



Helen Mason

Healthy, thriving communities, Kia Momoho Te Hāpori Ōranga.

BOPDHB Travel Plan approved by Board

In previous newsletters, I've mentioned the work of the BOPDHB Travel Plan Group (part of the Healthy Living Team) and the exciting possibilities that work holds.

The group has developed a plan promoting a sustainable approach to transport, reducing sole occupancy vehicle use and maximising active transport options such as walking, cycling and public transport. I'm pleased to announce this plan has now been signed off by our Board.

To inform and underpin the creation of this plan, the group undertook a number of activities including an extensive survey of the travel patterns and attitudes of staff and visitors. A third of our employees responded (1,180 staff) as well as 401 patients and visitors. Their answers revealed a strong car dependency.

- 92% of staff commuted by car and 91% of visitors/patients travelled to hospital by car.
- 90% of staff who travelled by car did so as the sole occupant of that vehicle.
- Of the 1,180 staff who responded 10% live within 2km of work, 30% live within 5km of work, 32% live 5-10km from work and 37% live more than 10km from work.
- Those 1,180 staff travel a combined 25,922 km to work and back each day.

The plan has set out a number of recommendations for helping loosen the shackles of car dependency and these can be seen further down this newsletter in Dr Phil Shoemack's conference poster Healthy Transport for a Better Future.

It's an ambitious plan, and it's important to state that we're not going to be able to achieve it all immediately, but there are a lot of very good ideas within it, and many of these will help us with our ongoing work around sustainability.

To view the full BOPDHB Travel Plan go to:

<http://docman/comms/digital/oneplacegroups/Healthy%20Transport%20BOPDHB.pdf?Web=1>

Sustainability and travel

Complementing the work of our Travel Plan Group is that of our new Sustainability Manager Vicktoria Blake, who is currently conducting some research into understanding how we are using our BOPDHB-owned vehicles.

The research so far has found that we purchase approximately 4,800 litres of Premium Unleaded, 22,700 litres of Diesel, and 234,000 litres of Unleaded 91 fuel each year. And this is only the fuel purchased by fuel card. This creates a footprint of around 647t CO₂-e. That's like filling Pohutukawa House, from basement to roof, more than 39 times with greenhouse gases.

Vicktoria has also been asking staff questions about what they think sustainability is, and what it should be for the DHB. 248 staff members responded to the survey which closed on Friday, with most discussing their concerns with waste creation.

Many felt that it is the responsibility of the DHB to take a lead in the community by demonstrating sustainable practice, and more than 50% indicated wanting to be more actively involved in sustainability at the DHB.

Vicktoria will be using the findings of the survey to help guide the creation of a framework for sustainability at the DHB, and will be hosting drop-in sessions to further the discussion on 20 August at Whakatāne Hospital and 22 August at Tauranga Hospital.

She will also be contacting all staff who indicated that they wanted to be involved to increase the membership of the Clinical and Non-Clinical Green Teams.

If you didn't have the opportunity to respond to the survey, and would like to be involved in the discussion, please attend one of the drop-in sessions, or email sustainability@bopdhb.govt.nz

“We do not inherit the Earth from our ancestors; we borrow it from our children.”

Native American Proverb

Healthy Transport for a Better Future

Dr Phil Shoemack

Bay of Plenty District Health Board is committed to improving the health of its staff, its population and the environment.

Let's talk "car storage", not "car parks".

A "park" is a place dedicated to pleasant activities such as communing with nature, for recreational activities, and as a focal point for spending time with others, or alone for contemplation.

A "car storage space" is what we need when we've finished using a car for transport. The average car is used for transport for less than 5% of its life. The rest of the time it's stored somewhere. When we take our car home we often store it literally inside our house...



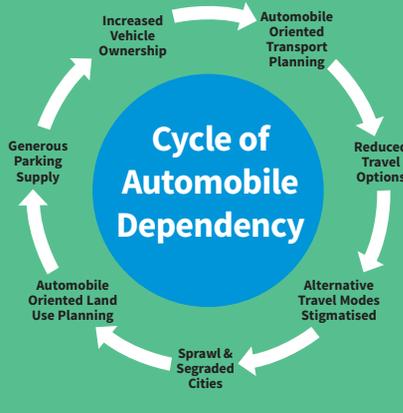
We need to change our travel behaviour.



Sustainable behaviours, such as active transport, relate to values of kaitiakitanga. This aligns with Bay of Plenty District Health Board's (BOPDHB) commitment to Te Tiriti o Waitangi, including our responsibility to tangata whenua to act together as kaitiaki in the active management of our local health services in an environmentally sustainable way, respecting ancestral links and cultural practices.

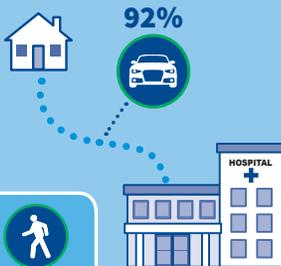
By providing free car storage BOPDHB encourages car use, therefore increasing our car dependency and its adverse impacts on our physical and mental health, the environment and climate change.

Changing travel behaviour can help to address each of these.



We conducted a travel survey.

A travel survey of 1,180 staff, and 401 patients and visitors, revealed strong car dependency with 92% of staff commuting by car and 91% of visitors/patients travelling to hospital by car. Of the staff who travelled to work by car, 90% did so as the sole occupant of that vehicle. Although 20% of staff carpool, only 5% of staff carpool five days per week.



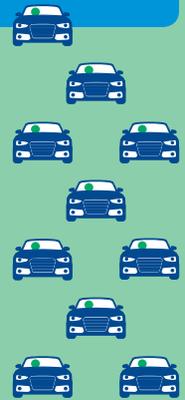
More than 40% of land at Tauranga and Whakatāne Hospitals is dedicated to car storage. This means that land is not available for the delivery of health care.

We generate a lot of traffic.

BOPDHB is the biggest employer within the Bay of Plenty with a total of 3,434 staff. Every year around 80,000 people attend our emergency departments, District Nurses complete 70,000 visits to patients' homes, and around 200,000 outpatients visit our hospitals. We are responsible for roughly 4,000 people being on the road every day. Of the 1,180 staff who responded to the survey 10% live within 2km of work, 30% live within 5km of work, 32% live 5-10km from work and 37% live more than 10km from work.

The 1,180 staff who responded to the survey travelled a combined distance of 25,922 km to work and home each day. This translates to a daily commuting distance of 75,000 km for all staff, showing we are a significant contributor to the numbers of cars on local roads.

You are not stuck in traffic, you are traffic.



There is no such thing as free car storage.

Tauranga Hospital provides 1,228 free car storage spaces for staff and visitors, 969 spaces on-site and 259 spaces off-site – this comes at a cost to BOPDHB.

Using a cost of \$80m², this adds up to \$3,000 per car storage space with replacement needed every 15 years. This works out at about \$400 per year per storage space, or \$500,000 per year in total, meaning the land currently dedicated to car storage at Tauranga Hospital is valued at about \$2.9 million!

In comparison, secure bike storage costs \$20-40 per bike storage space per year and outdoor racks \$10 per bike per year, so about \$3,000 per year in total.



We recommend:

- Priority car storage for people who carpool
- More trees planted on BOPDHB sites and campus layouts updated so car storage is no longer the public face
- More showers, changing facilities, lockers and bike storage for staff
- Identifying and supporting active transport champions and showcasing their commute
- A centralised book-a-seat system for staff work trips
- Guaranteed ride-home-system to encourage staff to carpool
- More bikes added to BOPDHB's vehicle fleet
- Improved safety and attractiveness of walking and cycling infrastructure within, and near, BOPDHB campuses
- Altering our model of care so that more telemedicine is used and more services are taken to patients in their communities
- Free bus passes for outpatients
- Charging for car storage
- Support staff to work remotely, reducing the need for travel
- Subsidised bus travel for staff

Findings prepared by BOPDHB's Travel Plan Group; Debbie O'Byrne, James Fuller, Lucy Leppard, Michelle Taylor, Phil Shoemack, Roselle Entwistle, Sanna op den Dries and Thomas Larkin.



"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

Edward Everett Hale