

## WALK 21: The International Charter for Walking

Walk Nelson Tasman is a walking group affiliated to Living Streets Aotearoa, the national walking advocacy organisation.

### Purpose

To propose that Tasman District Council becomes a signatory to the International Charter for Walking.

### Background

In December 2007 NMDHB hosted Rodney Tolley, Director of Walk 21, a global partnership which champions walking. Rodney held workshops with councillors, DHB board members and the planning and engineering staff of the three councils.

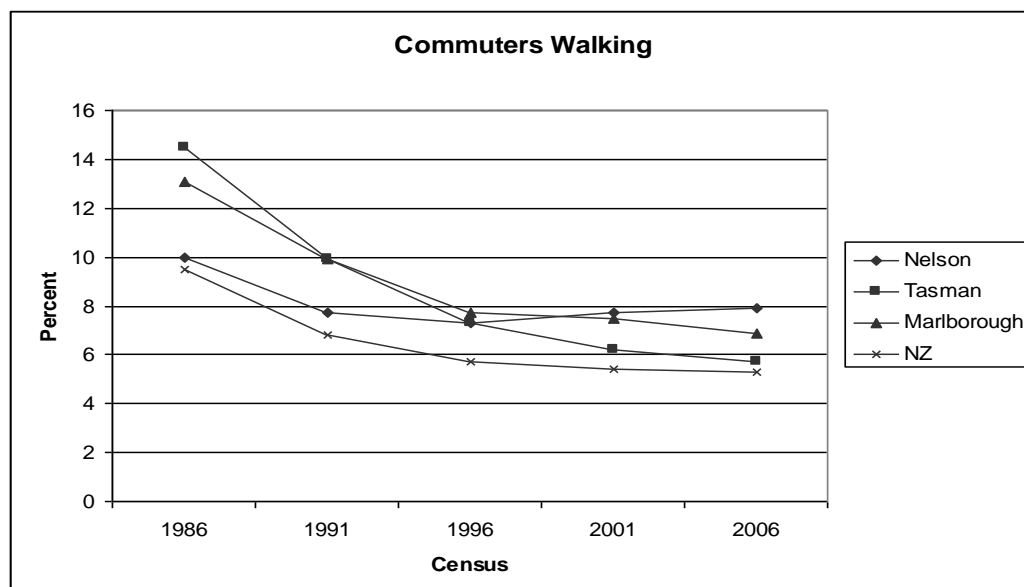
Rodney made a compelling case that walking is the most basic form of exercise. He pointed out that many communities focus on planning for cars rather than people to the detriment of walking. He had a wealth of examples from across the world where communities had been successfully redesigned to encourage walking and the economic, social and health benefits that resulted.

Rodney suggested that the participating organisations sign the international charter for walking. Signing the charter demonstrates the signatory organisation's commitment to creating healthy, efficient and sustainable communities where people choose to walk. A copy of the charter is attached. The charter has been signed by councils across the world including London, Sydney, Christchurch and Marlborough.

### Discussion

Walking is the most basic form of both exercise and transport. Every journey begins and ends with a walk. The 2002/03 health survey showed that nearly half of the adults in Nelson Marlborough (49.6%) are not doing sufficient physical activity to be healthy (30 minutes of moderate physical activity at least 5 days a week). Walking is the most accessible and achievable way for most people to be physically active

Information on walking is not readily available. A comparison of the censii from 1986 to 2006 censuses shows a significant decrease in the percentage of people walking to work in Tasman District.



Signing the International Charter on Walking is a way of Tasman District Council demonstrating its commitment walking and improving the health of the people in its community.

### **Alignment with Tasman District Council's Policies and Programmes**

Signing the International Charter on walking is consistent with Tasman District Council's 2005 Regional Walking and Cycling strategy which aims to make Tasman District "a safe and enjoyable place to walk and cycle" and increase the percentage of people choosing to walk or cycle to work by 2011 (page 3).

### **Financial Implications**

There are no financial implications to signing the Walk 21 Charter.

### **Recommendation**

*That Tasman District Council becomes a signatory to the International Charter for Walking*

Walk Nelson Tasman