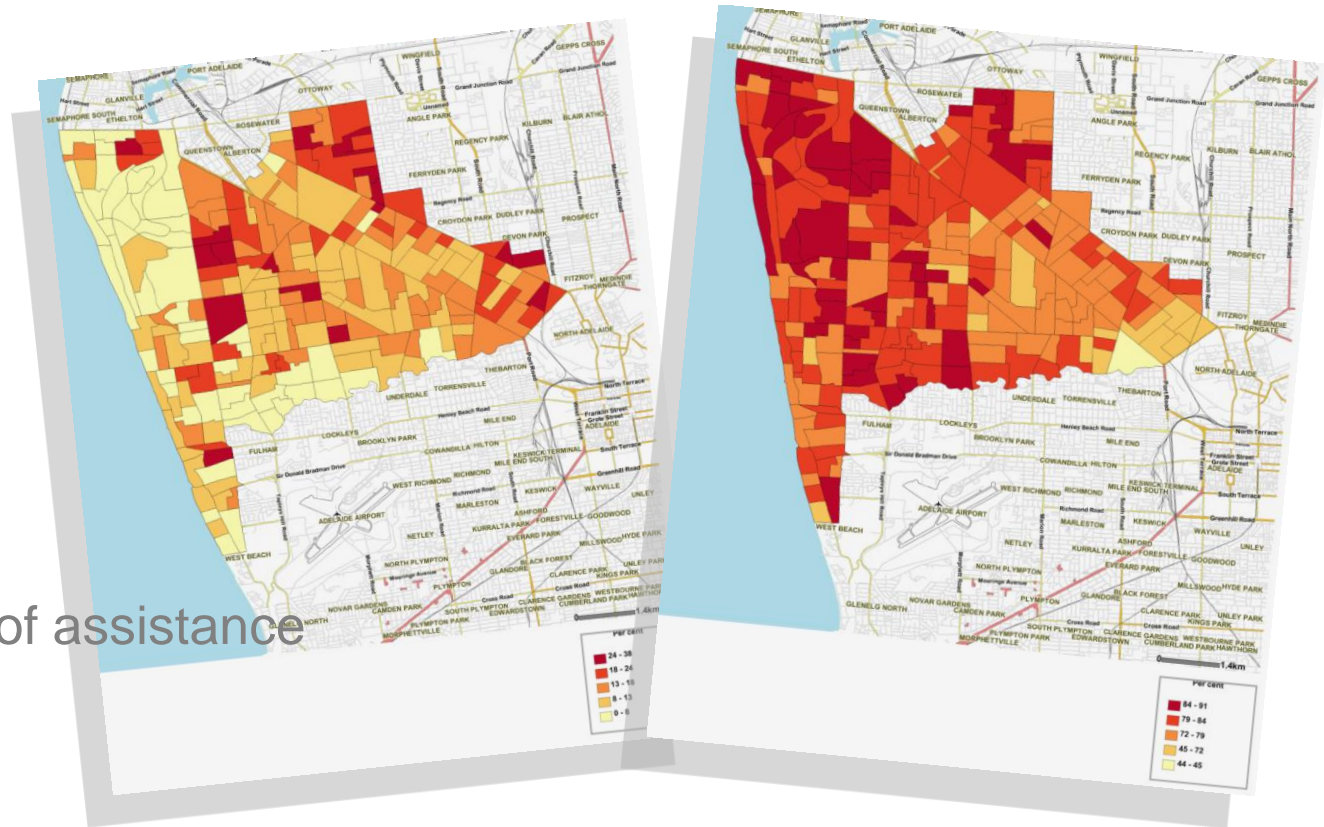


Access Mode



Sub-Access Mode

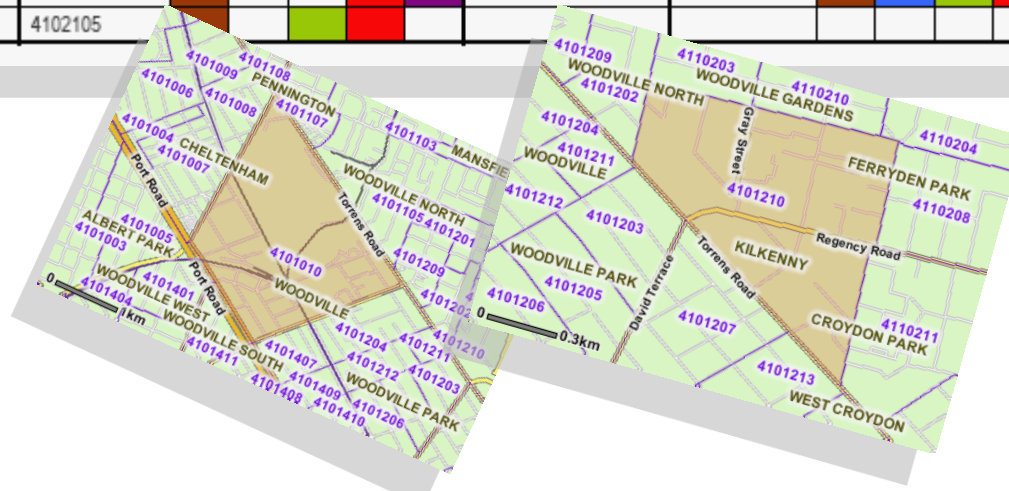
planning the journey – four ‘p’s and five ‘c’s



- people in need of assistance
- car ownership
- income
- car / pedestrian accident ‘hot spots’

planning the journey – four ‘p’s and five ‘c’s

Suburb	Collector District	Access	Sub Access	Leisure	Social	Accident	Suburb	Collector District	Access	Sub Access	Leisure	Social	Accident
Albert Park	4101003	2					Kilkenny	4101210	2				
Bowden	4102610				2		Pennington	4101106					
Brompton	4102605	2					Renown Park	4102510					
Brompton	4102608	2					Semaphore Park	4101903					
Findon	4101604				2		Sefton	4101608	2				
Findon	4101710	2					West Hindmarsh	4102607	2				
Flinders Park	4102001	2					West Lakes	4100911	2	2			
Flinders Park	4102007						West Beach	4102206	2				
Grange	4102204						Woodville	4101010	2	3			
Grange	4102206	2					Woodville	4101211				2	
Henley Beach	4102301						Woodville	4101411					
Hindmarsh	4102604						Woodville West	4101507				2	
Kidman Park	4102105												



planning the journey – four ‘p’s and five ‘c’s



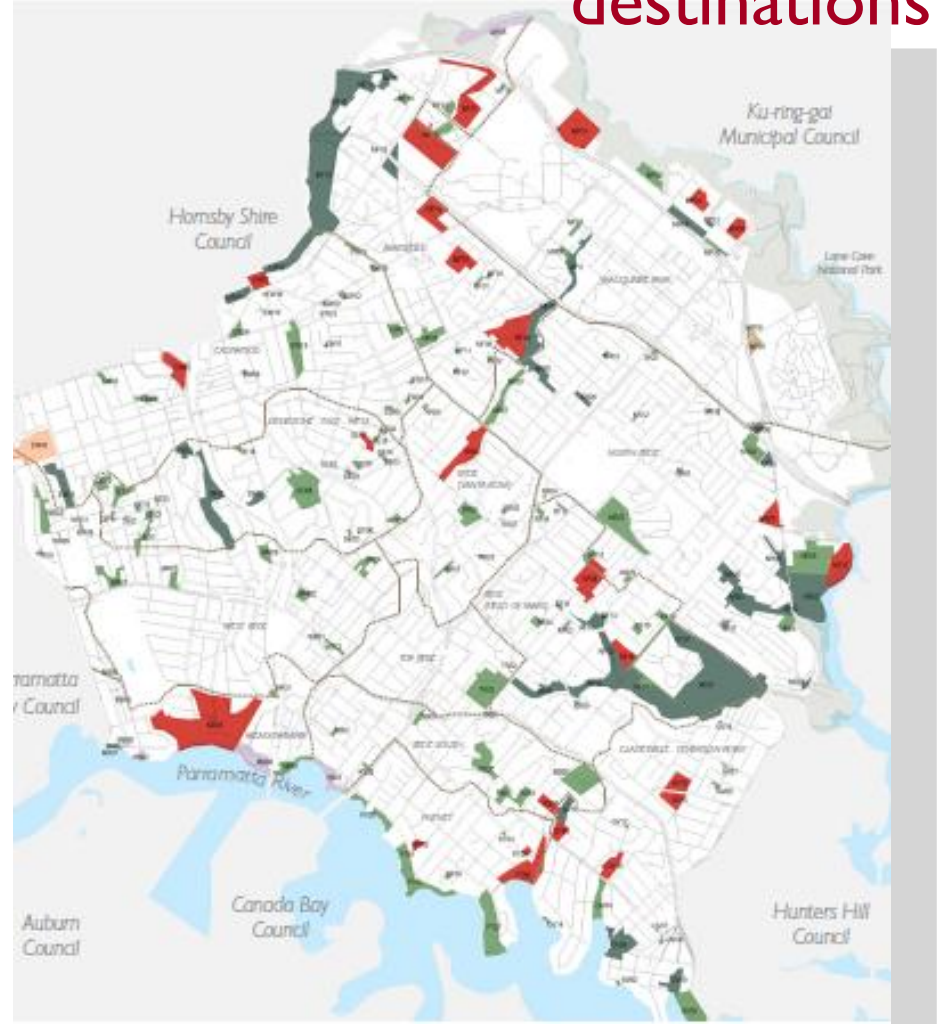
planning the journey – four ‘p’s and five ‘c’s

- **connected** - are walking routes connected to key destinations?
- **comfortable** - footpath widths, surfaces, access for least mobile?
- **convenient** - can streets be crossed safely and without delay?
- **convivial** - are routes interesting and 'free' from threat?
- **conspicuous** - are walking routes clearly signposted and mapped?

planning the journey – four 'p's and five 'c's



destinations



putting it into practice

sub catchment

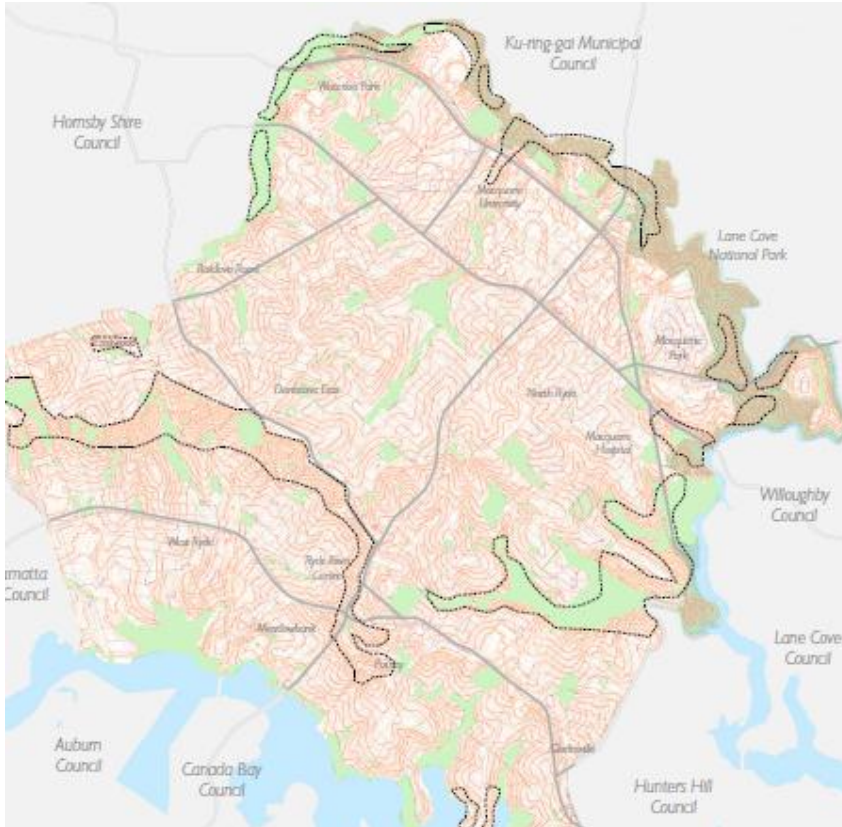


original creek lines

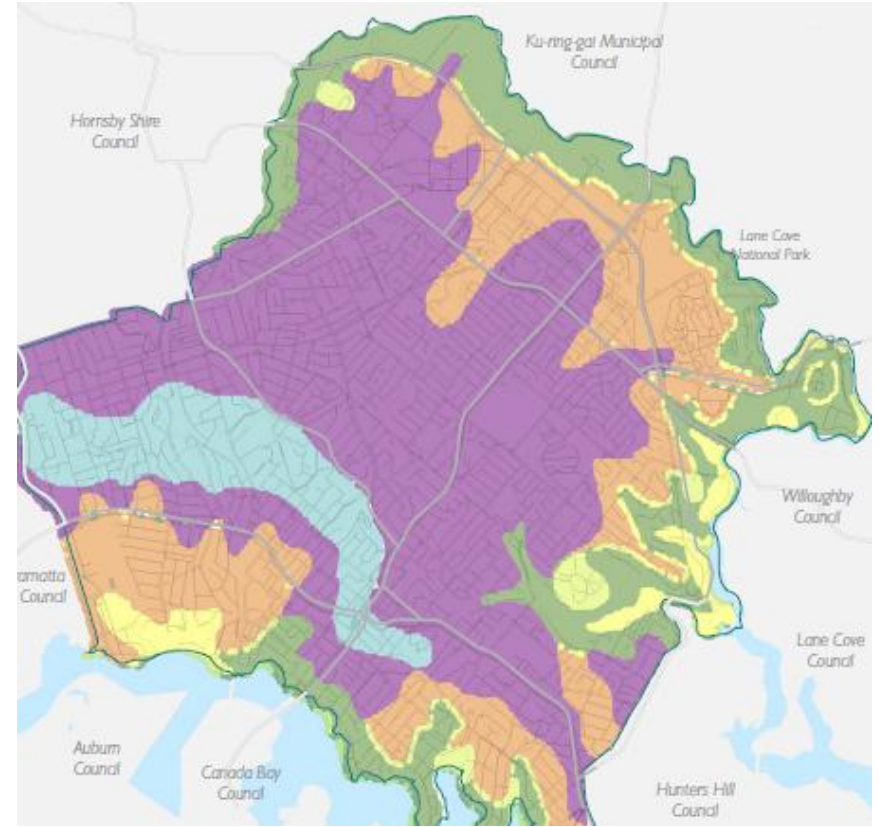


natural connections

topography



ecological comm 1750s

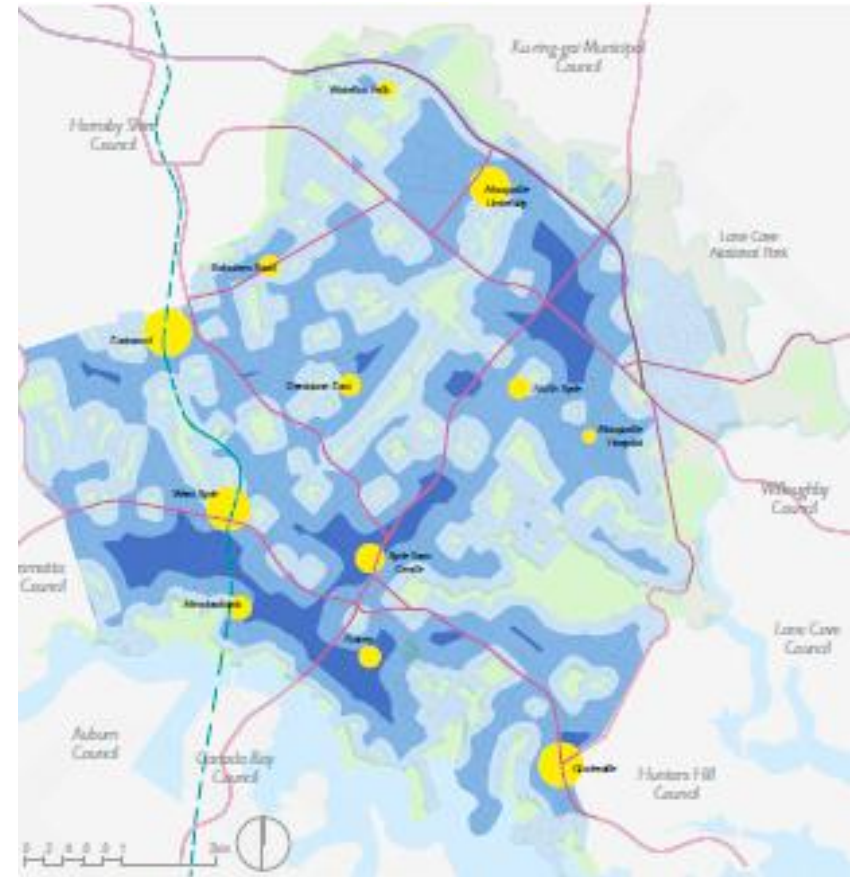


natural connections

open space & population

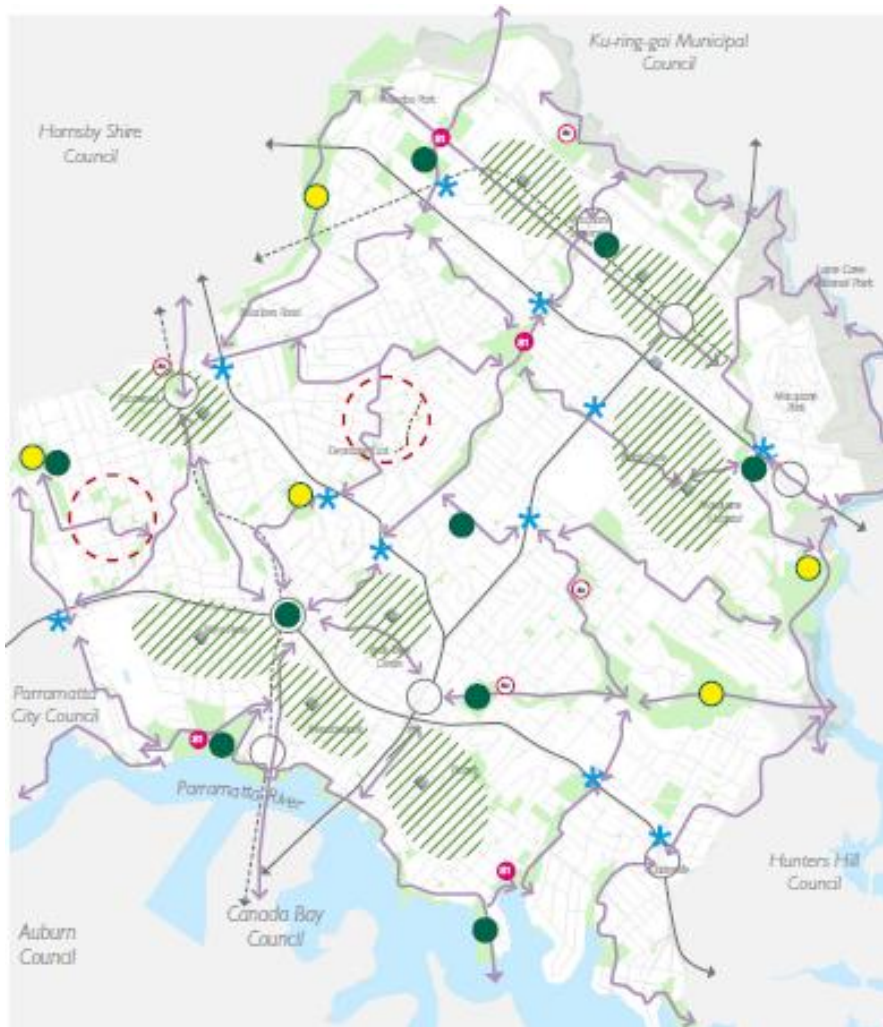


open space accessibility



growth movement and barriers

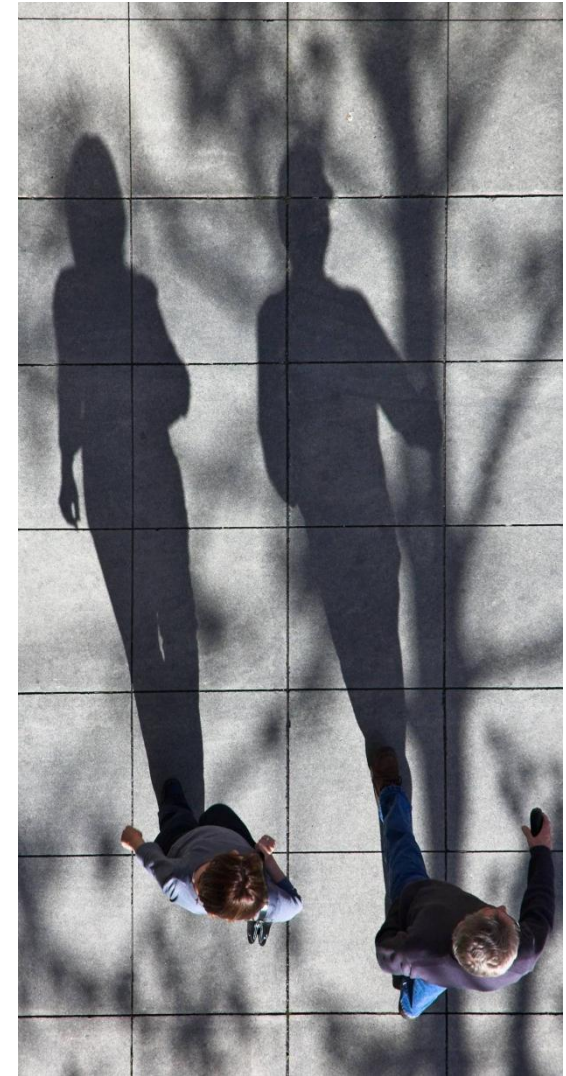
p2p –policy to pavement



green web green grid

everyone and no-one:

- planners
- transport engineers
- health officers
- recreation planners
- community services
- developers
- state authorities



so who owns walking and cycling ?

funds follow friends so:

- do the planning
- build the economic case
- develop partnerships
- learn others' language
- be ready!



how do we fund it?

A quick guide to walking environments

Outlined briefly below to some of the more frequently asked about walking environments and how the model addresses them.

Why do we need walking environments?
The health benefits of any exercise are well known to walking being significantly in form of regular exercise to participate the role of health environments is pivotal in it.



While health agencies encourage at least 30 minutes of moderate to vigorous physical activity in serious health risks. Even if vigorous exercise but other sedentary working lives are lifestyle generated disease Diabetes.



So any hurdles within our urban environment that discourage us from walking are also impediments to our health. In essence the park longer become the sole focus wellbeing and our streets take on a vital community role.

How do we know walkable our local environments?

While most of us will instill place is conducive if not to safety, lack of amenity and that many localities contain unhealthy walking environments also, the distance between be as little as a short street important therefore to gain indicate healthy spaces, we for a locality and then to us against those criteria.

P2P

Policy 2 Pavement

A summary of P2P

The P2P model looks systematically at:

Policy: Developing a strong foundation of the importance of streetscapes & walking.

Prioritising: Once the hot spots have been identified, our team audits each to determine a course of action to include tools such as the SC approach.

Planning: Where to start? The identification of hot spots using what we term a '3D' approach to include:

Distribution: The identification of strategic destinations

Demography: Assessment of social data at the collector district level

Documents: The review of localised strategies and data which will assist in the identification of priority areas

Pavement: The final aspect of the framework addresses the design and wayfinding in and around communities.

This includes actions based on standards approach in response to obvious areas in need of addressing from a safety point of view and innovative strategies & design considerations to enhance the walking environment

Useful Links:

NSW

NSW



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Useful Links:

Premiers Council for Active Living

www.pcal.nsw.gov.au

Heart Foundation

www.heartfoundation.org.au

Planning Institute of Australia

www.planning.org.au

search for 'Healthy Spaces & Places'

Victoria Walks

www.victoriawalks.org.au

Walk 21

www.walk21.com

NSW Health

www.health.nsw.gov.au

search for 'Simply Active'

Policy2Pavement
creating vibrant streetscapes

P2P

Policy 2 Pavement

A quick guide to walking environments



walk, stroll, amble, stride, wander, ramble

Policy

Prioritising

Planning

Pavement

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creating vibrant streetscapes

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more volunteers wanted!

p2p –policy to pavement

