

# Active travel

## Liveability domain #1

### Cardinia Shire Liveability Plan 2017-29

Cardinia Shire's Liveability Health Plan 2017-2029 identifies seven liveability domains which evidence shows can impact health and social outcomes. 'Active travel' is one of these seven domains.

### Why is active travel a liveability domain?

Active travel is physical activity undertaken as a means of transport and not purely as a form of recreation. It includes walking, cycling, scooting, wheelchairs and public transport.

Creating 'walkable' environments provides opportunities to habitually engage in active travel, and therefore physical activity. There is considerable evidence showing associations between walkability and health outcomes<sup>1</sup>. Providing walkable environments has been shown to reduce social inequities, enhance physical and mental health (through reductions in diabetes, heart health and traffic accidents), reduce living costs (e.g. petrol), increase social contact and neighbourhood surveillance and reduce impact on the environment (air pollution, noise).

The active travel liveability domain includes footpaths, cycling paths, pedestrian crossings, public transport stops, car parking availability, street connectivity, urban design, land use mix, street lighting, traffic management, shade and landscaping, public amenities (e.g. toilets, seating), water fountains, local laws, disability access, way finding signage, behaviour change programs (e.g. Walk to School Month).

### What we know

- Pakenham has a walkability score of 40 and Beaconsfield a score of 44, with an average score of 41 for Cardinia Shire as an LGA. This places the shire within the category of 'car dependent city' with most errands requiring a car<sup>2</sup>.
- A lower percentage of residents (36%) in the rural areas would participate in walking/running than residents (44%) in the growth area.<sup>3</sup>
- 5% of residents travel to work by public transport (11% Greater Melbourne, 9% Vic).
- 0.2% of residents travel to work by bike (1% Greater Melbourne, 1% Vic).
- 10% of adults walked for transport 4 or more days a week (19%SMR, 18% Vic).
- 75% of residents travel to work by car (64% Greater Melbourne, 66% Vic).

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<sup>1</sup> Giles-Corti, B., Mavoa, S., Eagleson, S., Davern, M., Roberts B., Badland, H.M., (2014) Transport Walkability Index: Melbourne. McCaughey VicHealth Centre for Community Wellbeing, Melbourne: The University of Melbourne.

<sup>2</sup> Walk Score descriptions, 0-24: Car dependent (almost all errands require a car), 25-49: Car Dependant (most errands require a car), 50-69: Somewhat walkable (some errands can be achieved on foot), 70-89: Very Walkable (most errands can be accomplished on foot), 90-100: Walkers Paradise (Daily errands do not require a car).

<sup>3</sup> Local Government Research Group, Cardinia Shire Council Social Health Check Research 2016.

## What we will do

Over the life of the Liveability Health Plan we expect to see an increase in people walking and cycling for transport. This will be achieved by focusing on the following strategies:

- Planning pedestrian and cycling routes which link education, employment and residential areas with public transport and community spaces.
- Building safe, accessible and enjoyable walking and cycling infrastructure.
- Enhancing the amenity, safety and natural environment along active travel routes.
- Encouraging and supporting residents to use active travel to school, work and events.

## Contact us

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