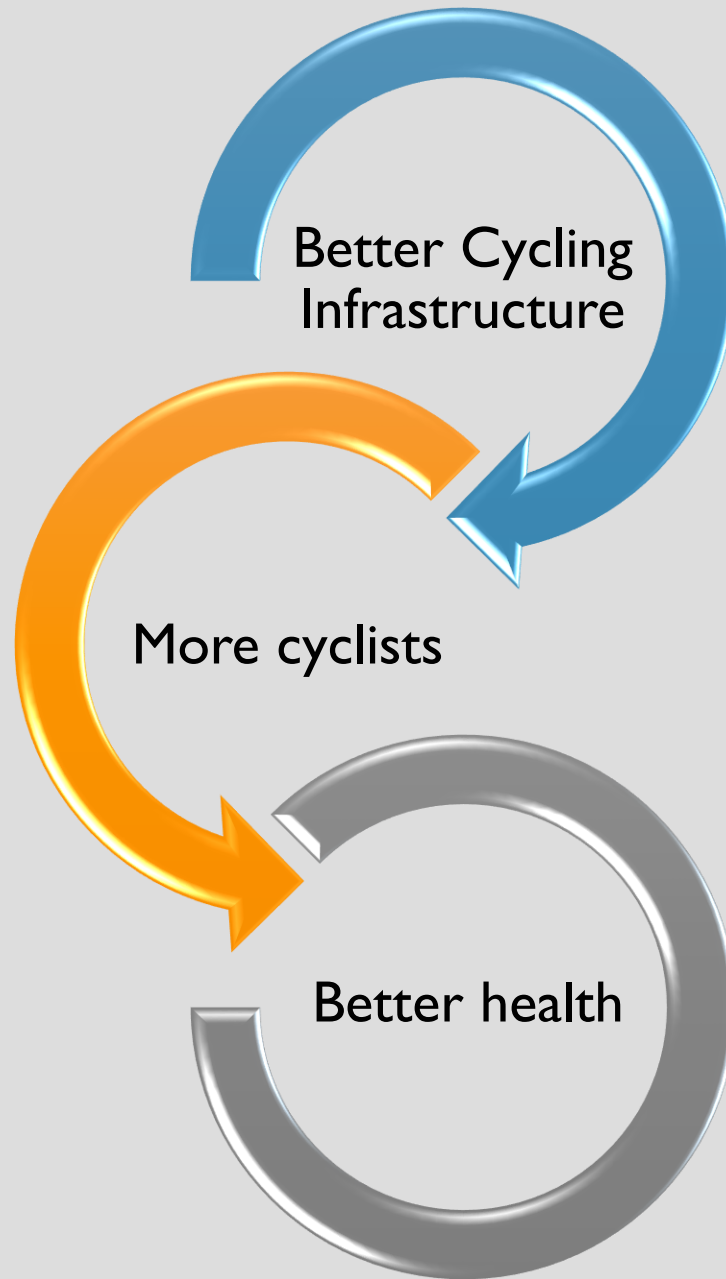




Dr David Tripp  
Clinical Leader  
General Medicine,  
Wellington Hospital

**DOCTORS FOR ACTIVE,  
SAFE TRANSPORT**

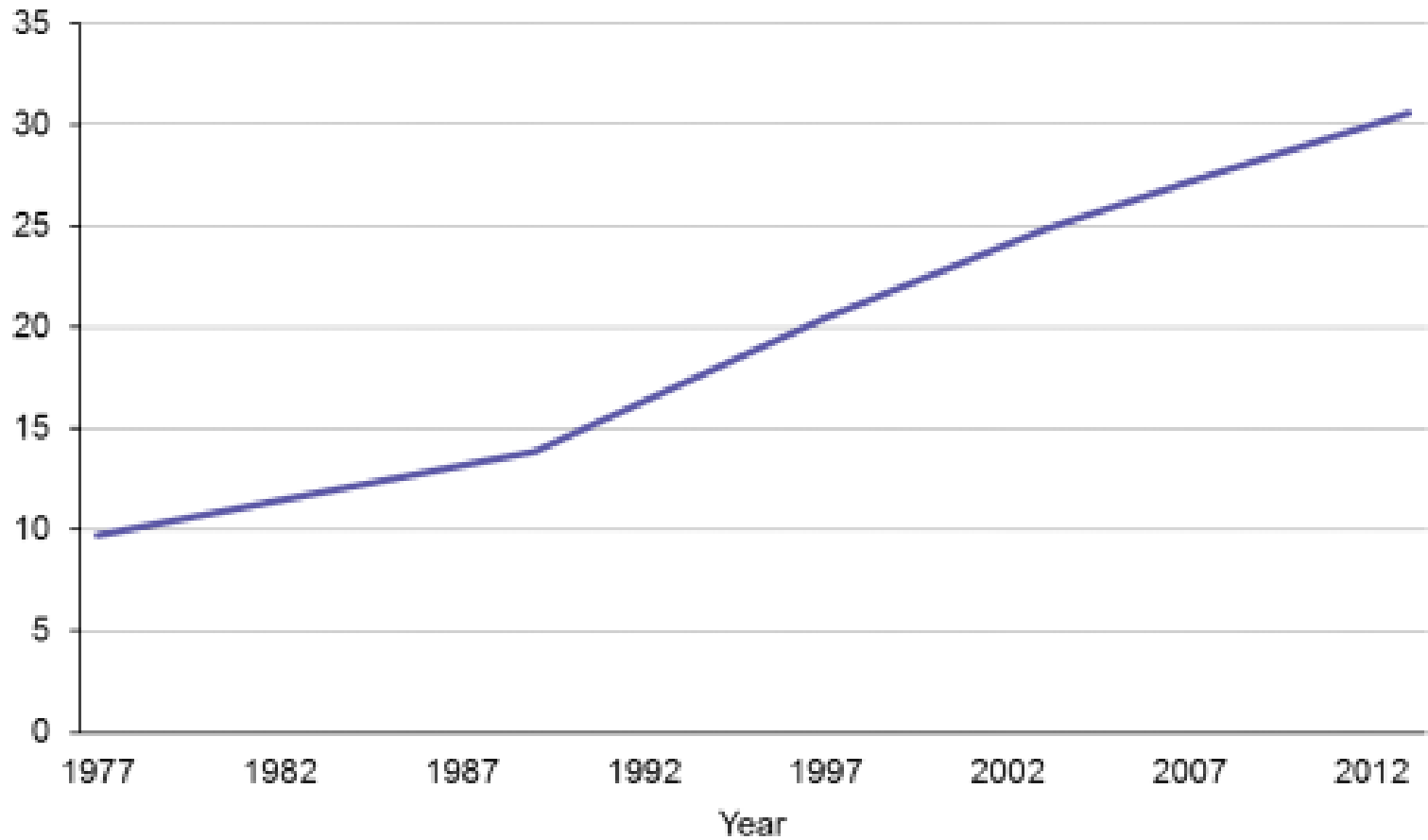




A brief refresher on health in Godzone.....

# Obesity in NZ

Percentage obese



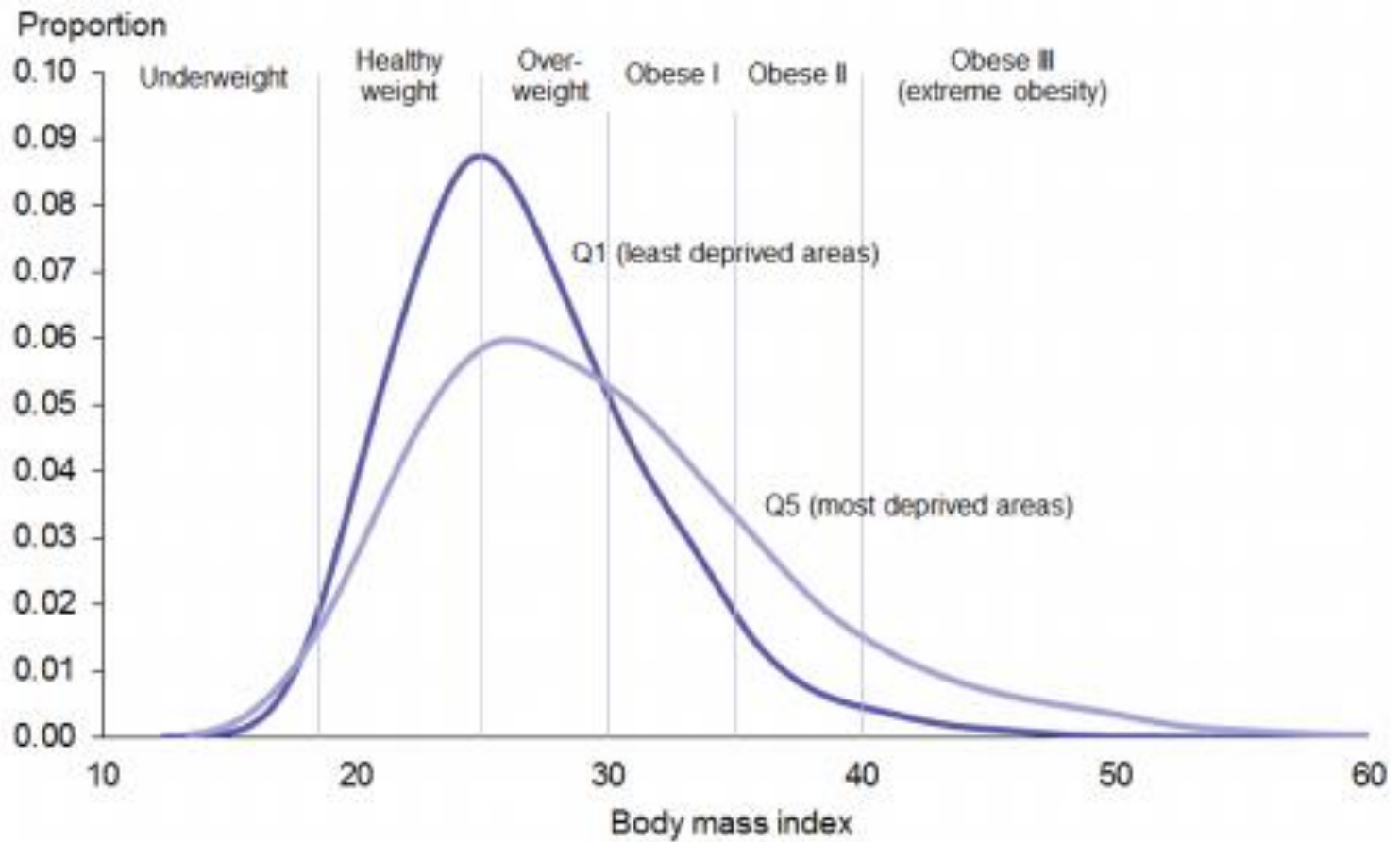


**3 out of 10** adults are obese, and a further 3 overweight

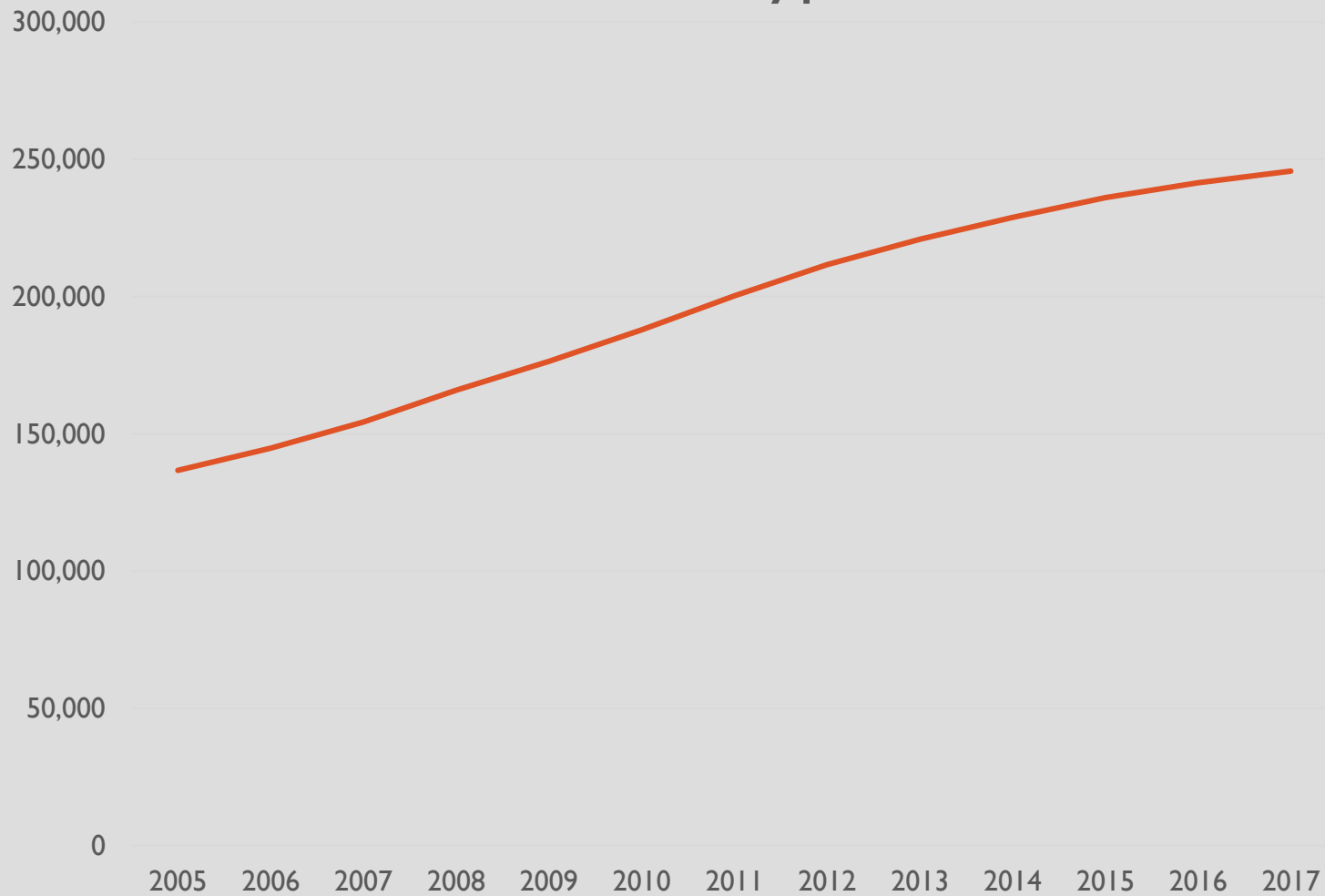


**1 out of 9**  
children are obese,  
and a further 2  
overweight



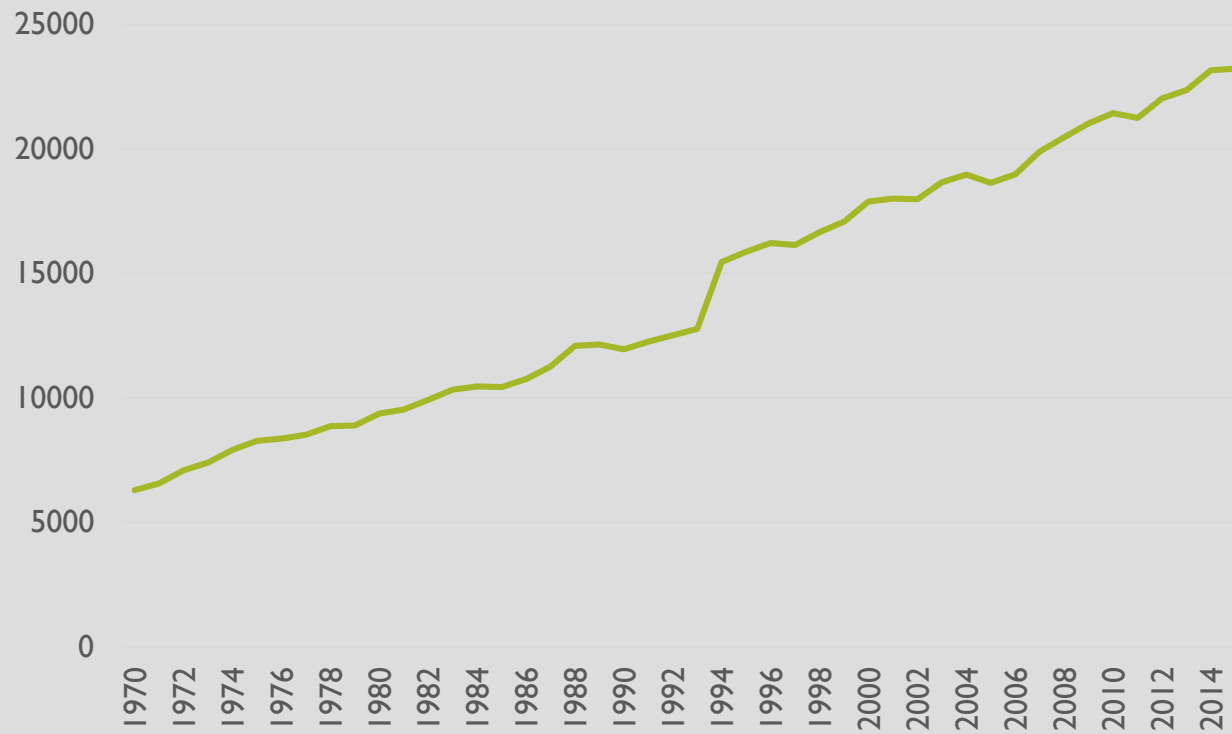


# Estimated Cases of Type 2 Diabetes

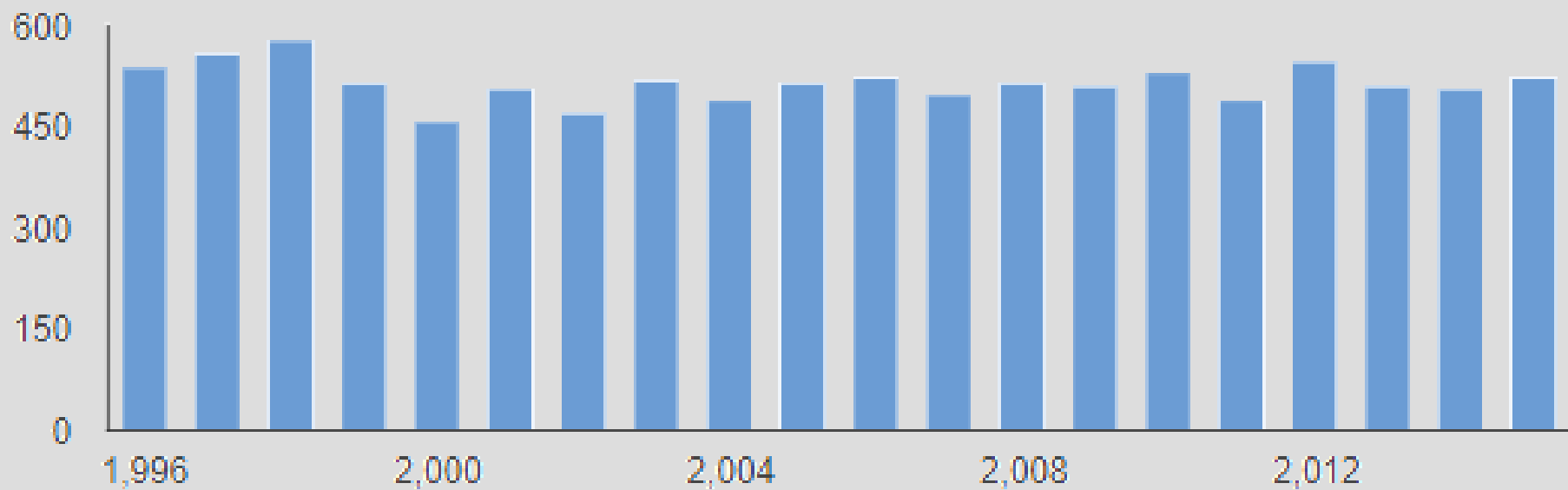




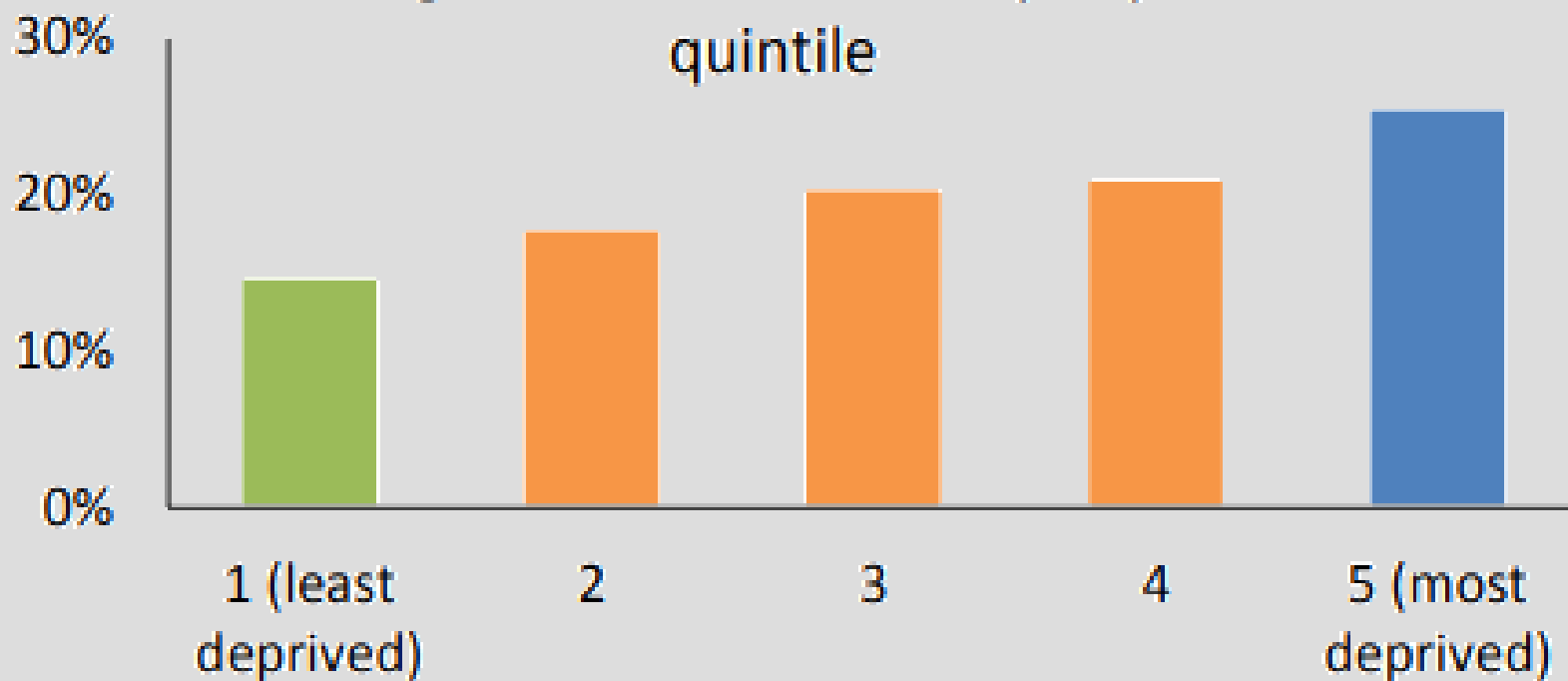
# New Cases of Cancer in NZ



# Suicide in NZ



Percentage of suicide deaths by deprivation quintile



OK Doc, but this is a transport conference.....

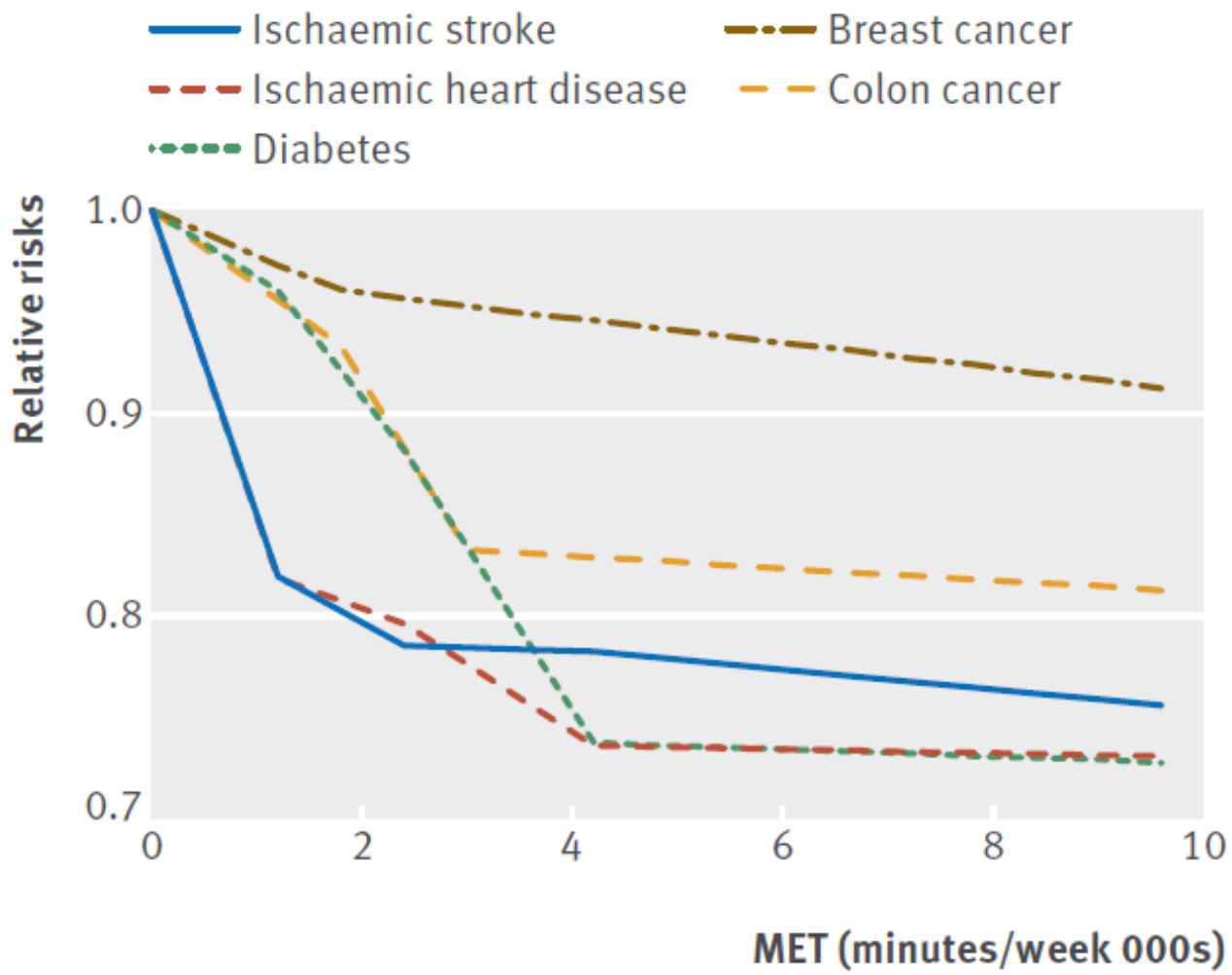
	<b>Reduction in BMI</b>	
	<b>Men</b>	<b>Women</b>
<b>Attributable to active transport</b>	<b>-0.97</b>	<b>-0.87</b>
<b>Attributable to involvement in sport</b>	<b>-0.10</b>	<b>-0.26</b>

*British Medical Journal, 2014*

## Cycling reduces the risk of:

- all-cause mortality by 41%
- any cancer by 45%
- cardiovascular disease by 46%

*A prospective 5 year study of 250,000  
UK citizens, median age 52, BMJ 2017*





With respect to depression....

When compared to psychological or pharmacological therapies, exercise appears to be no more effective...

*Cochrane Review, 2013*

# HOW MANY TIMES SAFER IS CYCLING THAN....



The same



140 times safer



530 times safer

*Journal of Transport and Health, 2017*

So transport has a huge impact on health. What do do?

✓ **Result: Reduce transport's negative effects on the local environment and public health**

123. While greenhouse gas emissions and climate change have cumulative effects on a global scale, there is also a need to manage local effects of land transport. Some of the areas where transport has an adverse effect on the local environment and public health include:

- air pollution (especially from emissions of particulates and oxides of nitrogen)
- excessive unreasonable noise and vibration
- reduced water and soil quality (particularly from contaminated stormwater run-off and sediment during construction)
- disruption to natural landscapes, vegetation and biodiversity
- reduced physical activity and increased sedentary time.

health  
& safety



~~Cycle  
lanes~~

~~Parking~~

CO<sub>2</sub>  
reduction ✓

Or

Climate  
Change ✓

Good  
health ✓

Heart attacks,  
Cancer and  
Death ✓



N

### W2HV Link Sections

-  Petone to Melling section
-  Ngauranga to Petone section
-  Wellington CBD to Ngauranga section

### W2HV Link Connections

1. Wellington City network
2. Belmont Park Trails
3. Petone Esplanade
4. Eastbourne Cycleway
5. Hutt River Trail
6. Hutt River Trail to Rimutaka Rail Trail

Melling railway station → 

← Ngauranga interchange





40,000 people each way each day across all modes

Cycling currently 0.9%

Assume 3.5% mode share (half CHCH) – another  
1,000 cyclists per day

Cycle path originally slated for 2012. Now  
construction begins in “2021” – a ten year delay.

Assuming the same demographic as the 2014 BMJ  
study – **5 people have died as a result of this  
delay alone**



Our Illness System....



Our Health System....

You have the health budget and we call it transport

