# **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.

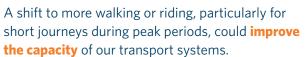
### **Efficiency**











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 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.

