

# Newsletter



Issue 12  
May 2019



## In This Issue...

Welcome to the 12<sup>th</sup> issue of the Active Living Laboratory Newsletter! In this issue, we are sharing information about recently released Key Policy Recommendations for Active Transport in New Zealand, our latest publications and recent media reports about our work. Feel free to share this newsletter with others.

Thank you for your continued interest in our work,  
Associate Professor Sandy Mandic

**Keep up-to-date** with all the latest news and events for the **“Turning the Tide”** report, at the Active Living Laboratory website:

<https://www.otago.ac.nz/active-living/otago709602.html>

## Launch of the “Turning the Tide – from Cars to Active Transport”



On Monday, 29 April 2019 the policy recommendations for active transport in New Zealand were released at Sport New Zealand in Wellington. The Hon. Julie-Ann Genter, the Associate Minister for Health and Associate Minister for Transport, gave speech at the launch. The launch, attended by 47 stakeholders from government, transport, academia, public health and local council among many others, was well received. Subsequent media releases have initiated nationwide discussion on the issues faced and the proposed recommendations outlined in the report.

Stuff: ‘Kiwis need to halve car use by 2050 to sufficiently improve health’ (29/04/2019)  
<https://www.stuff.co.nz/national/health/112311772/kiwis-need-to-halve-car-use-by-2050-to-sufficiently-improve-health>

Talk Wellington: ‘Turning the Tide’ (29/04/2019): <https://talkwellington.org.nz/2019/turning-the-tide/>

SCOOP: ‘Active transport report – Expert Reaction’ (29/04/2019)  
<http://www.scoop.co.nz/stories/SC1904/S00048/active-transport-report-expert-reaction.htm>

Scimex: Title: ‘Urgent action needed to end our love affair with cars’ (29/04/2019)  
<https://www.scimex.org/newsfeed/urgent-action-needed-to-end-our-love-affair-with-cars>

Greater Auckland: ‘Drive Less, Walk/Cycle more’ (02/05/2019)  
<https://www.greeterauckland.org.nz/2019/05/02/drive-less-walk-cycle-more/>

Otago Daily Times: Life and Style: ‘Parking the cars’ (06/05/2019)  
<https://www.odt.co.nz/lifestyle/magazine/parking-cars>



Following the launch lead authors Sandy Mandic (University of Otago) and Andrew Jackson (Consulting Jackson) took to the Wellington streets with Radio New Zealand journalist Bryan Crump for a 'walking interview' about the "Turning the Tide" report.

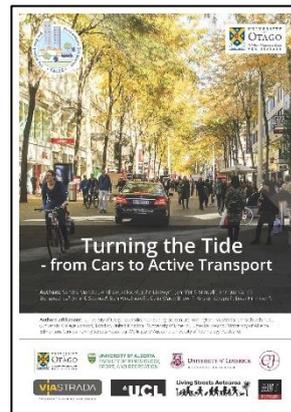
Hear the 30 minute interview here:

<https://thetrafficjam.blog/2019/05/02/episode-9-foot-soldiers/>

"Turning the Tide" stakeholder meetings have also been taking place across the country since the launch with presentations made by report authors to initiate discussion and receive stakeholder feedback on the key policy recommendations. As of 10 May 2019, over 150 stakeholders in Wellington, Christchurch and Auckland attended these meetings. Meeting in Dunedin is held in mid-May.



"Turning the Tide" report considers the health and environmental benefits of walking and cycling and sets out a clear set of actions to get us out of our cars and living healthier lives. The report was developed by a group of leading New Zealand and international experts who work in the active transport field. Associate Professor Sandy Mandic had the honour to lead this initiative. The report is the outcome of The Active Living and Environment Symposium (TALES) held in Dunedin in February 2019 ([www.otago.ac.nz/active-living-2019](http://www.otago.ac.nz/active-living-2019)).



**'Turning the Tide - from Cars to Active Transport' (Full report)**

Available online at <https://www.otago.ac.nz/active-living/otago710135.pdf>

**'Key Policy Recommendations for Active Transport in New Zealand' (Brief 4-page report)**

Available online at <https://www.otago.ac.nz/active-living/otago710121.pdf>

Sign up online to receive updates and be informed about future meetings to discuss recommendations of this report in your area in NZ: <http://bit.ly/turningthetidemeetings>

We are planning to organise **next TALES Symposium in Wellington, New Zealand, in February 2021.** Mark your calendars and **sign up for symposium updates:** <http://bit.ly/ale2019>



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## Our Latest Publications

### Transport to School Habits and Objectively Measured Physical Activity in Adolescents

This article reports BEATS Study findings from accelerometer-measured physical activity in Dunedin adolescents. Nearly half of adolescents using active transport to school (alone or in combination with motorised modes) met physical activity recommendations compared to only one third of motorised transport users. Physical activity differences by transport modes were observed in girls, on school days and during school commute times. Therefore, combined active and motorised transport to school is also a plausible way to increase adolescent girls' physical activity when active transport only is not feasible.

*Chiew Ching Kek, Enrique García Bengoechea, John Spence, Sandra Mandic. The relationship between transport-to-school habits and physical activity in a sample of New Zealand adolescents. Journal of Sport and Health Science. (in press) DOI: <https://doi.org/10.1016/j.jshs.2019.02.006> [Full article](#)*

### Unintended Consequences of Youth Active Transportation

Despite the well-known benefits of active transport, there are environmental and social variables that converge on the active transport experiences of low-income youth and youth of colour that have yet to be fully uncovered. This study used an intersectional framework, largely focusing on the race-gender-class trinity, to examine youth active transport within a context of transportation inequity. Using focus groups, research found race, gender, and class to be inhibitors of active transport for both boys and girls, but with more pronounced negative influences on girls. Assistant Professor Jennifer Roberts was a visiting researcher at the Active Living Laboratory in August 2017.

*Jennifer D. Roberts, Sandra Mandic, Craig S. Fryer, Micah L. Brachman, Rashawn Ray. Between Privilege and Oppression: An Intersectional Analysis of Active Transportation Experiences among Washington D.C. Area Youth. International Journal of Environmental Research and Public Health. 2019; 16:1313 DOI: <https://doi.org/10.3390/ijerph16081313> [Full article](#)*

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## Recent Media Reports about Latest BEATS Study Publication

- "Mixed transport way to combat pupil inactivity" (Otago Daily Times newspaper; 10 Mar 2019): <https://www.odt.co.nz/news/dunedin/mixed-transport-way-combat-pupil-inactivity>
- OAR FM Radio (Dunedin) with Associate Professor Sandy Mandic about the BEATS Study findings and the latest BEATS publication about the relationship between physical activity and transport to school. Link for podcast: <http://www.accessradio.org/Player.aspx?eid=7ecca0dd-e571-4cc0-8290-cab6279190f7>

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## Contact Details and Sign Up

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### Sign up

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