

Transport links to wellbeing and liveability

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What are we looking for from the research

Knowledge gap

Policy changes or initiatives that would make the most improvement in wellbeing & liveability

Research questions

Transport affect on individual or family wellbeing, and community liveability

What are the most important transport variables to include in measures of liveability for New Zealand?

What transport changes provide the greatest improvement in wellbeing and liveability?

How should new policies or programmes address the link between transport interventions and wellbeing or liveability outcomes in their intervention logic?

Structure of Presentation

- The policy context
- The literature and active transport and wellbeing
- The importance of context
- Implications for transport planning



Government Policy Statement

The Government policy statement has three priorities that link directly to wellbeing:

- A safer transport network
- Accessible and affordable transport providing increased access to economic and social opportunities
- Reduced emissions

Wellbeing & Liveability

Wellbeing

- A broad concept, with no universally accepted definition – something to do with the ‘good life’
- The Treasury’s Living Standards Framework (LSF) is designed assess the impact of government policies on wellbeing
- LSF uses the 4 capitals as a means of assessing wellbeing

An attribute of people

Liveability

- Liveability is strongly grounded in ‘place’ – a key goal of placed-based strategies
- Historically a major focus of liveability has been on safety and access
- Ministry of Transport’s Transport Outcomes Framework (TOF) focuses on transport as a system to improve people’s wellbeing and the liveability of places

An attribute of places

Wellbeing

- Is not just the absence of ill-health
- Is not just the achievement of physical and mental health
- Wellbeing is a complex mix of physical, social, cultural, and emotional attributes

AND

Ideas about wellbeing change over time and vary between cultures and life stages

Wellbeing benefits of active transport



- Individual health (physical and mental)



- Freedom of choice



- Social cohesion



- Community health



- Life satisfaction (time-out)



- Life satisfaction (safety)



- Reduction in pollutants

Context & Cycling



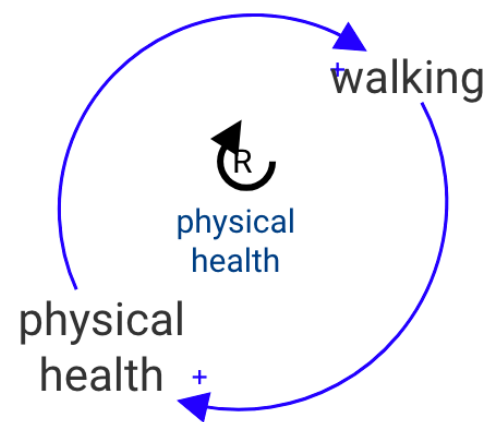
A feature of daily life
(for many)



Photo by [Coen van den Broek](#) on [Unsplash](#)

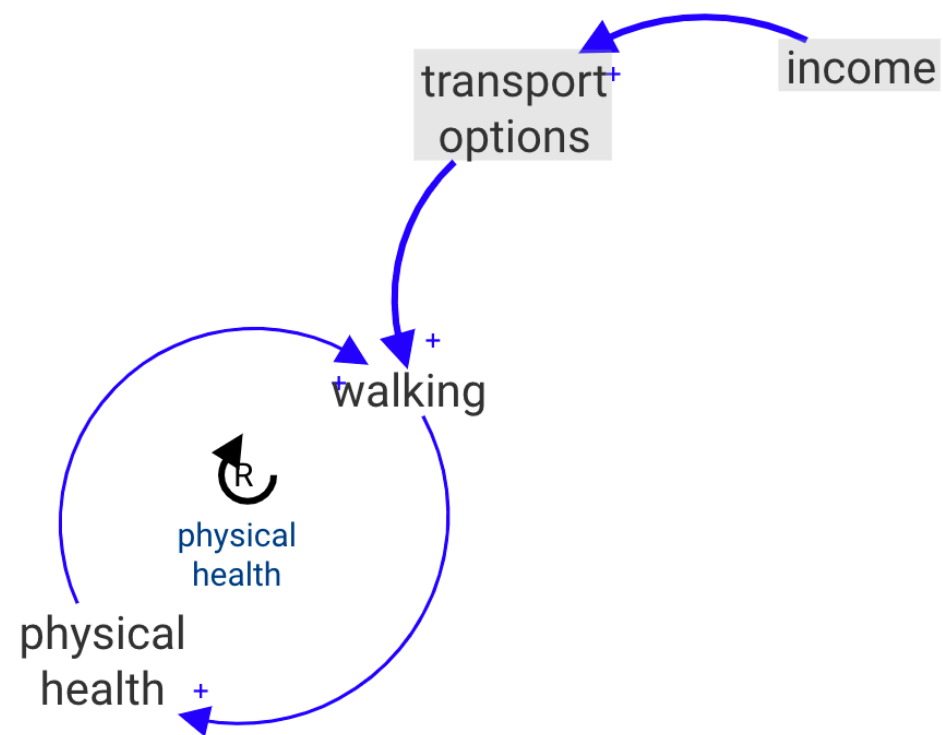
Weekend leisure
(for some)

Context & Walking

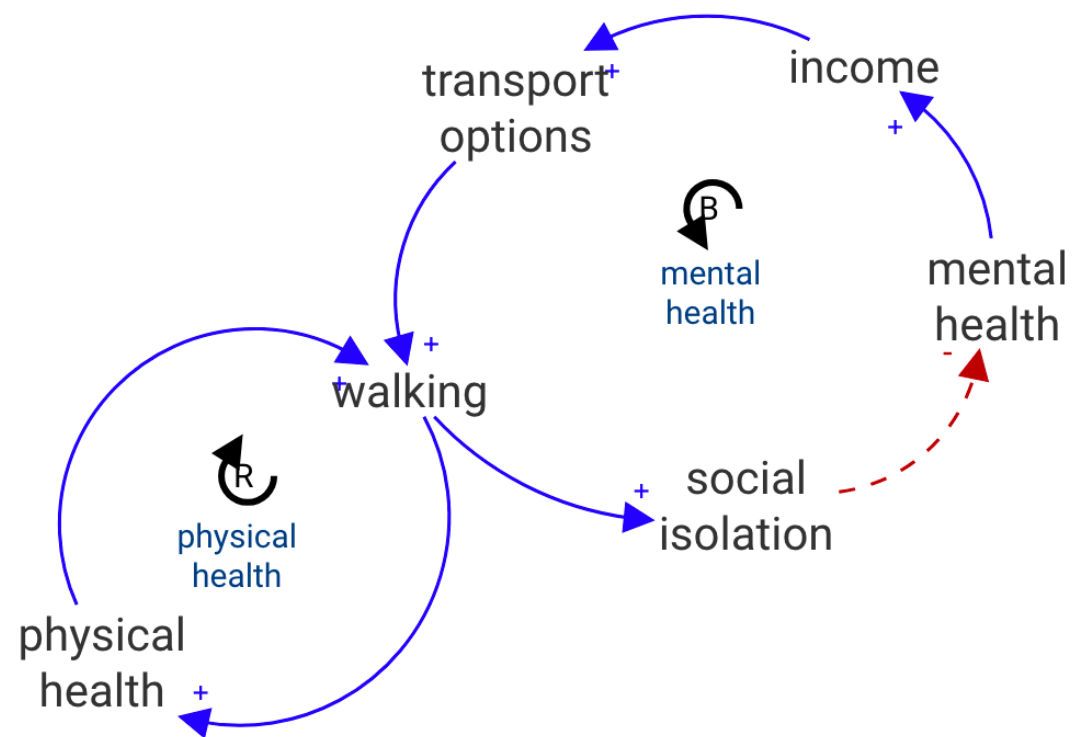




Context & Walking



Context & Walking





Walking and Wellbeing: a matter of context

Bostock, L., & Hons, B. A. (1998).
Pathways of disadvantage? Walking as a mode of transport among
low-income mothers.
Health and Social Care in the Community, 9(1), 11–18.

