

IMAGINE IF OUR LOCAL ENVIRONMENTS SUPPORTED OUR WHĀNAU TO THRIVE AND REACH THEIR POTENTIAL



HEALTHY ACTIVE STREETS ARE VITAL FOR WELLBEING

We're working together to make the Hutt Valley a place where we are active together, feel safer, are happier, healthier and connected. Safe and pleasant routes between home and key local destinations like shops, work, cafes, schools and libraries strengthen our connections with our city and each other.

OUR CHALLENGE

CHILDREN IN THE WELLINGTON REGION SPEND MORE TIME IN FOOD RETAIL OUTLETS THAN AT STRUCTURED SPORT AND OUTDOOR RECREATION LOCATIONS COMBINED

12.3% LITTLE/NO PHYSICAL ACTIVITY
14.3% ACROSS NZ

88% OF LOWER HUTT CHILDREN DO NOT PLAY EVERYDAY

WHAT STOPS PLAY
24% OF PARENTS ARE SCARED OF CARS, TRAFFIC, STRANGE PEOPLE AND LOOSE DOGS

51.8% JUST OVER HALF OF ADULTS ARE PHYSICALLY ACTIVE
(30 MINS ACTIVITY PER DAY) (MORE ACTIVE THAN NZ (49.5%))

ACROSS THE HUTT VALLEY **81% OF CHILDREN** WATCH MORE THAN THE RECOMMENDED **2 HOURS OF SCREEN TIME**

SCREEN TIME

(SCREEN TIME IS EXCLUSIVE OF SCHOOL OR HOMEWORK)

TRANSPORT TO SCHOOL **ONLY 34%** OF CHILDREN USE ACTIVE TRANSPORT

DESIGNING A HEALTHY, ACTIVE, PLAYFUL CITY

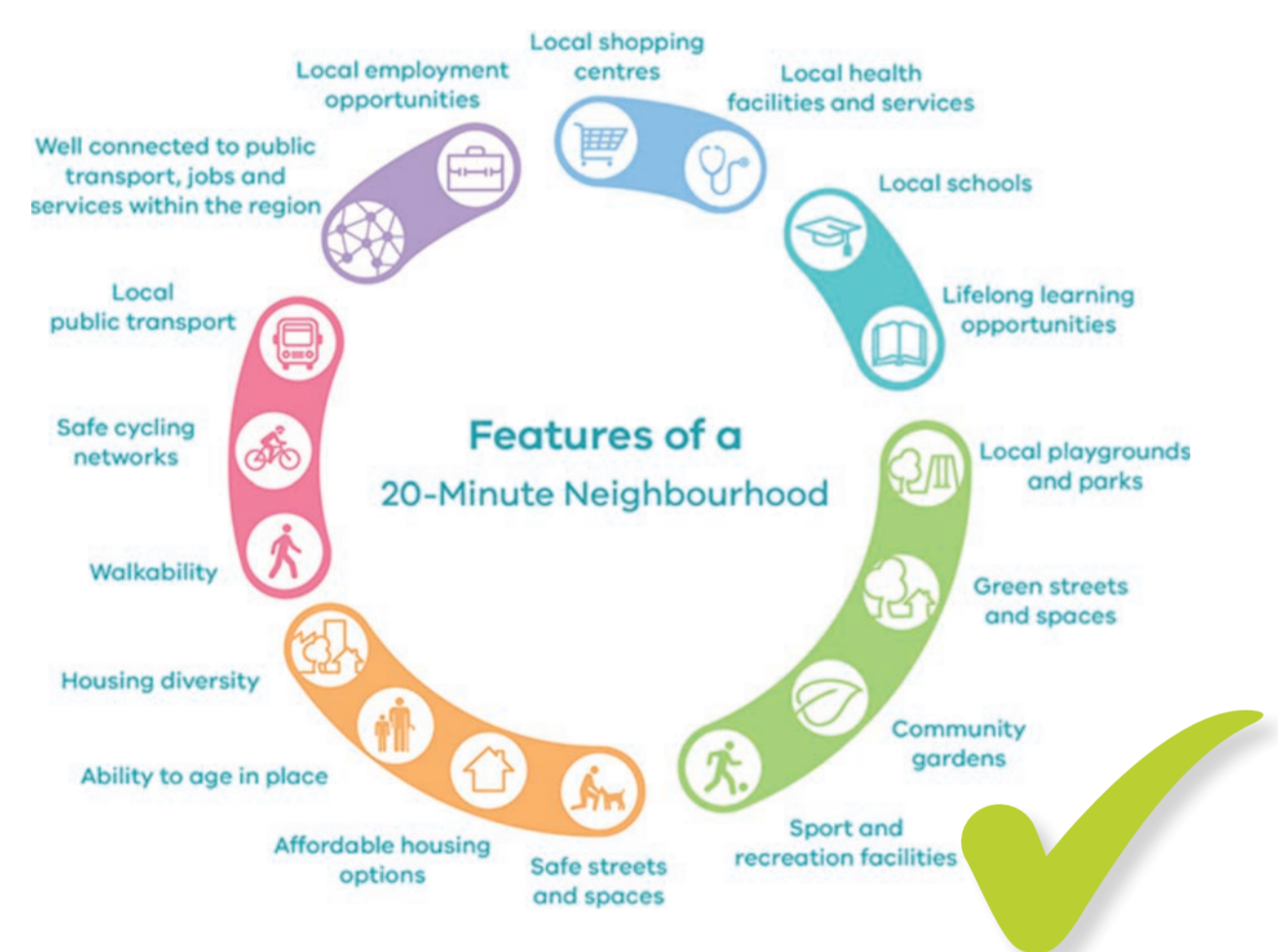
Putting people first in urban and transport planning



Community have social and actual permission to reclaim public spaces



Happier, healthier, active and connected communities



IMPACT

9 'BIKES IN SCHOOLS' TRACKS WITH **5** MORE PLANNED

1500 STUDENTS COMPLETED PEDAL READY TRAINING

664 BIKES MADE SAFE FOR SCHOOL STUDENTS

BIKE BOXES WITH NEW AND RECYCLED RIDES BASED AT REMAKERY AND NAENAE CLUBHOUSE

SINCE THE PHASED OPENING IN OCTOBER 2018 **59,000** PEDESTRIANS AND **18,000** CYCLISTS HAVE TRANSVERSED THE WAINUIOMATA HILL FOR FITNESS, FUN OR TO COMMUTE.

"Towns and cities that provide people with healthy transport options that allow them to connect with the people and nature around them are great places to live, work, play and explore."

- CLAIRE PASCOE, NZ TRANSPORT AGENCY

OPPORTUNITIES

- Create meaningful partnerships with health, iwi, transport and local government to enable design and planning for wellbeing. Create a national movement towards 20 minute neighbourhoods.
- Provide social permission for our people to reclaim the streets for play, active transport and connecting as a community.
- Role model by designing your spaces to enable active transport to make it easier and normal for staff and visitors.



The decisions made through urban planning and design have a far greater impact on the health and wellbeing of our people than the health sector can ever have.

- SAID DR DOUGAL THORBURN, TAINUI, MB CHB, FRNZCGP, MPH, DPH, GP WORKING IN POMARE.



For a long time the Wainuiomata Hill has been viewed as a barrier for walking and cycling. With the completion of the shared pathway, it is now truly one of our city's biggest assets.

- COUNCILLOR



It would be great to connect with the neighbours so there's a sense of everyone looking out for each other.

- LOCAL PARENT



Have a way to slow down the traffic in order for the environment to be safer for the children to play.

- LOCAL PARENT



Build communities - get to know other kids.

- LOCAL PARENT



Blocking off the car parks around the reserve provided the perfect environment for children of all ages to try out new tricks and skills on the Bike Rodeo, this builds their confidence for the next time they want to get out and about on their bikes in their neighbourhoods.

- MARK SHANKS, HEALTHY FAMILIES LOWER HUTT