



**PATREC**

**2<sup>nd</sup> PATREC Research Forum**  
**19 September 2006**

**Abstract Template**

**Paper title:** The impact of urban design on walking and cycling: the RESIDE Project

**Author(s) name(s):** Dr Terri Pikora, Prof Billie Giles-Corti, Prof Matthew Knuiman, Dr Kimberly van Niel, Max Bulsara, Dr Fiona Bull and Trevor Shilton

**Organisation(s):** School of Population Health  
University of Western Australia

**Contact details:** Terri Pikora

**Mailing address:** School of Population Health M431  
The University of Western Australia  
35 Stirling Highway  
CRAWLEY WA 6009

**Telephone:** 6488 7057

**Facsimile:** 6488 1188

**Email:** [Terri.Pikora@uwa.edu.au](mailto:Terri.Pikora@uwa.edu.au)

**Abstract (300 words maximum):**

The RESIDENTial Environment (RESIDE) project is an ecological longitudinal study designed to examine the impact of elements of urban design on walking for recreation and transport. It will evaluate the effect of the 'Liveable Neighbourhoods (LN) Planning Guidelines' aimed at increasing walking, cycling and public transport use.

**Methods:** People building homes in new housing estates were invited to participate and 24 LN estates and 14 Hybrid estates (i.e., housing estates incorporating many of the LN principles) are included in the sample. Baseline data were collected before study participants moved into their new homes, and follow-up surveys will take place at one and three years after they move in. Factors influencing choice of neighbourhood were collected at baseline. In all three surveys, recreational and transport-related walking and cycling undertaken both inside and outside the neighbourhood is measured and a pedometer is worn for 7 days.

**Results/findings:** Overall, 1813 residents of new housing estates agreed to participate in RESIDE. At baseline, there were few significant differences between LN residents and others ( $p > 0.05$ ). Overall, 60% are female, mean age is 40 years (SD 12), 82% work, 45% work 38 or more hours/week and 18% spend one hour or more travelling to and from work. 53% reported usually walking for recreation in their neighbourhood, but only 36% usually walked for transport locally. On average, study participants reported having only 6.3 transport-related destinations within a 15 minute walk from their home. When asked what factors influenced choice of housing estate, the most important reasons cited related to affordability and perceived safety from crime.

**Conclusions:** Although LN residents appear more likely to have selected their new neighbourhood because it is more walkable, there is no evidence at baseline that they are more active than residents of other estates. This natural experiment is unique because it evaluates the impact of state government policy designed to increase walking, cycling and public transport use.