



Health and wellbeing wins with sector collaboration – Working together to improve travel outcomes

Transport is a health and wellbeing issue. The national Emissions Reduction Plan acknowledges that by reducing reliance on cars and supporting people to walk, cycle and use public transport, a multitude of benefits will be realised, including health outcomes. We all know that car-centricity is unhealthy and if we are not planning to enable engagement in active or public transport, we will see further detrimental impacts on population health specifically preventable diseases such as obesity, diabetes, and heart disease in addition to air quality related illnesses, not to mention mental health issues that can arise from poor accessibility within our main centres.

Collaboration is key to transport solutions, both more broadly across sectors, but also in partnership with sectors that hold key infrastructure that requires accessible planning. Opportunities are available, and a case study in the Wellington region shows how the transport sector can collaborate with the health sector to find solutions that improve both accessibility and health outcomes.

A future of healthy streets and healthy people is available to us if we work together.