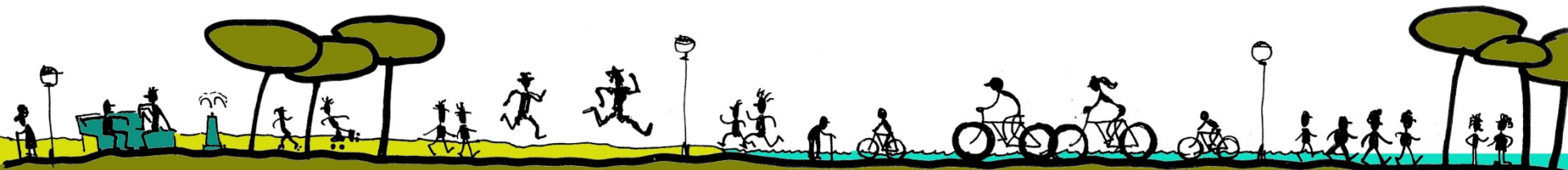


PROMOTING WALKABILITY AND HEALTH FOR ALL

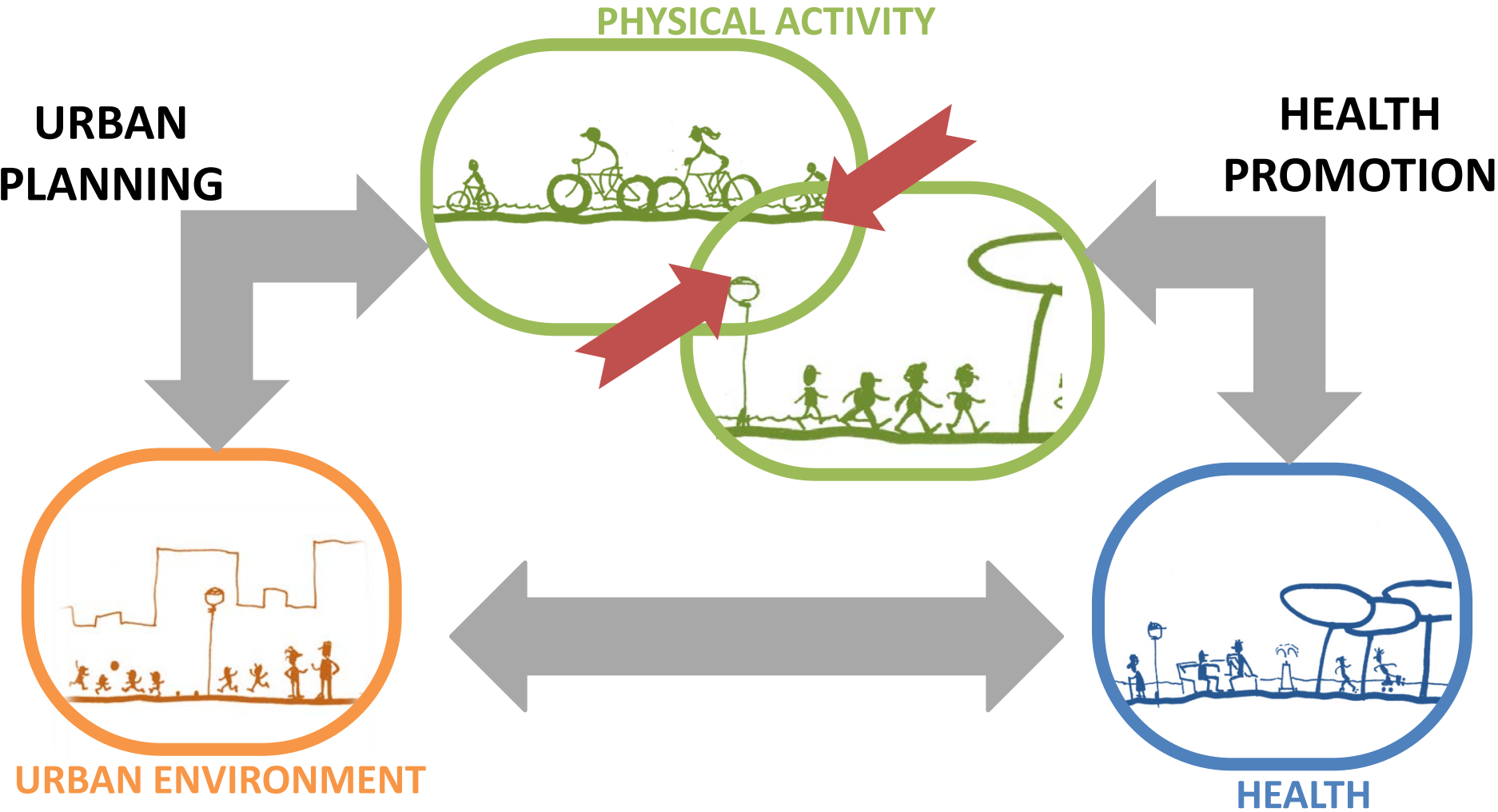
Panel: DESIGNING HEALTHY CITIES BY FACILITATING ACTIVE MOBILITY

Urban development for healthier cities:
a cross-cutting approach to innovate local governance

Barcelona 14th June, 2016



PROMOTING WALKABILITY AND HEALTH FOR ALL



- Actions needed to increase physical activity worldwide (2004, Global strategy on diet, physical activity and health)
- Reducing insufficient physical activity by 10% 2025 (2013, Global action plan to prevent and control NCDs 13-20)

- Developing competence in the field of sport (2009, Treaty of Lisbon)
- Sport & Physical Activity (Eurobarometer 2009 and 2014)

- Promoting sport as a tool for health-enhancing physical activity aimed at preventing people from becoming overweight, obese and having other health diseases (2007, White paper on sport)



- Background
- Some data review:
 - World Health Organization
 - Eurobarometer 412 'Sport and physical activity'
- Physical activity: benefits, recommendations and policies
- Actions to promote physical activity

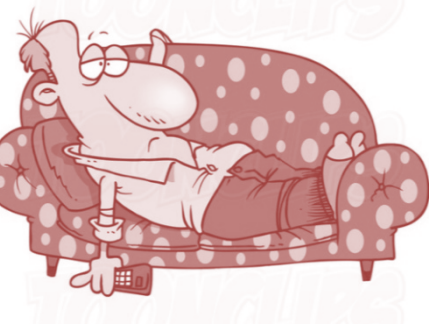
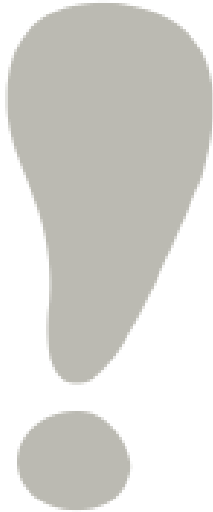


Frequency (Eurobarometer 412)



59%
NEVER OR
SELDOM
EXERCISE OR
PLAY SPORT

39%
DON'T WALK AT
LEAST 10'
> 4 DAYS/WEEK



42%
NEVER
EXERCISE OR
PLAY SPORT

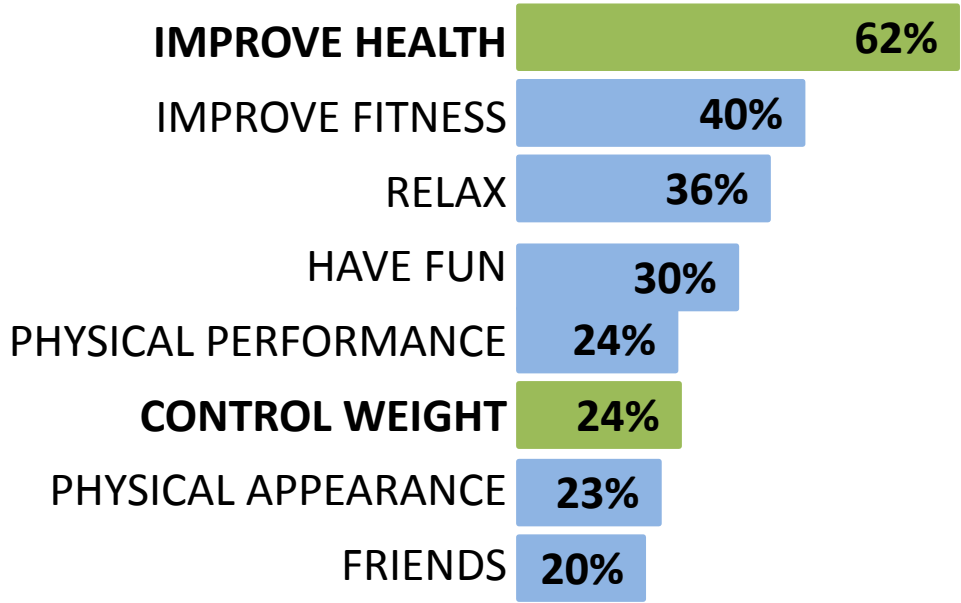
37%
SPEND MORE
THAN 5h30'
SITTING ON A
USUAL DAY



39% (2009)



Motivations. Why?



Where?

40% PARKS AND OUTDOORS



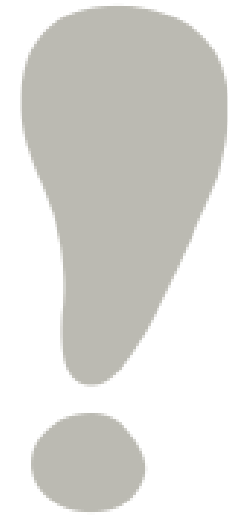
Barriers

39%

EUROPEANS
(35% 2009)

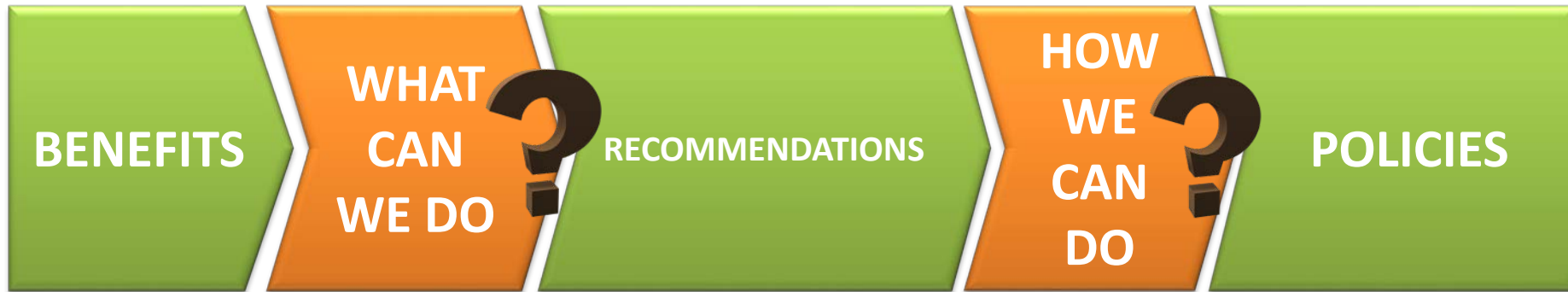
50%

SPANISH
(30% 2009)



thinks that local authorities
do not do enough to provide
opportunities to be physically active





- Gives energy balance and weight control
- Feels good, body and mind!
- A way to make new friends!
- Improves blood pressure
- It helps to relieve stress

- Children >60' /day moderate/vigorous physical activity
- Adults >150' /week moderate physical activity

- Providing sport facilities for everyone
- Implementing guidelines for health physical activity
- Promoting healthy mobility: walking, cycling...
- Liaising sport with other services: tourism, labor market...



- Background
- Some data review:
 - World Health Organization
 - Eurobarometer 412 ‘Sport and physical activity’
- Physical activity: benefits, recommendations and policies
- Actions to promote physical activity



ACTIVE
ENVIRONMENT

SPORT TRAILS

WALKS FOR
THE ELDERLY

ADAPTED
HIKING

CARITAS
WALK

PROJECTE ENTORN ACTIU: Fes-ne 10.000!



Increase the physical activity level of the people facilitating their mobility playing sport

- Focusing on “walkability”
- Following the WHO recommendations:
be active, do 10.000 steps /day



ACTIVE ENVIRONMENT

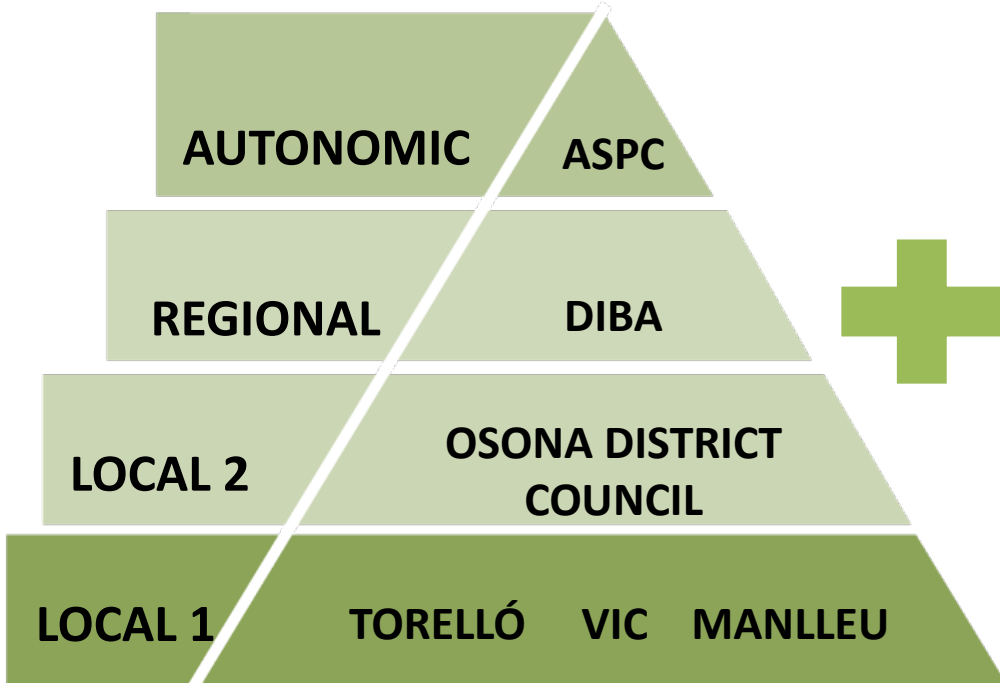
SPORT TRAILS

WALKS FOR THE ELDERLY

ADAPTED HIKING

CARITAS WALK

Partners:



UNIVERSITY

PUBLIC ADMINISTRATION



ACTIVE ENVIRONMENT

SPORT TRAILS

WALKS FOR THE ELDERLY

ADAPTED HIKING

CARITAS WALK

Results:

+ 5% USES
(20KM, TOTAL TRAILS)

+ 51% USES
(CONDITIONED SECTIONS)



690€/Km 0,46€/step



ACTIVE ENVIRONMENT

SPORT TRAILS

WALKS FOR THE ELDERLY

ADAPTED HIKING

CARITAS WALK

Future considerations:

- Sport trails are the most used physical activity areas
- Improving sport trails involves interdepartmental work: health, urbanism, environment, sport...
- To enhance the walkability it's necessary: to integrate and to improve trails, to boost activities



ACTIVE ENVIRONMENT

SPORT TRAILS

WALKS FOR THE ELDERLY

ADAPTED HIKING

CARITAS WALK



Identify a network of sport provincial trails for everyone

TRAILS CHARACTERISTICS:

- Connecting two or more municipalities
- Suitable for walking, running or cycling
- Good condition
- Traffic free
- Accessible to everyone
- 5% average slope
- Signposted or identified



ACTIVE
ENVIRONMENT

SPORT TRAILS

WALKS FOR
THE ELDERLY

ADAPTED
HIKING

CARITAS
WALK

Slopes
and
uses



>5%

VIGOROUS SPORT



PROXIMITY



SPORT FOR ALL

<5%



PROMOTING WALKABILITY AND HEALTH FOR ALL

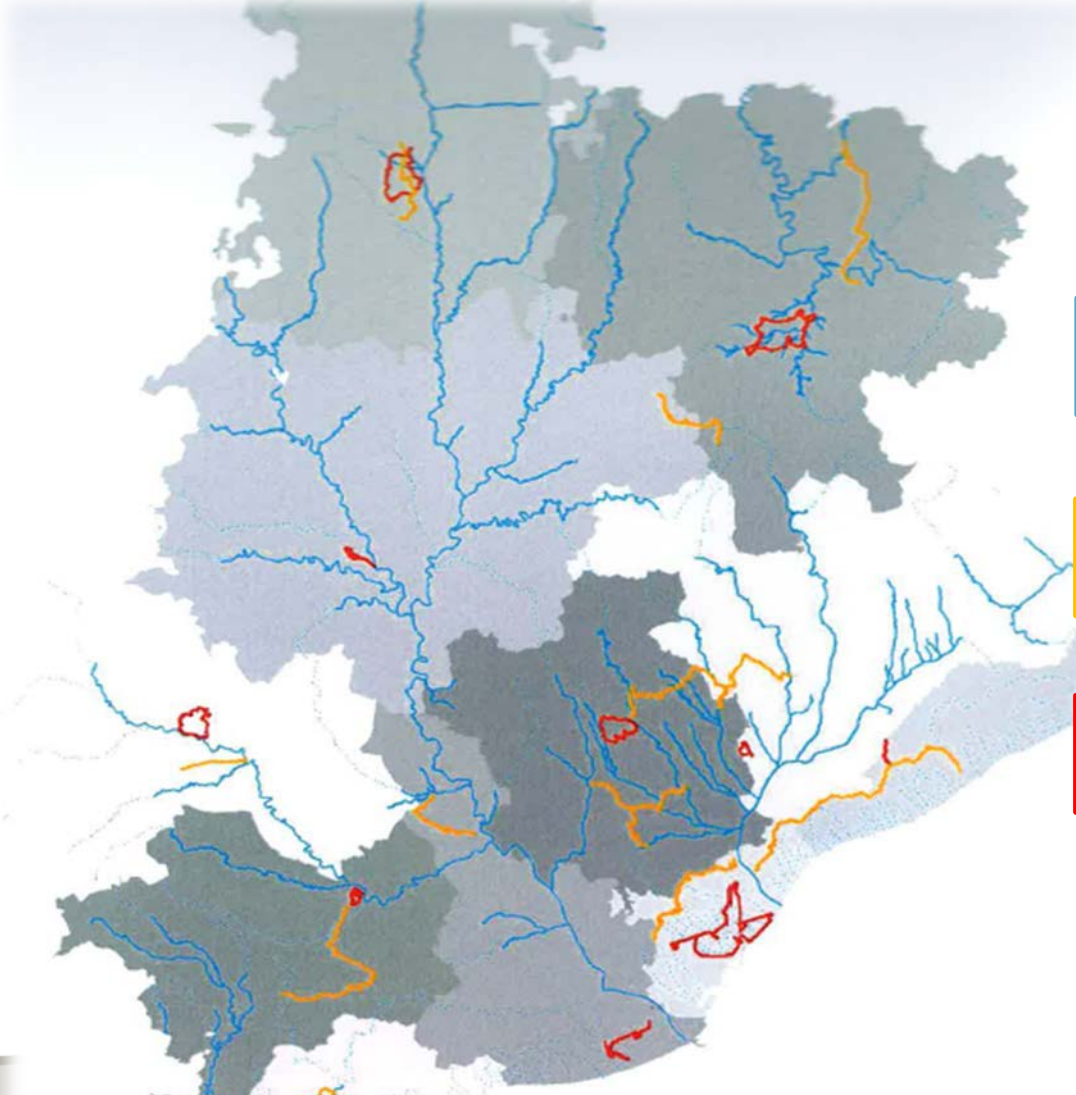
**ACTIVE
ENVIRONMENT**

SPORT TRAILS

**WALKS FOR
THE ELDERLY**

**ADAPTED
HIKING**

**CARITAS
WALK**



**SHORE LINE
FLUVIAL AXES**

LINK TRAILS

**ISOLATED
ROUTE**



PROMOTING WALKABILITY AND HEALTH FOR ALL

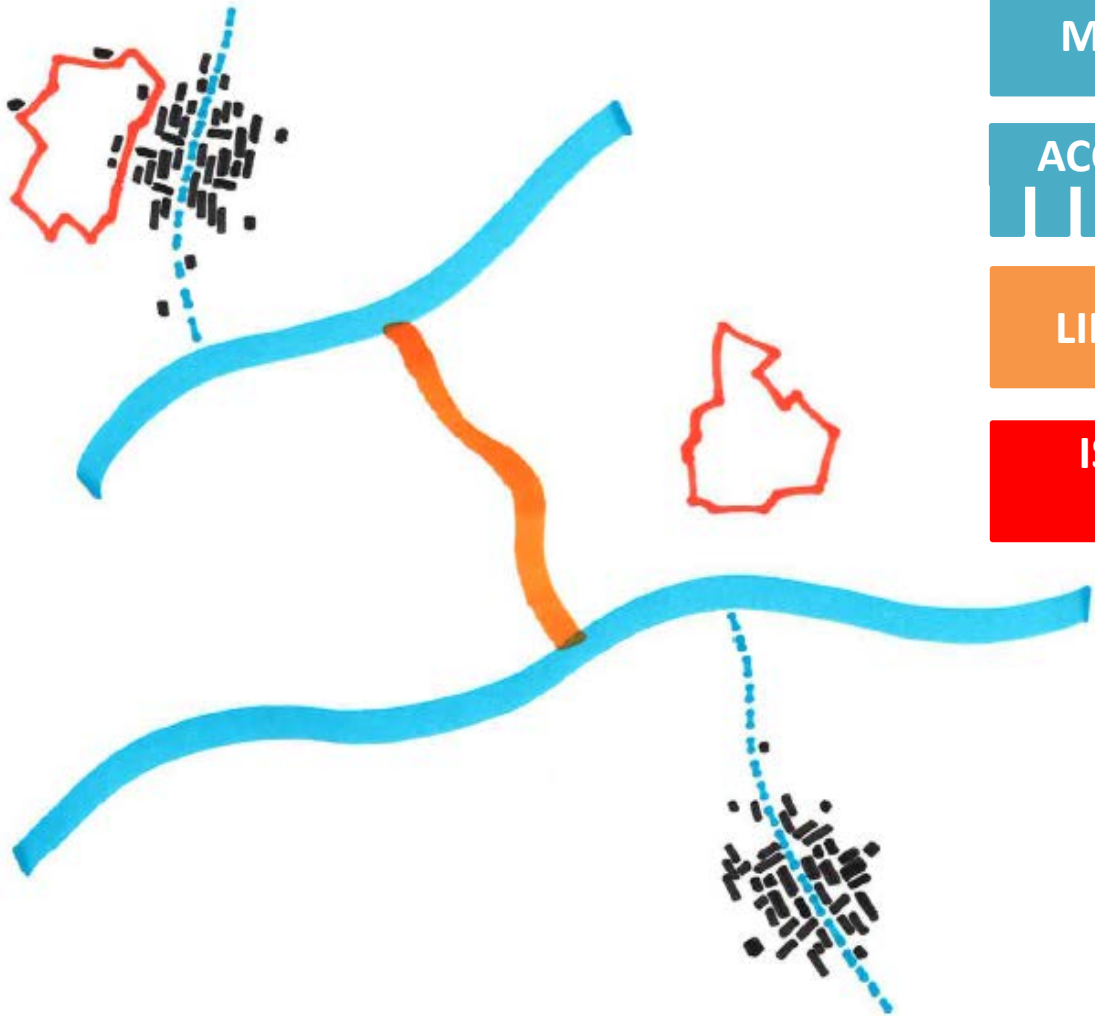
ACTIVE
ENVIRONMENT

SPORT TRAILS

WALKS FOR
THE ELDERLY

ADAPTED
HIKING

CARITAS
WALK



MAIN AXES

ACCESS TRAIL

LINK TRAILS

ISOLATED
ROUTE



ACTIVE ENVIRONMENT

SPORT TRAILS

WALKS FOR THE ELDERLY

ADAPTED HIKING

CARITAS WALK

1. IMPROVING



3. PROMOTING



2. SIGNPOSTING



4. SPREADING UP



ACTIVE ENVIRONMENT

SPORT TRAILS

WALKS FOR THE ELDERLY

ADAPTED HIKING

CARITAS WALK

CRITERIA TO EXPAND THE SPORT TRAILS NETWORK

AVAILABILITY

ACCESSIBILITY

REGIONAL SYNERGIES

VERSATILITY

MANAGEMENT
Sportive trails plan

COORDINATION
(local governments and state)

CROSS CUTTING WORK
(sports, health, urban planning, tourism, environment)



ACTIVE
ENVIRONMENT

SPORT TRAILS

WALKS FOR
THE ELDERLY

ADAPTED
HIKING

CARITAS
WALK



- Promote **walking** among elderly to improve their physical condition
- Encourage **social relationships**
- Facilitate connection between elderly and **natural environment**



56 MUNICIPALITIES

3.065 PARTICIPANTS



ACTIVE
ENVIRONMENT

SPORT TRAILS

WALKS FOR
THE ELDERLY

ADAPTED
HIKING

CARITAS
WALK



- Boost activities in **inclusive tracks**
- **Stimulate feelings** of the disabled people in touch with nature



ACTIVE
ENVIRONMENT

SPORT TRAILS

WALKS FOR
THE ELDER

ADAPTED
HIKING

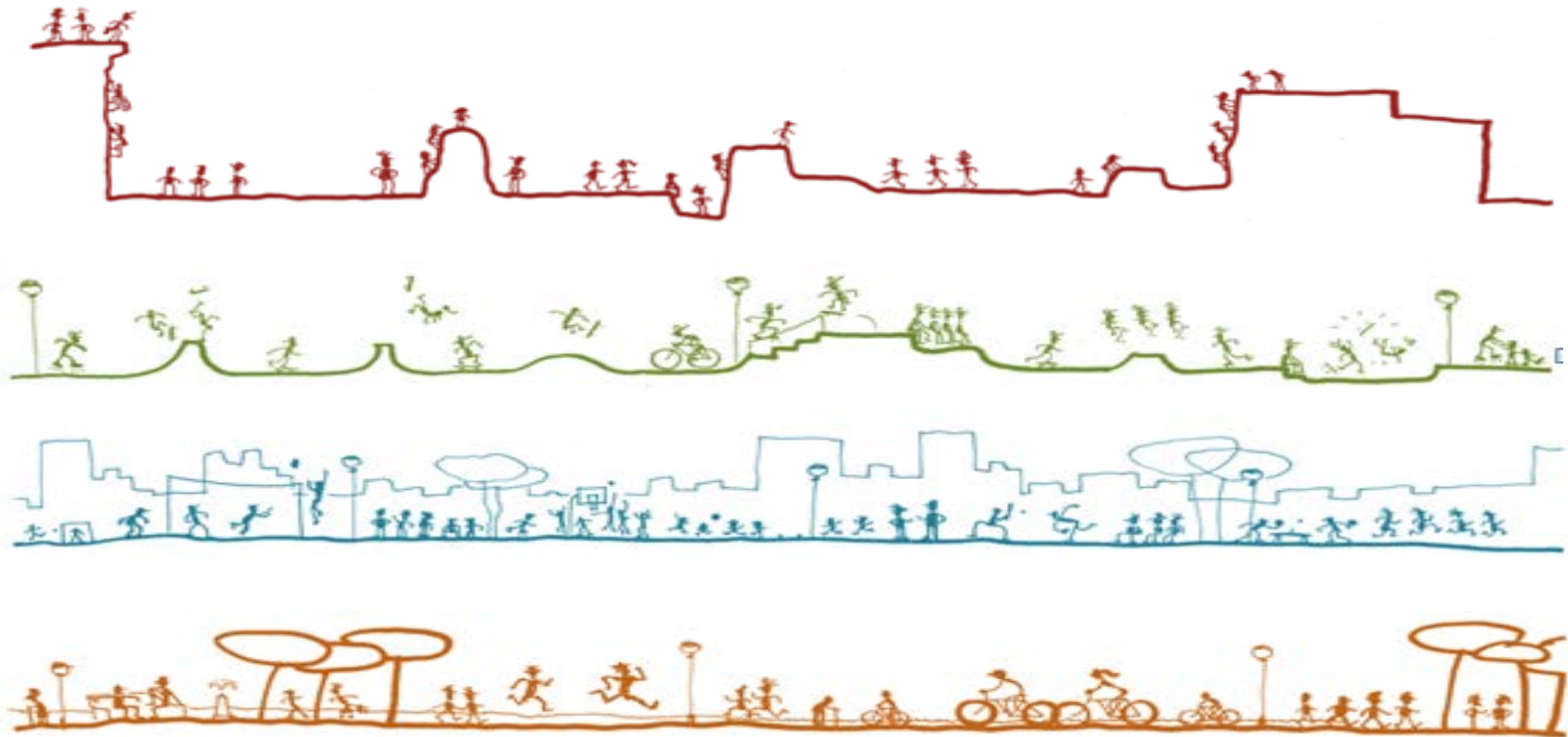
CARITAS
WALK



- Organize a **charity walk** for collect donations for social purposes



Designing healthy environments, we will increase the opportunities to be physical active!



**THANK YOU
FOR YOUR
ATTENTION**



JORDI CAVERO i BUSCATÓ
Manager Sport Services
Diputació Barcelona



caverobj@diba.cat

