



(Co)Developing active mobility policy: policy-oriented physical activity and active mobility research on Bonaire

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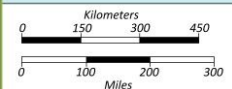
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A group of five people are gathered around a wooden table, engaged in a collaborative activity. They are using various colored markers to draw on sheets of paper. The papers feature sketches of human figures and diagrams. One man on the left is wearing a dark blue striped shirt and glasses, resting his chin on his hand. Another man in the center has a beard and is wearing a dark shirt with a pink lanyard. A woman on the right is wearing a leopard print top and a yellow scarf, smiling. The background shows a white wall and a person standing. The text 'Urban Cycling Institute' is overlaid in large red letters with a black and white checkered pattern on the letter 'i'.

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Zorg en Jeugd Caribisch Nederland Ministerie van Volksgezondheid, Welzijn en Sport



NSA1003210314

Non-communicable disease

A **non-communicable disease**, or NCD, is a medical condition or disease which is non-infectious. NCDs are diseases of long duration and generally slow progression. They include heart disease, stroke, cancer, asthma, diabetes, chronic kidney disease, osteoporosis, Alzheimer's disease, cataracts, and



PHYSICAL INACTIVITY



Objective 1

Explore and understand **determinants** (social/built environment/commercial) **that hamper/facilitate physical activity and active mobility** among residents of Bonaire

Objective 2

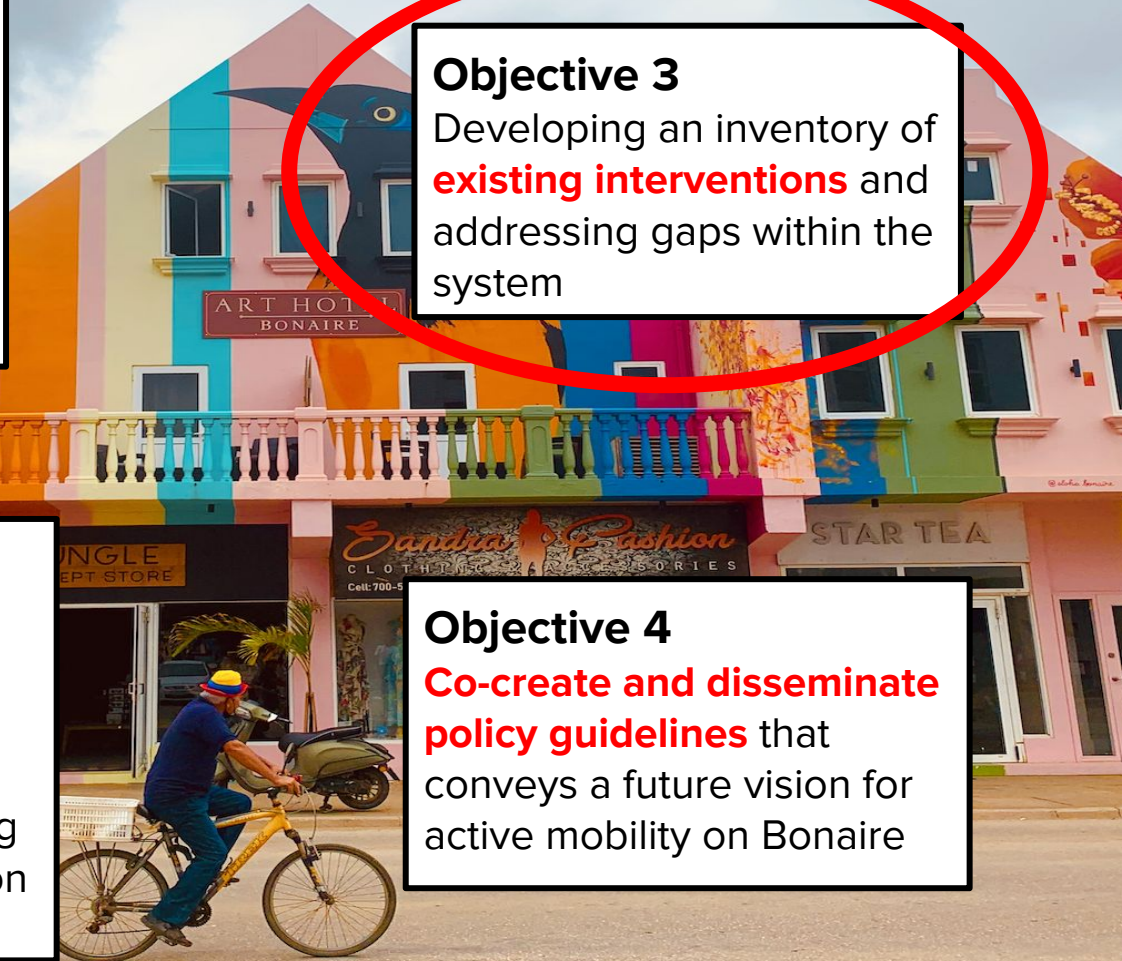
Conduct **qualitative, community-based research that uncovers the local system** (good practice interventions, opportunities) and stakeholder network surrounding physical activity and active mobility on Bonaire

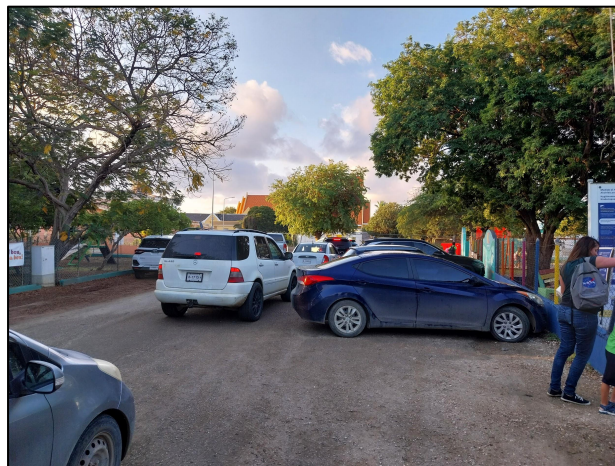
Objective 3

Developing an inventory of **existing interventions** and addressing gaps within the system

Objective 4

Co-create and disseminate policy guidelines that conveys a future vision for active mobility on Bonaire





School-based cycling programme in Rincon

What happened?

- 6 week pilot programme for grade 7 & 8 students.
- Cycling theory and practical lessons.
- Delivered by Baislife Bonaire.

What did we learn?

- 100% parents open to the idea of children cycling to school.
- 2 in 3 students want to cycle to school, yet 1 in 4 children do not own a bicycle.
- 85% of students more confident.

What next?

- Scale up in other schools on Bonaire.
- Recruit local champions for delivery.



Public perceptions towards active mobility on the island

What did we do?

- Annual surveys of public perceptions to active mobility + transport on Bonaire
- Papiamentu - Dutch - English - Spanish

What we learned?

- 90% of people are in support of developing conditions that allow for safer walking and cycling on Bonaire.
- 40% of residents do not agree that increasing walking and cycling will reduce traffic congestion.
- Mismatch between those observed to be cycling and those who engaged in research process.



Current active mobility levels

What did we do?

- Observations (counts) at 6 key locations on the island.
- Validated tool for natural experiment observation - mobility type, age, ethnicity, physical activity level.

What did we learn?

- 2 in 3 residents live within 5 minute bike ride or 10 minute walk from all essential services.
- 3 in 4 cyclists are men.
- 2 in 3 cyclists are from non-white population groups.
- Heavy motor vehicle presence - 200:1 in some places.

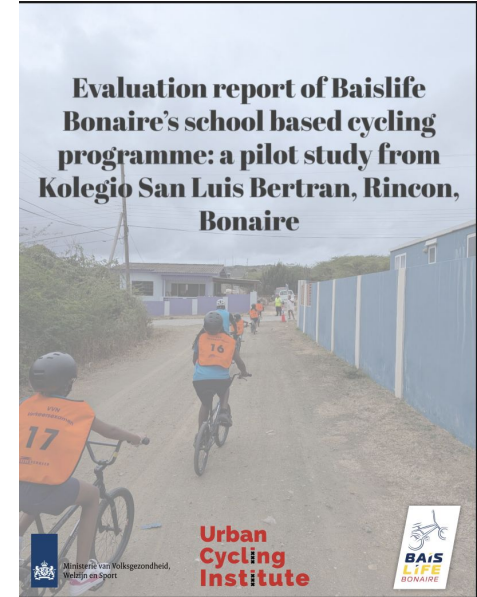
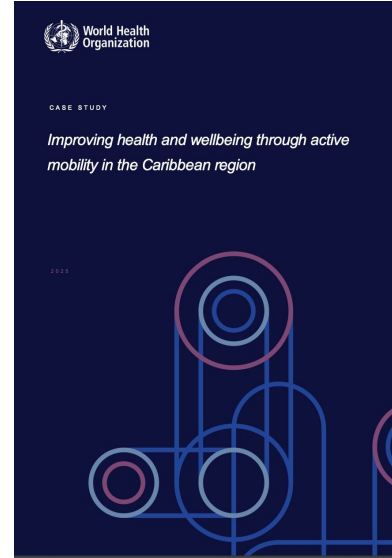
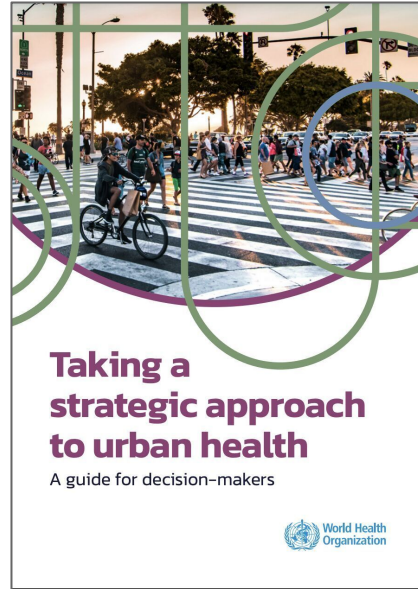


What's the plan for the last 18 months of the project?

- Plan and deliver workshops for with local stakeholders, community members and local government to develop policy actions.
- Focus groups with various community groups.
- Complete observations and surveys - longitudinal data.



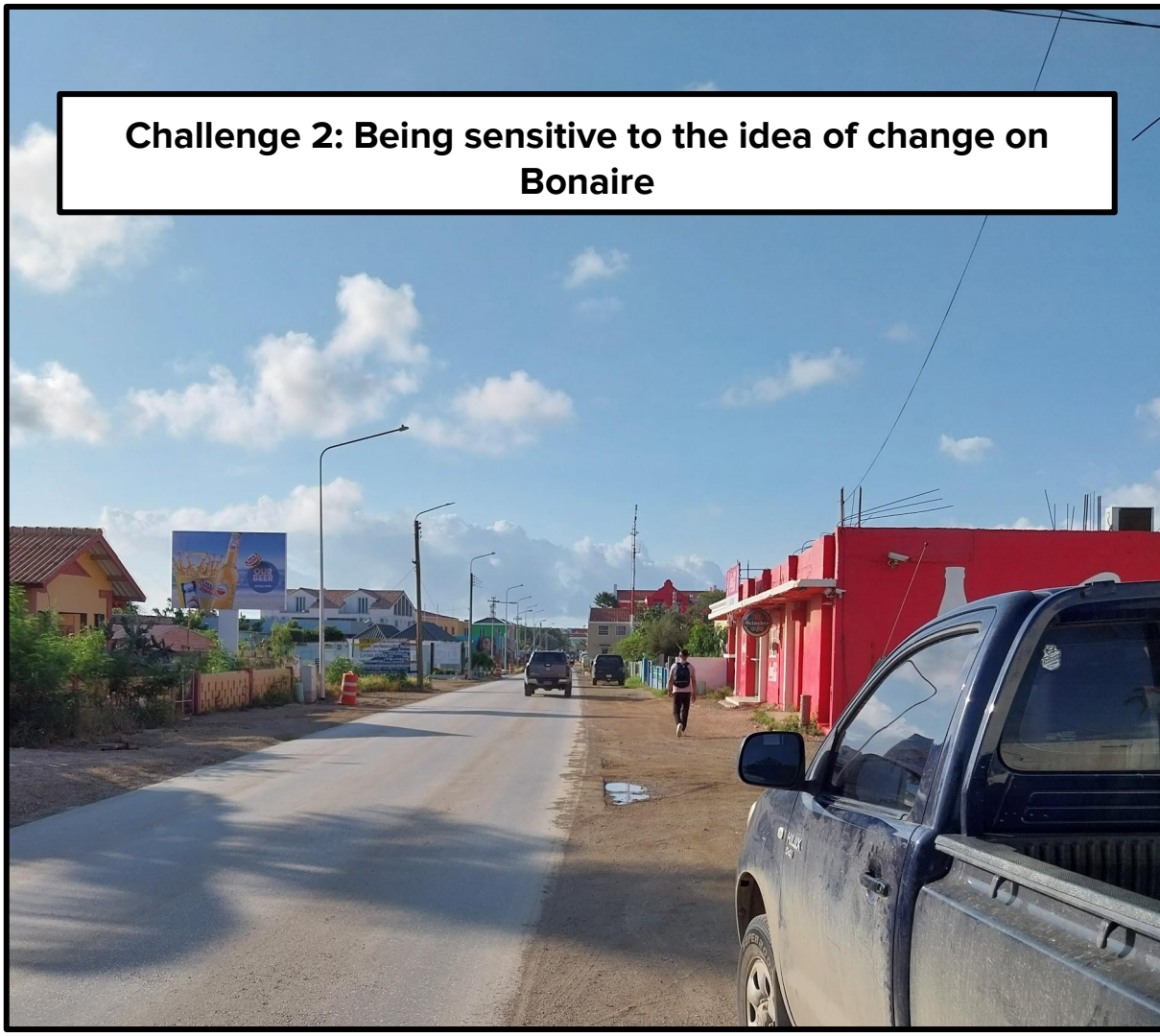
Resources



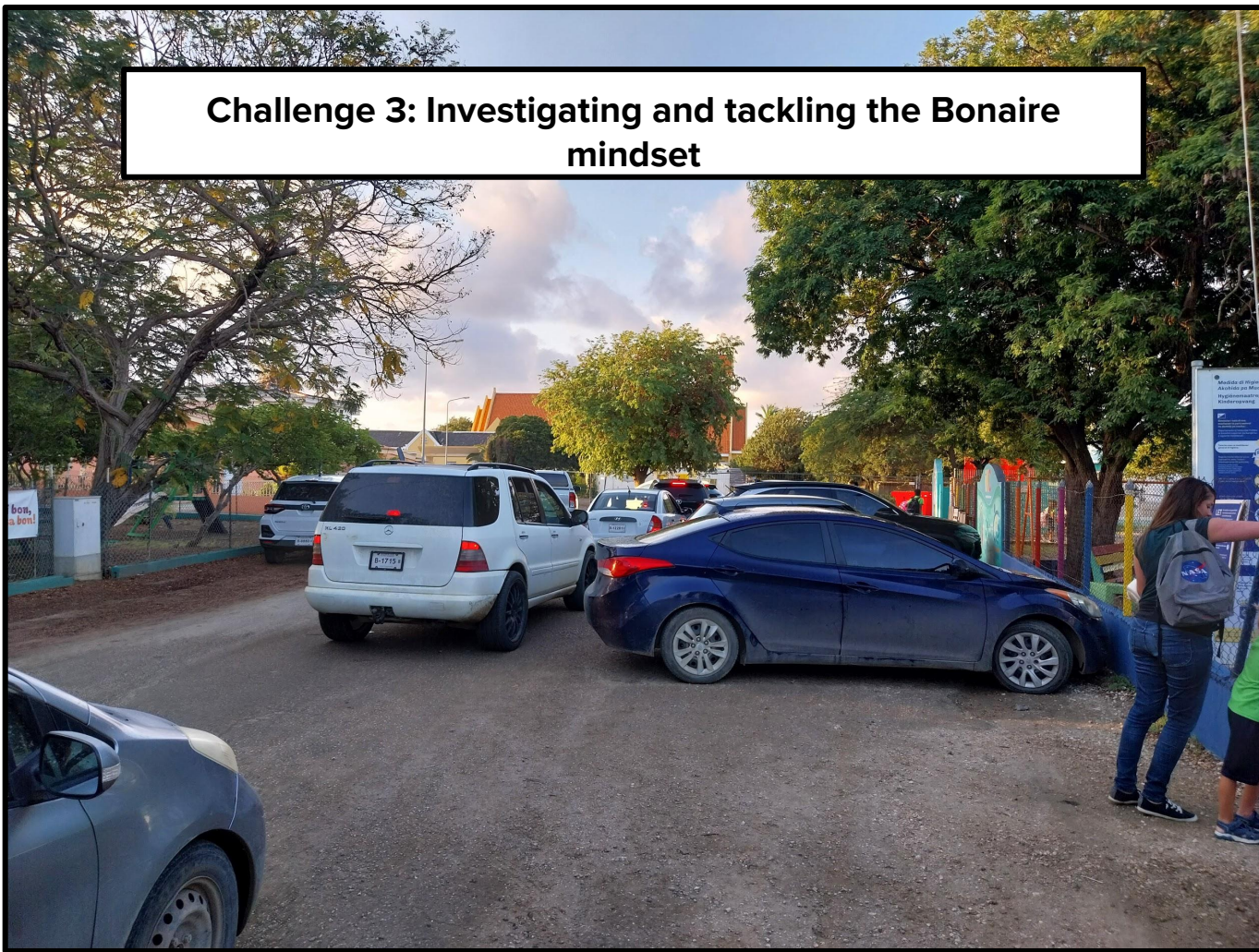
Challenge 1: Placing active mobility higher on the political agenda



**Challenge 2: Being sensitive to the idea of change on
Bonaire**



Challenge 3: Investigating and tackling the Bonaire mindset



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Acknowledgements



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