

Key benefits of walking

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Health

Physical inactivity accounts for almost 10% of New Zealand's 20 leading causes of death.



It is a contributor to obesity and type 2 diabetes, which together cost the health system over **\$500 million per year**.



Walking is the easiest way for New Zealanders to get the physical activity needed to improve their health.

Efficiency



A shift to more walking or riding, particularly for short journeys during peak periods, could **improve the capacity** of our transport systems.

Waka Kotahi estimates costs of congestion to be in the region **\$1.25 billion per annual**.

Walking is the **most space-efficient** form of transport, and makes the best use of our streets.

Environment

Transport accounts for **18%** of New Zealand's greenhouse gas emissions.



Between 5 and 13 kg of carbon could be **saved per person** per year taking part in walking initiatives.

Walking is carbon and **emission free**.



Economy

An economic survey in New Zealand found that pedestrians **'contribute a higher economic spend'** in proportion to their mode share.



Good growth



Walking is important to support increased densities in our towns and cities as they continue to grow. **Compact urban centres allow mode choice** and reduce the need to travel by car.

Community

Walking in the local neighbourhood increases the potential for chance encounters or social interaction, which in turn can **increase the sense of community**.

