

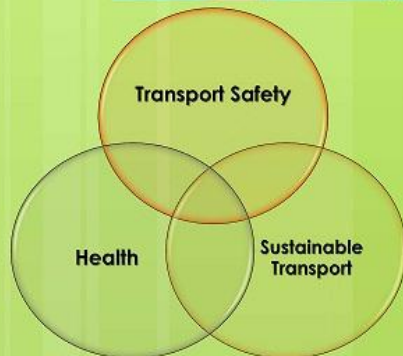
The Adolescent Mobility Health Consortium (AMHC)

"Adolescent Mobility Health: Advocating for Deep Change"

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A New Research and Practice Model

We have formulated a new research and practice model, *Adolescent Mobility Health*, that works directly with youth to address their transport issues. This model represents the intersection of considering simultaneously health and well being, transportation safety and environmental sustainability.

Our Focus

Transition teens (aged 15-19) are greatly underrepresented in mobility management efforts. Yet, they represent a very important market and social sector:

- **Safety** - They embody the *highest* crash risk of any age group. Yet, injury prevention efforts have plateaued within a narrow 'road safety' perspective that mainly encourages driving marginally safer, not driving less
- **Health** - Little has been done to account for the *non-traffic health risks* related to teen driving (drug and alcohol use, anxiety, anti-social behaviour, risky sexual behaviour, inactivity and obesity and environmental and social externalities). Thus, we have greatly underestimated the health and societal costs of driving and car dependency in this age group
- **Sustainability** - Teens are literally the *future of transport*; a massive economic sector that faces an increasingly urgent need to travel greener

Why Teens?

- Pre-driving youth have not yet formed car-use or car dependent habits,
- Teens are less likely to have physical barriers to increasing active transport,
- Healthy mobility learned as youth may be engrained for many years,
- Parents, work and peers play a special role in influencing youth behaviours, and
- Engaging teens on transport issues fosters collaboration between MM and the health sector.



"It was good to see that people were listening to our discussion ... that doesn't happen very often."

- Teen Panel participant,
2012 AMHC Symposium