



NATIONAL WALKING POLICY MASTERCLASS

Walk21

Lisbon, Portugal

12-13 September 2023

Module Overview

Session	Title	Date	Portugal time
1	Introduction to the course and example policies	12th September	9 - 10.30
2	The 8 step process for an effective policy		11 - 12.30
3	Using the global imperatives to set a national vision and objectives		14 - 15.30
4	A guide to the tools and resources that can help create an effective policy		16 - 17.30
	WALK AND DINNER		
5	Inspirational Walking Campaign and Infrastructure Actions	13th September	9 - 10.30
6	Inspirational Land use Planning and Public Transport Integration Actions		11 - 12.30
7	Setting priorities and delivery frameworks for roll out		14 - 15.30
8	Funding options		16 - 17.30
	WALK AND DINNER		

Ground Rules

→ Format:

Presentation (1 hour)

Questions and Discussion (30 minutes)

→ Engagement for participants

Please go to
www.menti.com

and enter the code:

5254 3507



→ Sessions will be recorded!



3

Module Three Agenda

-) Setting a National Walking Vision
-) The Big 7 Global Imperatives
-) National Walking Policy Framework



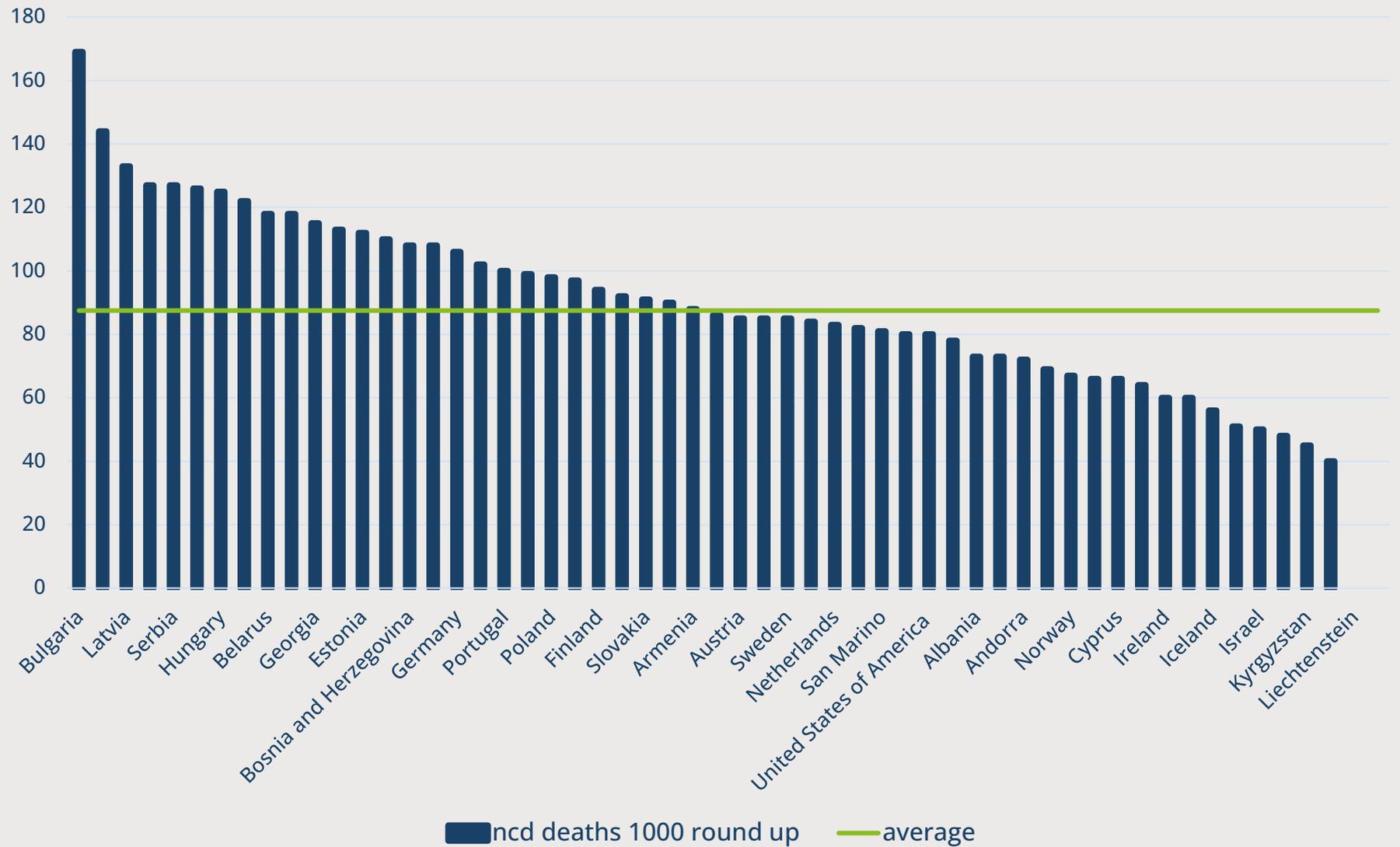
A NATIONAL WALKING VISION

Encourage and enable people to have a **safe, accessible, comfortable, and enjoyable** walking experience to benefit **public health, create vibrant and inclusive societies, and mitigate climate change.**



NCD DEATHS per 1000 people

Country average
in the pep region
in 2019: 87
people per 1000
died from NCD.



Pedestrians killed and injured

Region average: 15 people killed (out of 1 mln)

6520 people injured (out of 1 mln)

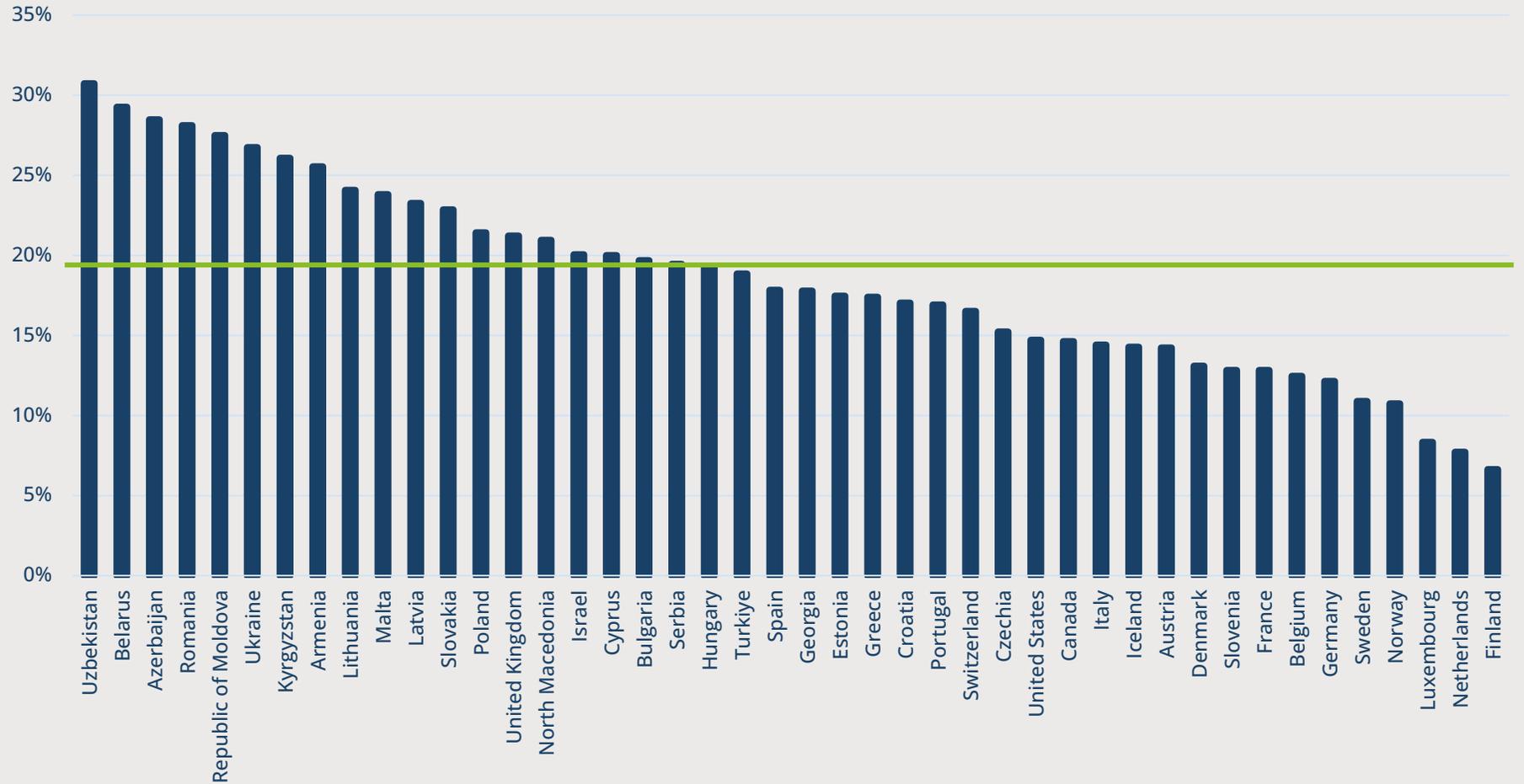
(UNECE, 2019)



Pedestrian deaths as percentage of all crash fatalities

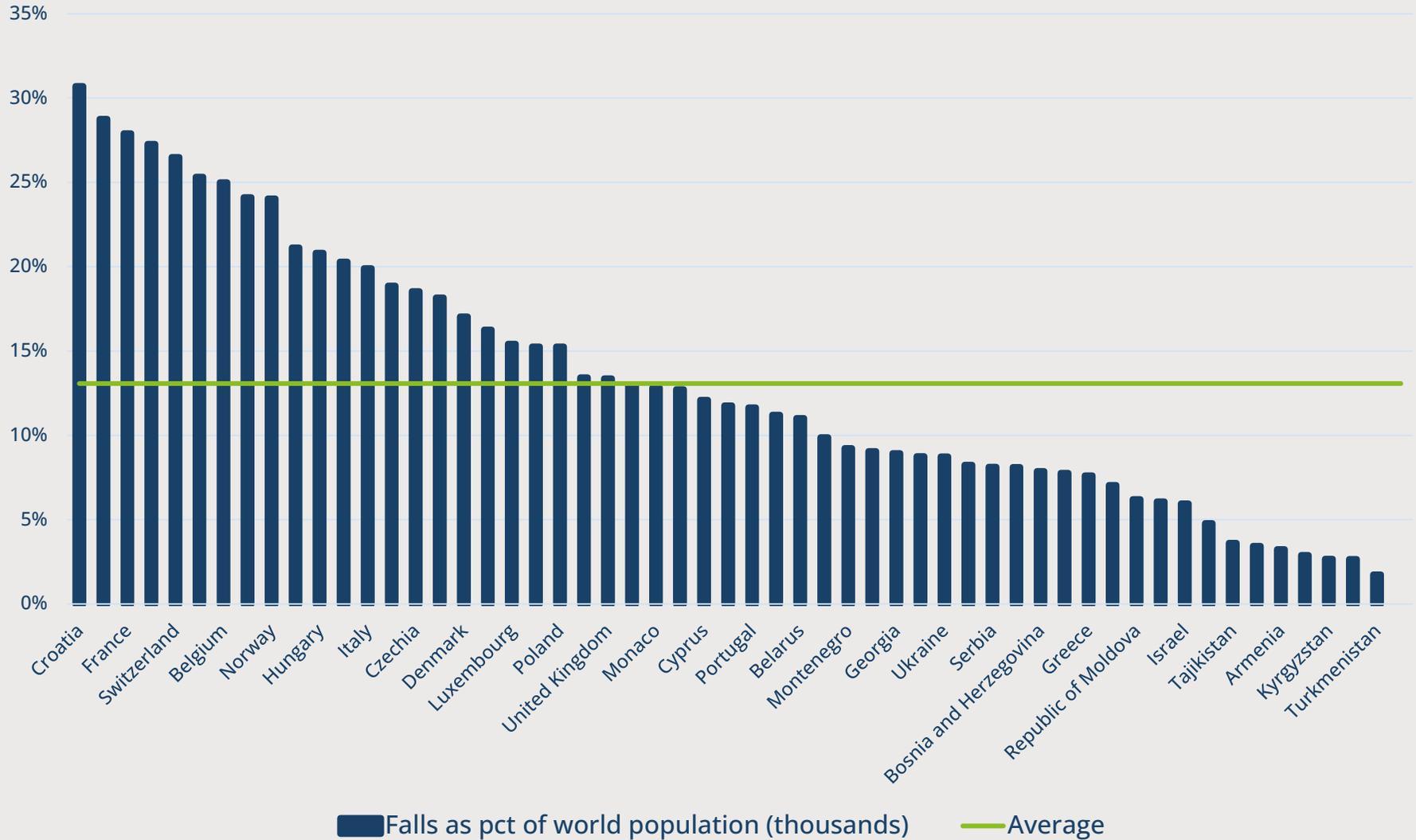
Region

average: 19%



Falls

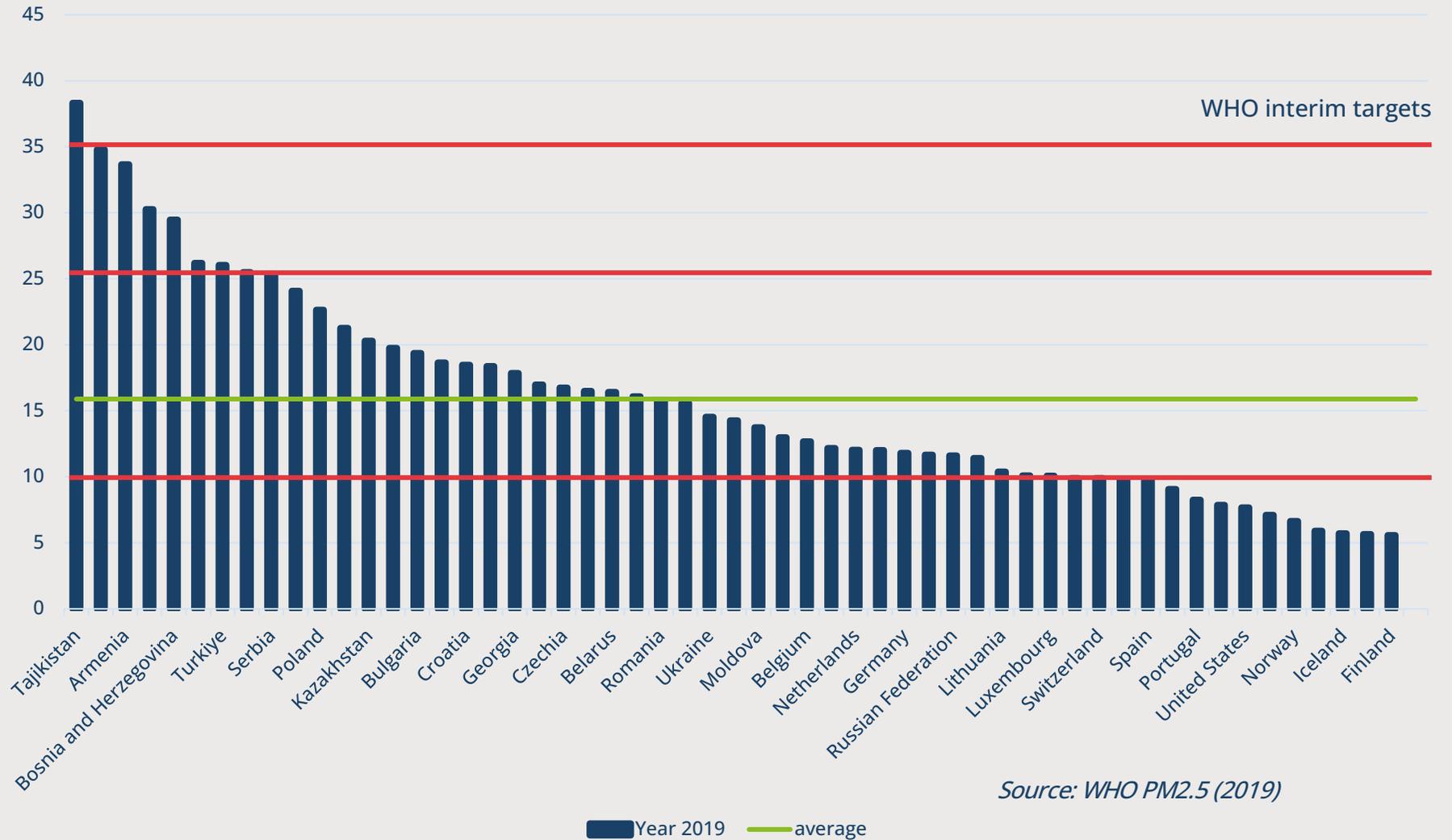
Region
average: 13%
(Global Health
Index)



PM 2.5 Air Pollution, mean annual exposure micrograms per cubic meter (2017)

WHO has adopted interim targets for PM2.5 levels, as incremental steps in a progressive reduction of air pollution towards the AQG level of 5 µg/m³.

The interim targets are 35, 25, 15 and 10.

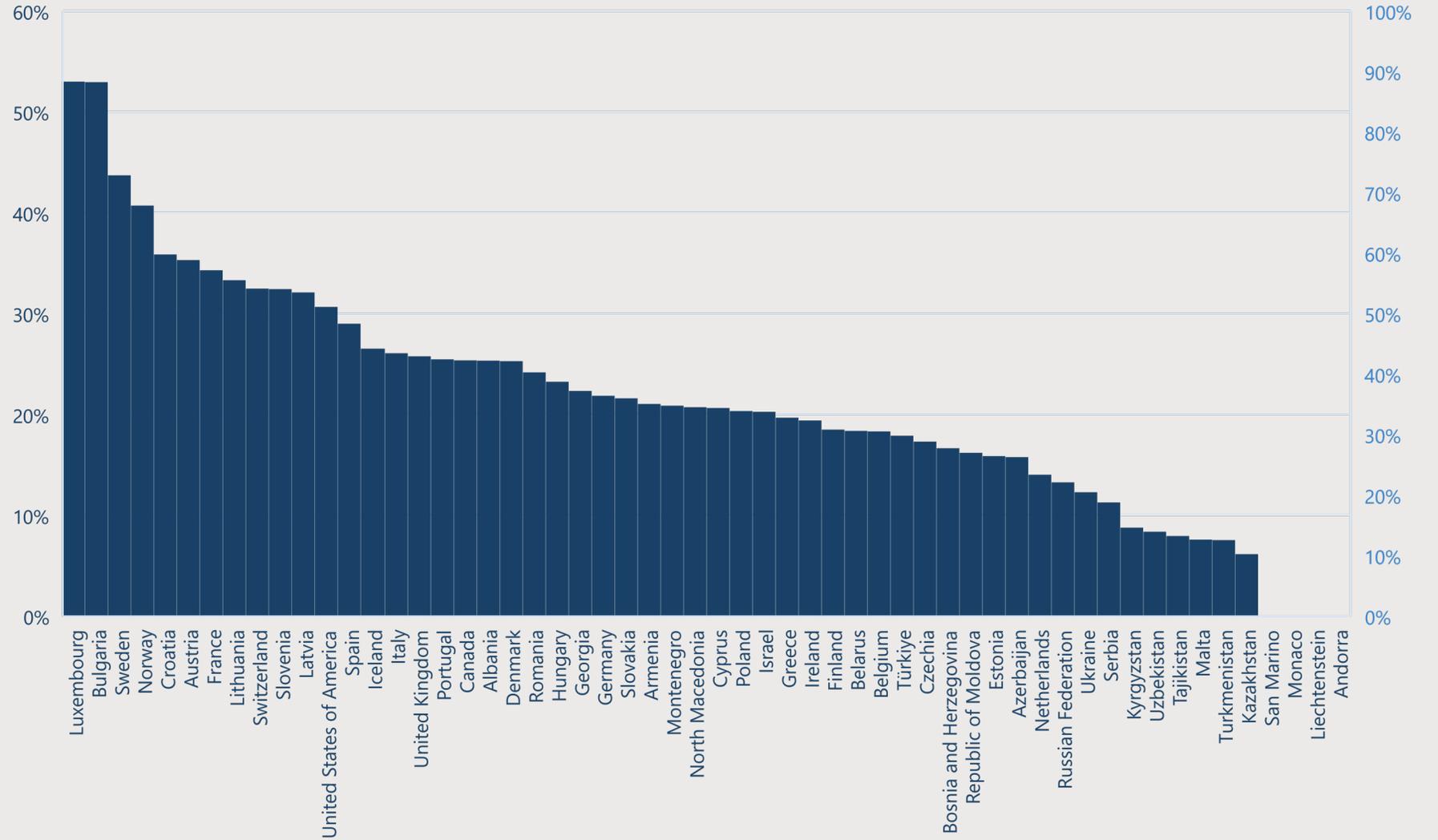


Source: WHO PM2.5 (2019)

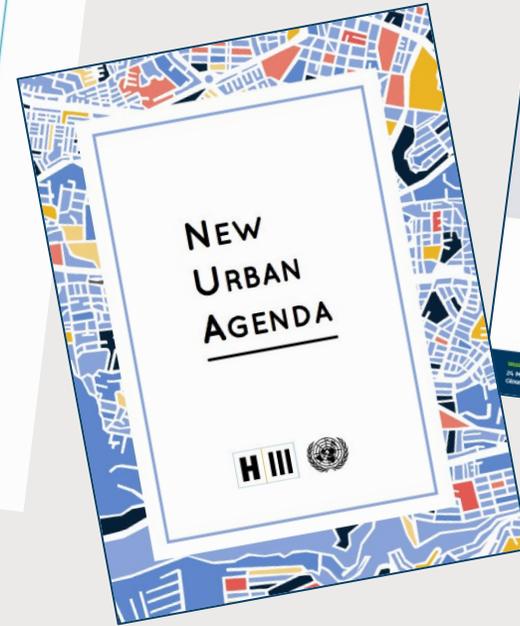
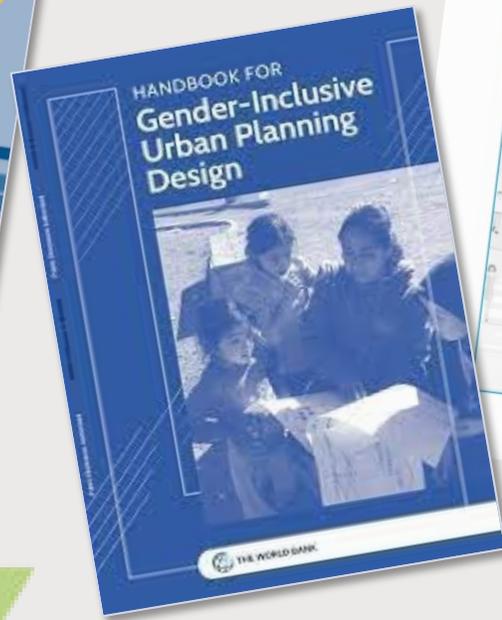
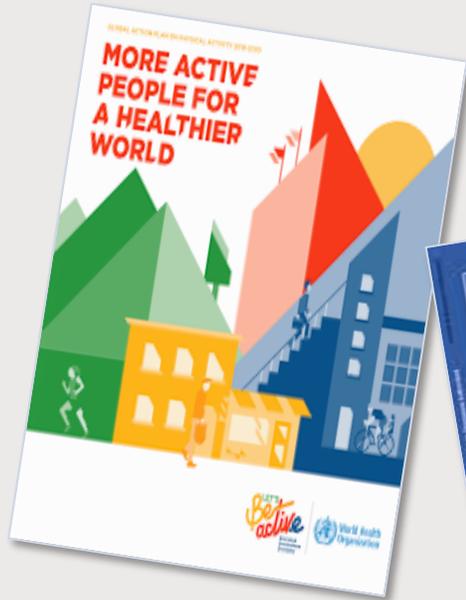
Transport emissions as % of GHG contributions

Region average:

22.11%



Global Imperatives Research



Walking Actions in the Global Imperative

KEY GLOBAL POLICY DOCUMENT	Total Actions	Campaigns	Infrastructure	Land use planning	Integration with public transport	Capacity building
WHO Global Action Plan for Physical Activity	20	9	3	2		6
WHO: Global Action Plan for Road Safety	26	1	3	1	5	15
UN Habitat: New Urban Agenda	12			9		3
SLOCAT Partnership: Pragmatic Policies and Pathways	6	1	1	1		3
World Bank - Gender Inclusive planning	34	1	27	1	8	3
UNEP Inspiring Action for Walking and Cycling	19	1	4		1	13
Walk21 International Charter for Walking	34	5	7	10	2	10
Total	145	16	44	23	16	53

Walking Indicators in the Global Imperative

KEY GLOBAL POLICY DOCUMENT	Total number of Indicators	Activity	Safety	Access	Comfort	Policy
WHO Global Action Plan for Physical Activity	11	3				8
WHO: Global Action Plan for Road Safety	8		6		2	2
UN Habitat: New Urban Agenda	6			4	2	
SLOCAT Partnership: Pragmatic Policies and Pathways	2		1	1		
World Bank – Gender Inclusive planning						
UNEP Inspiring Action for Walking and Cycling	6	1	1	1	2	1
Walk21 International Charter for Walking	36	5	8	6	17	
Total	69	9	16	12	21	11

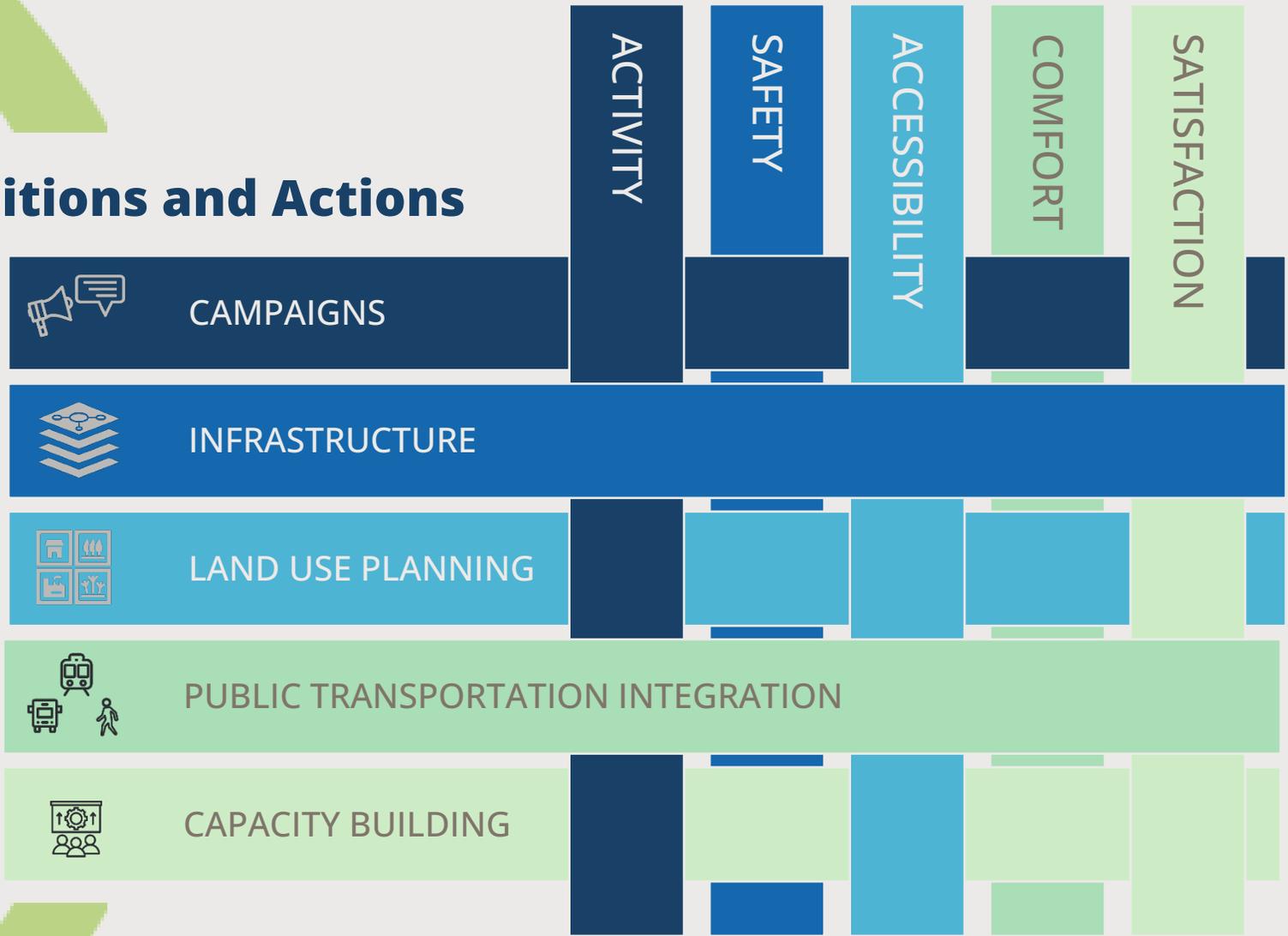
20 Actions for an Effective Walking Policy

CAPACITY BUILDING	LAND USE PLANNING	PUBLIC TRANSPORT INTEGRATION	INFRASTRUCTURE	CAMPAIGNS
Lead Coordination	Give Priority	Ensure Quality Catchments and Stops	Protect People	Provide Information
Value Knowledge	Connect Destinations	Adapt Transit Services	Create Networks	Programme Events
Action Plan	Publish Design Guidelines	Integrate Mobility Management	Establish Priority Zones	Target People
Secure Finance	Enable Equity			Prescribe Walking
Monitor Impact				
Set the Regulatory Framework				

Indicators and their Purview

Indicator	Priority indicator	2 nd priority indicator	3 rd priority Indicator	4 th priority indicator
Activity	Average minutes walked	Minutes spent in public space sojourning	Children (11-17 y.) & adults (18+ y.) not meeting physical activity guidelines	School children aged 7-11 walking independently to school.
Safety	People killed/injured	Streets in built-up areas with speed limit of 30 km/h (20m/h) or less	People killed / injured per 1 million minutes walked Hours walked per person without getting injured / killed	Number of falls & slips (Hospital)
Accessibility	Convenient access to public transport	Max. 400m walking distance to open public space	Convenient access to education, health care, retail, employment etc.	Urban road length with dedicated sidewalks
Comfort	Urban roads 3-star or better for pedestrians	"Walkability"-Index for pavement, crossings, lighting etc.	Trips walked on urban roads 3-star or better	Ambient air quality not meeting WHO annual PM2.5 guideline
Satisfaction	Perception of captive walking for necessity	Perception of safety and security	Perception of accessibility	Perception of comfort

Ambitions and Actions





Pledge

AMBITION

Activity

Trips under 2km and to access public transport are walked. Trips from 2- 5km are cycled.

Safety

People walking and cycling have a dedicated space that is free from risk of being hurt

Accessibility

People are enabled to reach their everyday destinations by walking and cycling irrespective of age, ability, gender or income

Comfort

The quality of the walked and cycled experience promotes dignity and reflects the priority value of sustainable transport and health decisions

Satisfaction

The community feel safe, included and welcome to walk and cycle in their local communities



Pledge

AMBITION

Activity
 Trips under 2km and to access public transport are walked. Trips from 2- 5km are cycled.

Safety
 People walking and cycling have a dedicated space that is free from risk of being hurt

Accessibility
 People are enabled to reach their everyday destinations by walking and cycling irrespective of age, ability, gender or income

Comfort
 The quality of the walked and cycled experience promotes dignity and reflects the priority value of sustainable transport and health decisions

Satisfaction
 The community feel safe, included and welcome to walk and cycle in their local communities

Measure

INDICATORS

Minutes walked and cycled per day (by age, ability, gender, income)

People killed or seriously injured (by age, ability, gender, income)

Convenient access to public transport

Urban roads 3-star or better for pedestrians and cyclists

Perception of captive walking for necessity

Pledge

AMBITION

	Activity	Safety	Accessibility	Comfort	Satisfaction
AMBITION	Trips under 2km and to access public transport are walked. Trips from 2- 5km are cycled.	People walking and cycling have a dedicated space that is free from risk of being hurt	People are enabled to reach their everyday destinations by walking and cycling irrespective of age, ability, gender or income	The quality of the walked and cycled experience promotes dignity and reflects the priority value of sustainable transport and health decisions	The community feel safe, included and welcome to walk and cycle in their local communities
INDICATORS	Minutes walked and cycled per day (by age, ability, gender, income)	People killed or seriously injured (by age, ability, gender, income)	Convenient access to public transport	Urban roads 3-star or better for pedestrians and cyclists	Perception of captive walking for necessity

Measure

INDICATORS

Achieve

SUSTAINABLE DEVELOPMENT GOLAS

<p>SDG 16.7 Ensure responsive, inclusive, participatory and representative decision-making at all levels.</p>				
<p>SDG 3.4 Reduce by one-third pre-mature mortality from non-communicable diseases (NCDs) through prevention and treatment, and promote mental health and wellbeing</p>	<p>SDG 3.6 Halve global deaths and injuries from road traffic accidents.</p>	<p>SDG 9.1 Develop quality, reliable, sustainable and resilient infrastructure, to support economic development and human wellbeing, with a focus on affordable and equitable access for all.</p>	<p>SDG 11.2 Provide access to safe, affordable, accessible and sustainable transport systems for all, with special attention to the needs of those in vulnerable situations, women, children, persons with disabilities and older persons</p>	<p>SDG 11.3 Enhance inclusive and sustainable urbanization and capacities for participatory, integrated and sustainable human settlement planning and management in all countries</p>
<p>SDG 13.3 Improve education, awareness-raising and human and institutional capacity on climate change mitigation, adaptation, impact reduction and early warning</p>				



Key takeaways

- Encourage and enable people to have a safe, accessible, comfortable, and enjoyable walking experience to benefit public health, create vibrant and inclusive societies, and mitigate climate change.
- Achieve this vision with a matrix of objectives (activity, safety, accessibility, comfort, satisfaction) and indicators (infrastructure, campaigns, land use planning, integration with public transport, capacity building).



Questions and Discussion

→) How can your country adopt this policy framework?