# PNG: helping create healthy places

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| The New Zealand Pedestrian Network Guidance (PNG) sets out ways to improve New Zealand’s walking environment. Walking is an active mode that contributes to health outcomes. Physical health is improved by moving the body. Mental and emotional health is improved due to increased blood flow and blood circulation to the brain and body helping boost your mood. Social well-being is improved if the walking environment is inclusive for all of the community and provides opportunity for social interaction. If a walking environment is well designed, it can portray a connection for people, be it to the past or from a spiritual perspective. Planning and designing for walking in all our projects is therefore vital to the Te Whare Tapa Whā model.  The recently launched PNG outlines a process for deciding on the type of provision that should be made for pedestrians – including those with a wide range of disabilities – and provides design advice and standards. It provides a ‘one-stop-shop’ of best-practice guidance, specifically suited to New Zealand’s regulatory and operating environment. It promotes pedestrian friendly environments as places where it’s easy and safe to walk, where there are plenty of places to cross the street, enough space for everyone and people can generally feel relaxed. Providing such environments is key to the vibrancy and social connectivity of our communities.  This paper will examine a typical project process and how the PNG provides ongoing guidance throughout the planning and design journey and the connection to health and well-being. The intention of the paper is to educate and inspire our industry to contribute to all four dimensions of the Te Whare Tapa Whā model. |