



PRESENTATION OVERVIEW FORM

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Presentation title	Evidential Links between Transport & the Wellbeing of Rural People		
General comment/s			
Presentation overview (250 words maximum) There is evidence to support that limited transport choices in rural communities can affect the health and wellbeing of people within the community. People who either do not have access to a vehicle or who are unable to drive themselves due to health reasons or age, often find themselves housebound and are restricted on undertaking daily tasks or participating socially. This is exacerbated when people endure ongoing health problems and need to attend regular medical or hospital appointments. A case study was completed within the rural community of South Waikato under the direction of Waikato Regional Council where some 10% of households do not have access to a vehicle. The aim of the study was to build evidence to support investment in public transport, walking and cycling within the rural community. Evidence was collected amongst several local community groups which showed there was a strong link between transport barriers faced daily and the overall wellbeing of local people. The case study also identified a community spirit whereby community groups chose to implement their own initiatives to support their people. The case study provided a strong foundation to support the need for local authorities to invest in public transport and alternative modes within rural communities. A cost benefit analysis was undertaken which indicated there would be a strong return in investment if improvements were made to existing public transport operations, as well as better coordination of community transport and investing in walking and cycling facilities, thereby encouraging healthier living for all.			

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