

GO ACTIVE 2 WORK



Northern Beaches Health Service

Workplace Travel Plan 2016 – 2017

A Health Promotion initiative



Health
Northern Sydney
Local Health District

Introduction

Active transport is recognised as an essential element of sustainable transport systems in the world's most liveable cities. The available evidence indicates that active transport - walking, cycling, public transport and carpooling – has a number of interrelated benefits including:

- improved health of individuals;
- reduced traffic congestion, noise and air pollution caused by cars; and
- improved social connectedness within communities.

The *Go Active 2 Work* project focuses on active transport as a means of improving the health and wellbeing of staff within the Northern Sydney Local Health District. Intended outcomes of *Go Active 2 Work*, which is being piloted within the Northern Beaches Health Service (NBHS), include:

- Decreased car dependency and its impact on the environment; and
- Increased incidental physical activity of staff.

One of the key strategic directions of the *NSW Healthy Eating and Active Living Strategy 2013-2018* is to:

“Create environments to support active living”

The strategy is committed to the following:

- More than double the mode share of bicycle trips made in the Greater Sydney region, at a local and district level by 2016; and
- Increase the mode share of walking trips made in the Greater Sydney region at a local and district level to 25% by 2016, and
- Increase the proportion of total journeys to work by public transport in the Sydney Metropolitan Region to 28% by 2016.

Go Active 2 Work demonstrates leadership in these areas, and it is also directly aligned with the *NSW Health Healthy Workforce Policy* which encourages healthy lifestyles and a healthy workforce (2008).

Workplace Travel Plan 2016 – 2017

	2016	2017
PUBLIC TRANSPORT		
1. Increase public transport use by developing targeted information for existing and potential public transport users.		
1.1. Advocate for the extension of the 'Hop, Skip and Jump' bus route to include a stop at Manly Hospital.	✓	
1.2. Investigate the feasibility of salary packaging long term public transport tickets		✓
WALKING AND CYCLING		
2. Increase cycling and walking by staff who live within 5 kilometres of work through improved end-of-trip facilities and other targeted strategies.		
Promote and Support Cycling and Walking		
2.1. Maintain links with local Bicycle User Groups (BUGs) to encourage cycling	✓	✓
2.2. Promote <i>National Walk to Work Day, National Ride to Work Day and NSW Bike Week</i>	✓	✓
2.3. Promote cycling and walking resources on Go Active 2 Work noticeboards	✓	✓
2.4. Active transport advocacy through participation in planning and development processes at local, state and national level.	✓	✓
2.5. Promote the availability of the Transport Access Guides to all NBHS staff via Corporate Orientation for new Staff, NB Online newsletter, the Intranet and noticeboards.	✓	✓
2.6. Update the NSLHD Cycling Procedure and promote it in hospital newsletters, staff e-mail correspondence, Health Promotion website, NSLHD Intranet and so on.	✓	✓
2.7. Support initiatives to encourage staff living within 5 kilometres from work to consider a shift in their travel to work patterns from vehicle to bicycle/walking/public transport.	✓	✓

	2016	2017
Facilities and Infrastructure Support		
2.8. Promote shower facilities at all NBHS sites.	✓	

NBHS REDEVELOPMENT

3. Ensure active travel strategies are considered in health services redevelopment planning

3.1. Participate in the planning of the NBHS redevelopment to ensure the new hospital provides an environment conducive to active travel e.g. end-of-trip facilities.	✓	✓
3.2. Participate in the planning of the Brookvale Community Health Centre redevelopment to ensure that the environment is conducive to active travel e.g. end-of-trip facilities.	✓	✓