

Hawke's Bay DHB "Go Well" Travel Plan and Sustainability Programme



Lisa Malde, MURP, MUD, Sustainability Officer, HBDHB

Louise Baker- Sector Leader- Smart Mobility & Advisory, WSP Opus



Vision

The Hospital and outlying clinics will be easy to travel to by sustainable modes of transport so that people will be attracted to alternatives to driving, freeing up car-parking for those that actually need to drive.

Travel will not be a barrier for people needing to access health services and parking will not be a source of stress for people living near the Hospital or travelling there.

Objectives

- Increase sustainable transport choice for staff, visitors and patients
- Reduce dependency on private car travel
- Improve access to facilities for low income families
- Promote exercise (among staff and the local community)
- Reduce the environmental impact and carbon footprint of travel
- Increase the availability of car parking on-site
- Address the transport needs of people with disabilities

Best Investments for Physical Activity

Infographicalised by



We need action to achieve the goal of 10% increase in participation by 2025

Work together to make it happen

Global Advocacy Council for Physical Activity (GAPA) the Advocacy Council of the International Society for Physical Activity and Health (ISPAH). NCD Prevention: Investments that Work for Physical Activity. Br J Sports Med 2012;46:8:70 9- 7 12

International Society for Physical Activity and Health

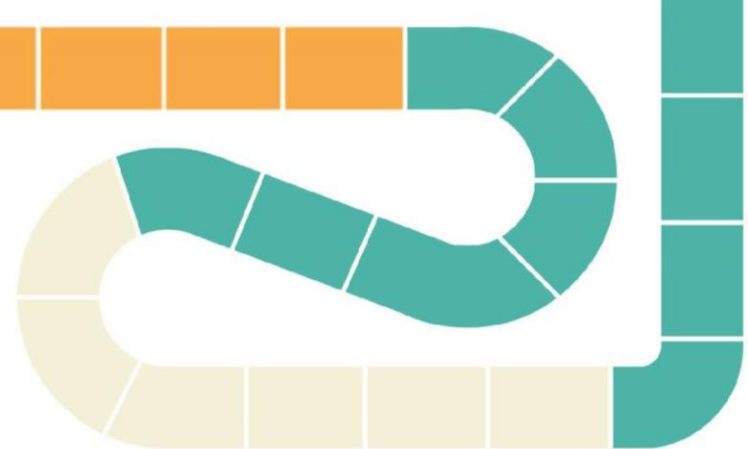
Designed by Chloe Schiphorst

British Journal of Sports Medicine 2016

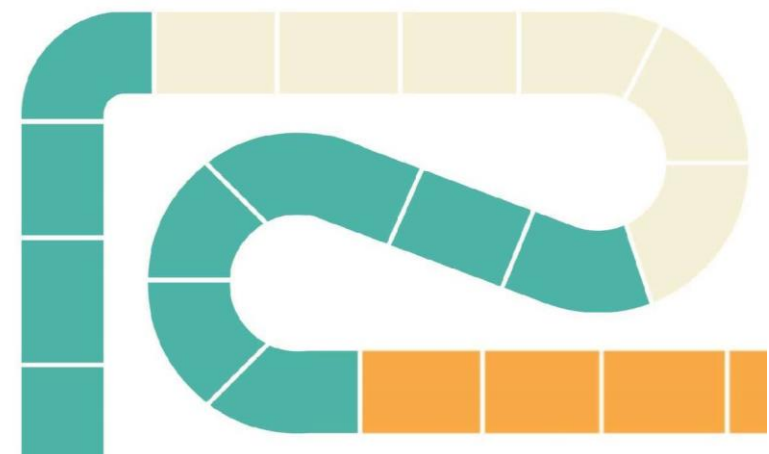
Source:

<https://bjsm.bmj.com/content/51/16/1227>

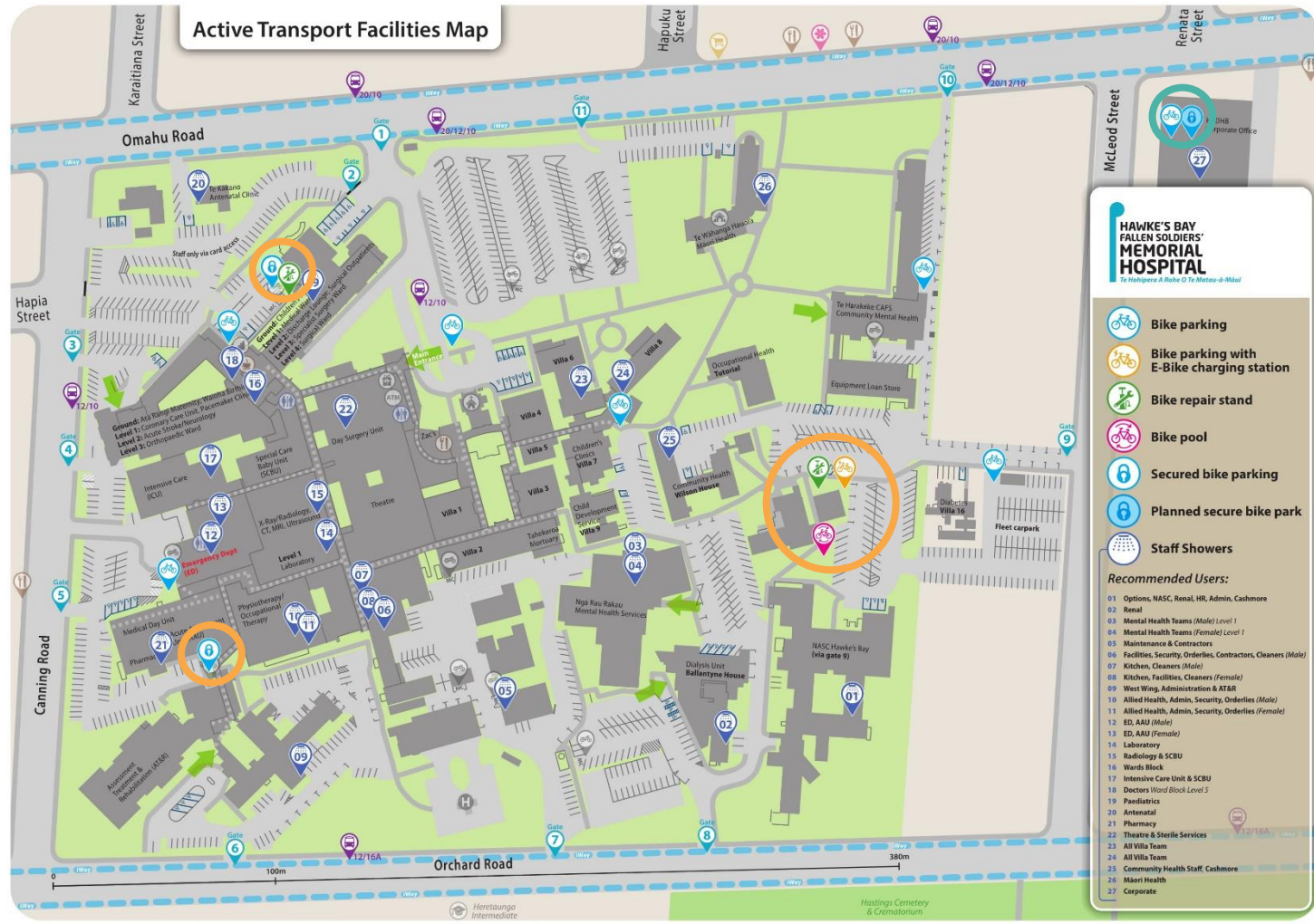
last accessed 1 March 2019



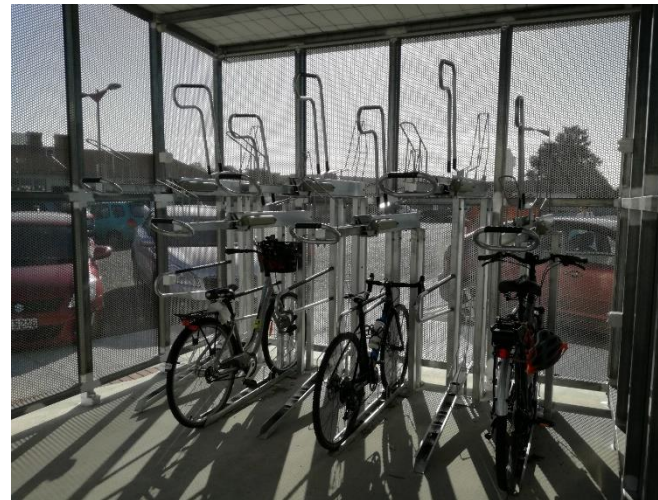
What has been implemented
over the past two years?



Increased amenities for active transport



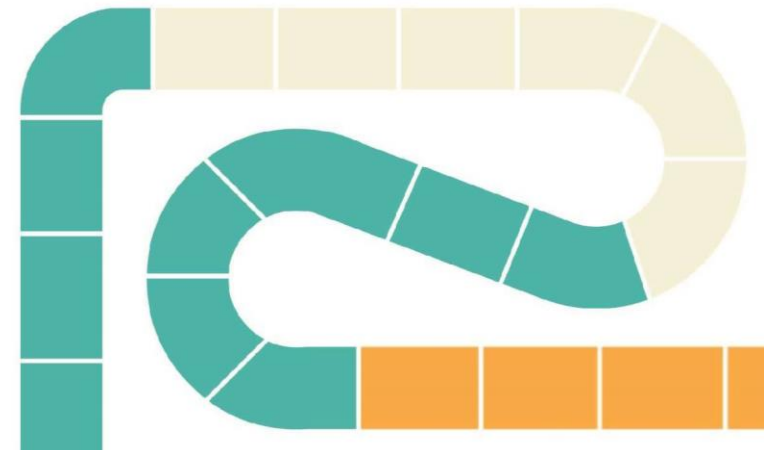
Made it easier to bike



SECURE BIKE PARKING FOR 32 BIKES


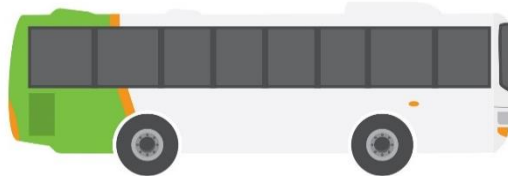
Made it easier to carpool

- Over 300 staff registered
- 48 dedicated carpool car parks for staff, no charge for parking
- Guaranteed Ride Home scheme
- Partner with HBRC with the Smart Travel app



Made it easier to ride the bus

- Coordinated with HBRC to align bus service with hospital shifts
- Expanded free patient transport
- Increased subsidised staff transport trial - \$0.99 for all trips



TAKE THE EASY ROUTE
TO YOUR NEXT APPOINTMENT


From now on you will be able to travel free to your appointments at Hawke's Bay Hospital and the Napier Health Centre from anywhere in the GoBay bus network.

Simply show the bus driver your appointment letter/card and you're on your way.

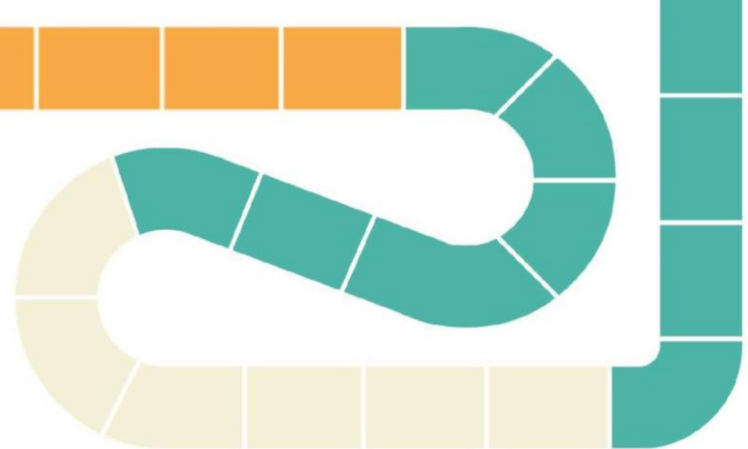
Your carer or support person can also travel for free.

Forget the stress of taking the car and finding a park and take the bus.

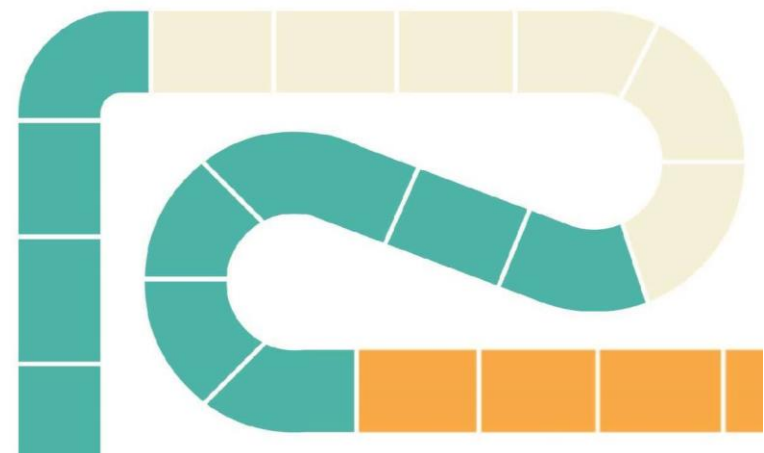
GO Well
However you choose to get here, we want to make it easier.



A graphic with a light grey background. At the top, a blue line with a red cross icon and a bus icon runs horizontally. A vertical blue line descends from the right. A pink line runs horizontally below the blue line. An orange line runs horizontally at the bottom, ending with a house icon. A small bus icon is on the orange line. The text is arranged in a central column.

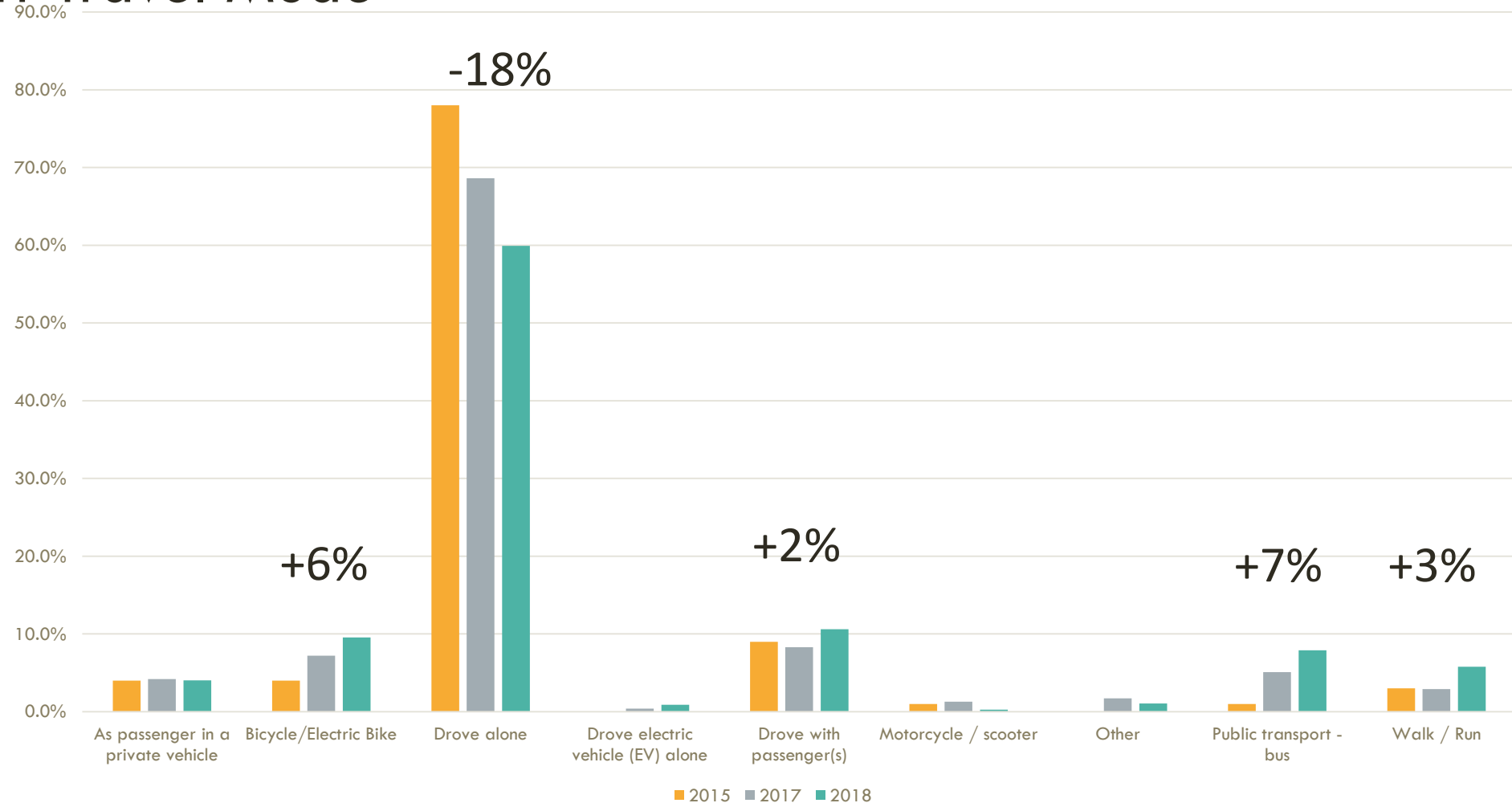


What are the outcomes?



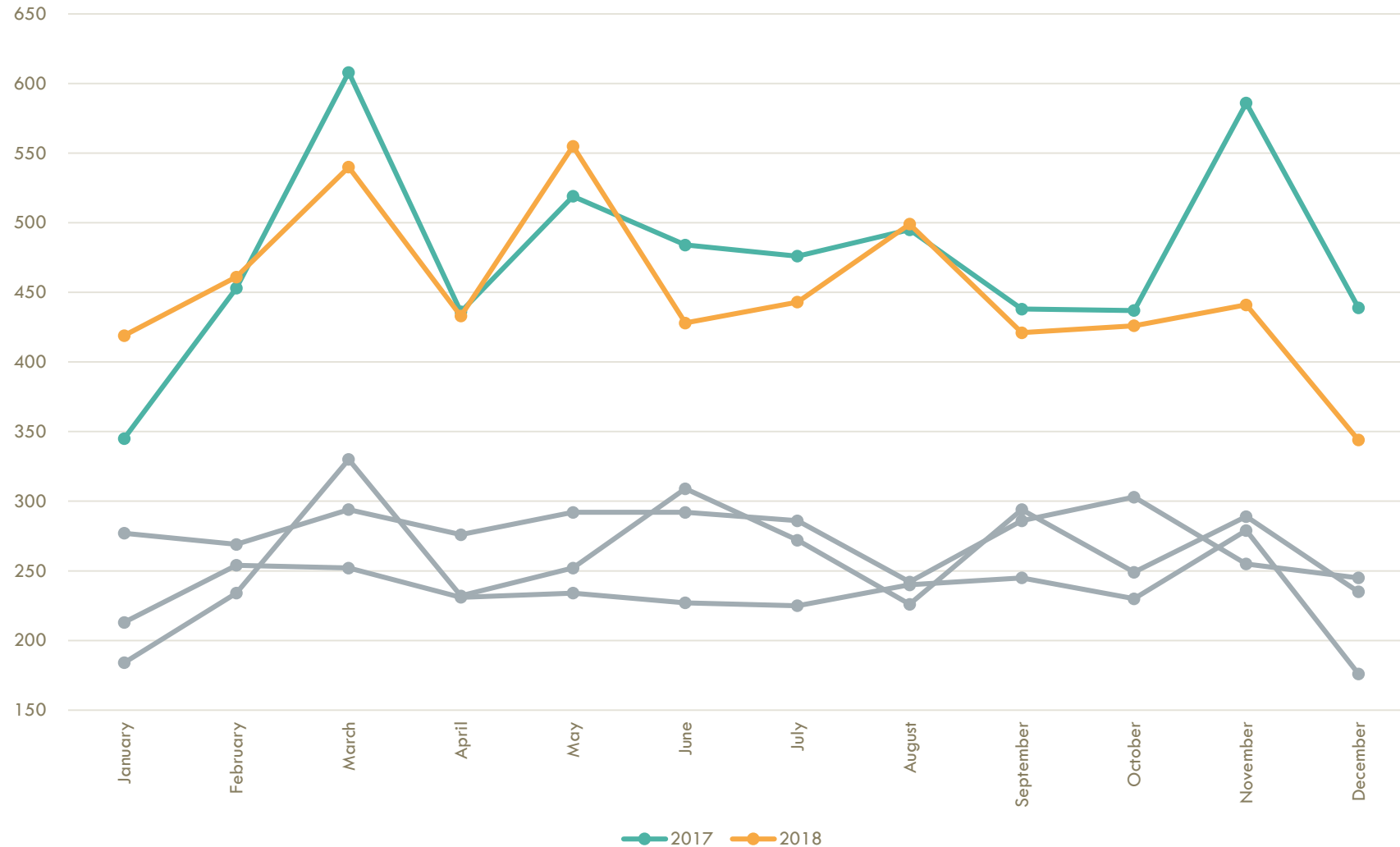
2018 Staff Travel Survey

Staff Travel Mode

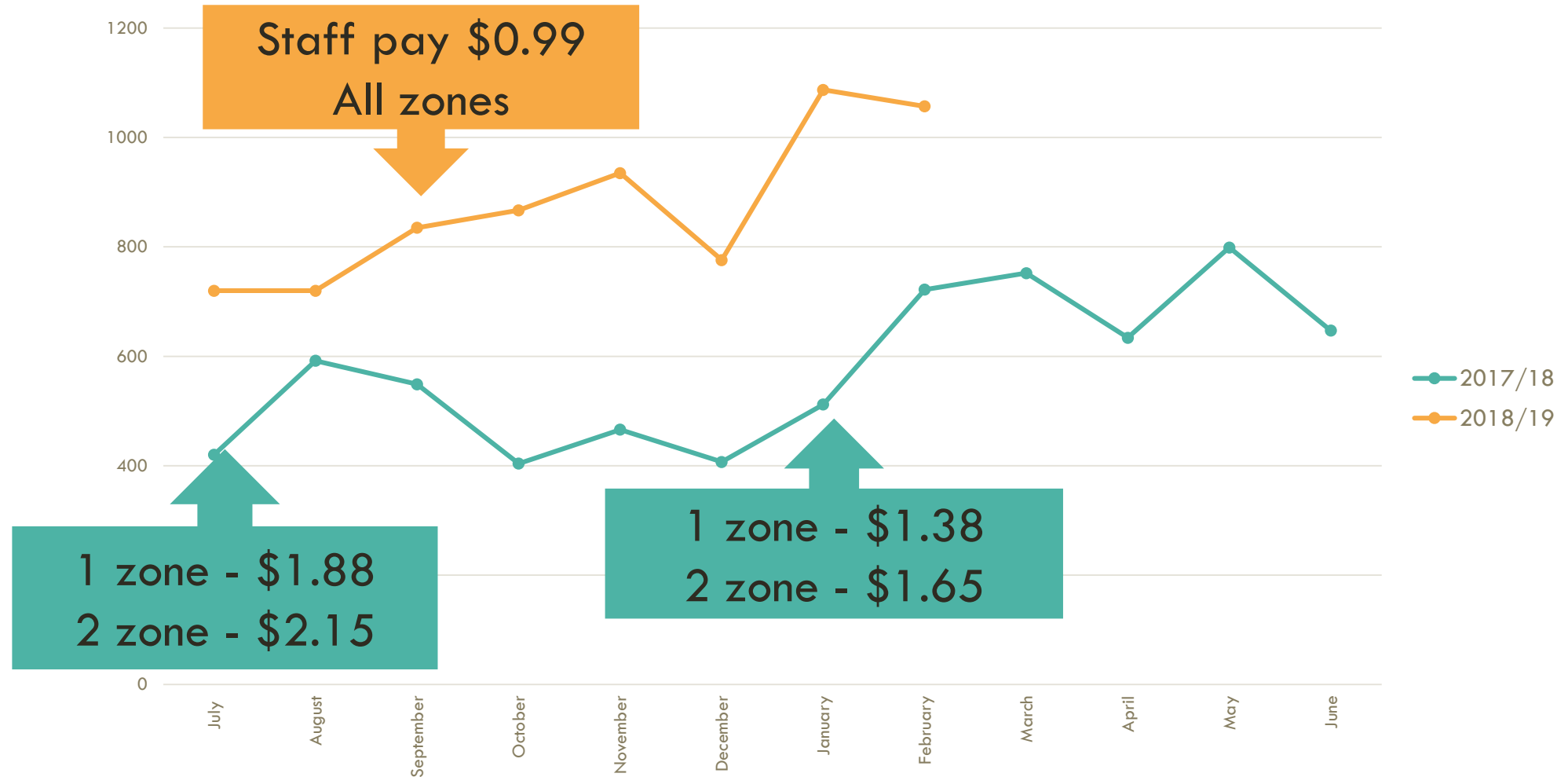


Desired mode shift was 10% - once a fortnight

Patient bus ridership ↑

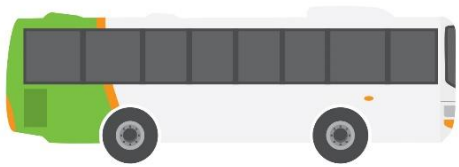


Staff bus ridership ↑

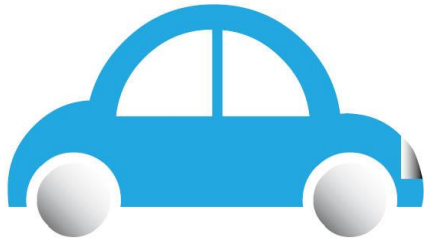


2017 Staff Travel Survey

Patients



↑ 11% increase in patients arriving by bus



↓ 8% reduction in patients driving alone



↑ 2% increase in patients walking

Car park availability ↑



21 February, 8am

6 March, 10am



6 March, 7am

10 July, 2pm



Compliments ↑ Complaints ↓

Minimal consumer complaints:

- 2013 ➤ 6
- 2014 ➤ 51
- 2015 ➤ 88
- 2016 ➤ 63
- **2017 ➤ 3**
- **2018 ➤ 0**

There's spaces!! Thank you. Now I don't have to drive around for the next 30 mins to find a parking space.

It was so nice to just be able to drive straight in and park without having to drive around endlessly. I was more than happy to pay the \$1 each time for such an easy stress free arrival.

2018 Travel Survey

Ideal Means of Travel

Top Choice 32%
of staff would like
to travel by bicycle

Second Choice
26% of staff
would like to travel
by public transport

5% decrease in
staff who want to
drive alone

8% increase in
staff who want to
travel by public
transport

7% increase in
staff who want to
travel by bicycle



CLIMATE SUMMIT

WHAT IF IT'S
A BIG HOAX AND
WE CREATE A BETTER
WORLD FOR NOTHING?

- ENERGY INDEPENDENCE
- PRESERVE RAINFORESTS
- SUSTAINABILITY
- GREEN JOBS
- LIVABLE CITIES
- RENEWABLES
- CLEAN WATER, AIR
- HEALTHY CHILDREN
- etc. etc.



12/7/19 USATODAY

YEL
Pitt

Direction from the Government

Mitigation

- Understand their own greenhouse gas emission footprints
- Have a plan to reduce emissions in line with the Zero Carbon Bill

Adaptation

- Understand the co-benefits of emissions reduction, climate resilience, and public health
- Understand the risks of climate change to their core functions
- Have a plan to adapt to the changing climate

Our Focus Areas

Energy and Carbon Management

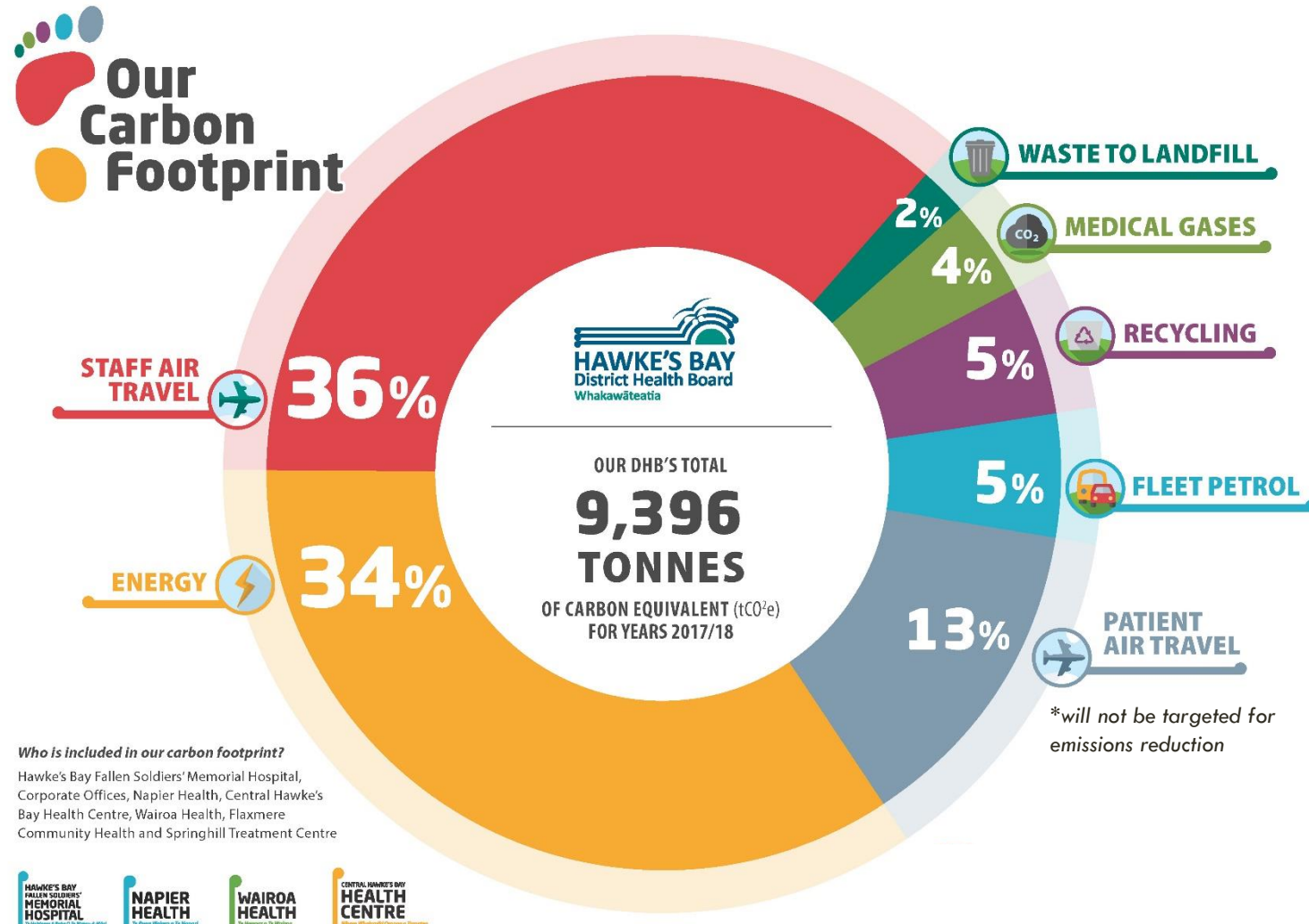
Sustainable Waste Management

Sustainable Water Management

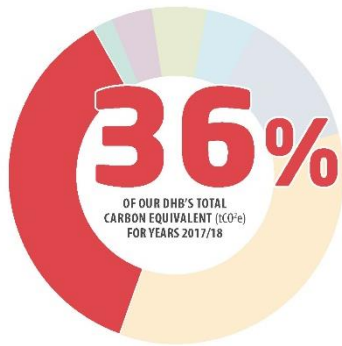
Sustainable and Efficient Buildings and Site Design

Sustainable Transportation and Travel Management

Sustainability at HBDHB

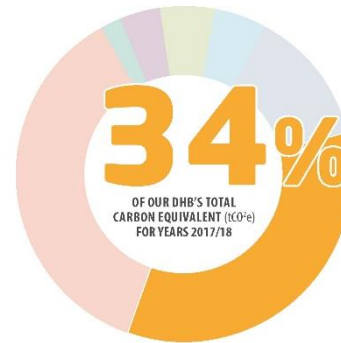


Sustainability at HBDHB



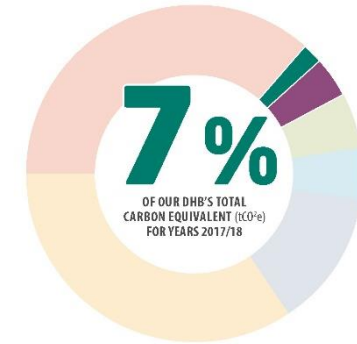
STAFF AIR TRAVEL

Staff within the health sector need to participate in education and training opportunities and attend conferences to ensure skills are current, however staff travel accounts for 36% of our carbon footprint and is our highest emission source.



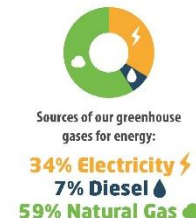
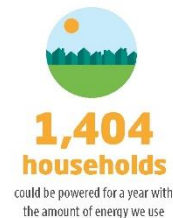
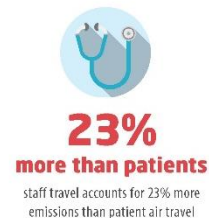
ENERGY

Our hospital is a 24/7 operation, however our use of energy sources can be reduced making small changes and doing them consistently. Energy is our second largest emission category.



WASTE

Waste to landfill, sanitary waste, medical waste and recycling account for the third largest emission category that we can aim to reduce.



Sustainability at HBDHB

Asking staff to make a personal commitment



"The most effective way to reduce our carbon footprint is to fly less often"



Use technology
Attend meetings and conferences virtually



Minimise air travel
Only do trips by air if necessary



Click the switch
turn off the lights
when everyone is out of a room



Stop draughts
if you feel cold coming in, heat is going out



Stay cool
only use hot water when necessary



Eat more fruit
choose plastic-free whole foods
Some fruits already have biodegradable wrapping e.g. bananas & oranges



Become a recycling ninja
by using the proper bins
Contamination means the entire skip bin goes to landfill



Take the stairs
ditch the lift
Taking the stairs burns more calories than jogging and much less electricity



Think 'future smart'
select energy efficient equipment
when replacing old items



Think before you print
only print if necessary
Sharing documents digitally is easy



Use a lunch box
and pack your own lunch
you'll save money as well as single-use plastic going into landfill



Think before you print
use digital platforms to share documents
as an alternative to printing



Save power & your screen
use sleep mode
on your computer before leaving and turn your computer and monitor off completely for the weekend



Use a reusable water bottle
save 167 plastic bottles
from going to the landfill each year



Use a reusable coffee cup
save 500+ coffee cups & lids
from going to the landfill each year

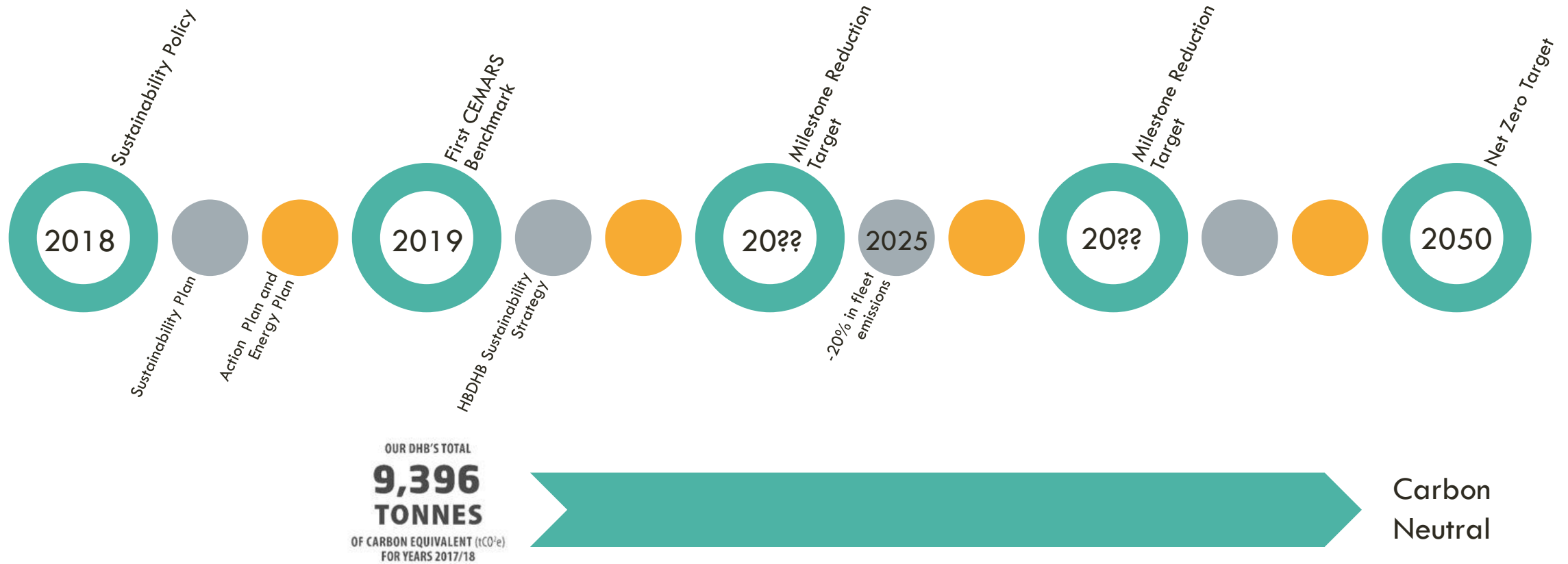


Choose reusable cutlery
refuse disposable & non-recyclable items

"The people who make the biggest difference are the ones who do the little things consistently."

Sustainability at HBDHB

Integrating sustainability into our operations



THANK YOU

Lisa Malde, MURP, MUD

Sustainability Officer, Hawke's Bay DHB

Lisa.Malde@hawkesbaydhb.govt.nz

Louise Baker

Sector Leader - Smart Mobility & Advisory, WSP Opus

Louise.Baker@wsp-opus.co.nz

