



# sustrans

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# Active travel: Walking and cycling as healthy transport

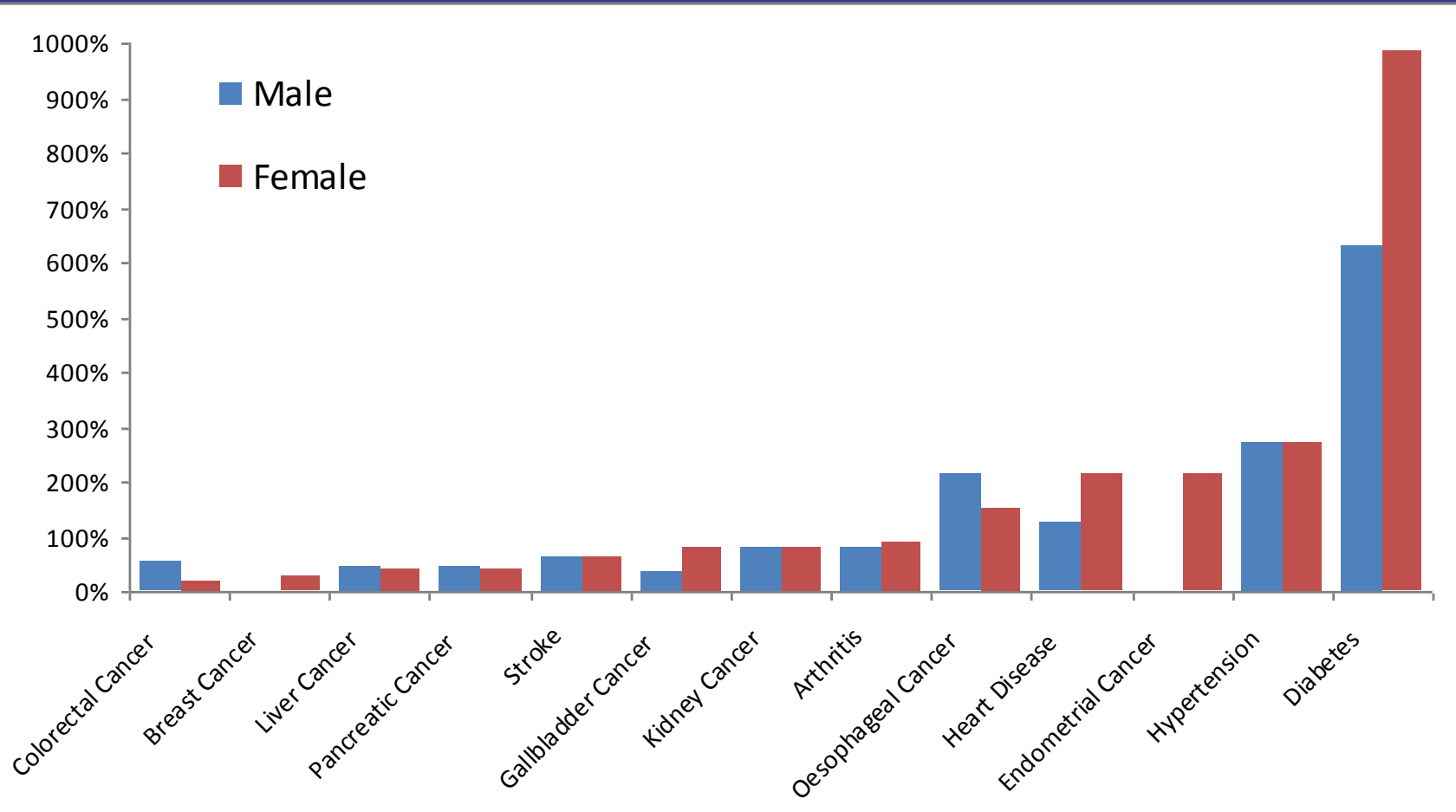
Philip Insall  
Director, Health  
Sustrans

# Non-communicable disease

No economy can afford the healthcare cost associated with unhealthy lifestyles

# Excess body weight increases risks for chronic diseases.

Based on BMI 30-35 at age 50. Expressed as % increase in incidence



Thanks to Y Claire Wang, Columbia University

Source: Lobstein, International Association for the Study of Obesity, 2009

# Active travel is a public health priority

“For most people, the easiest and most acceptable forms of physical activity are those that can be incorporated into everyday life. Examples include walking or cycling instead of travelling by car, bus or train”

Source: Department of Health 2011, Start Active, Stay Active

**Why don't people lead active lives?**

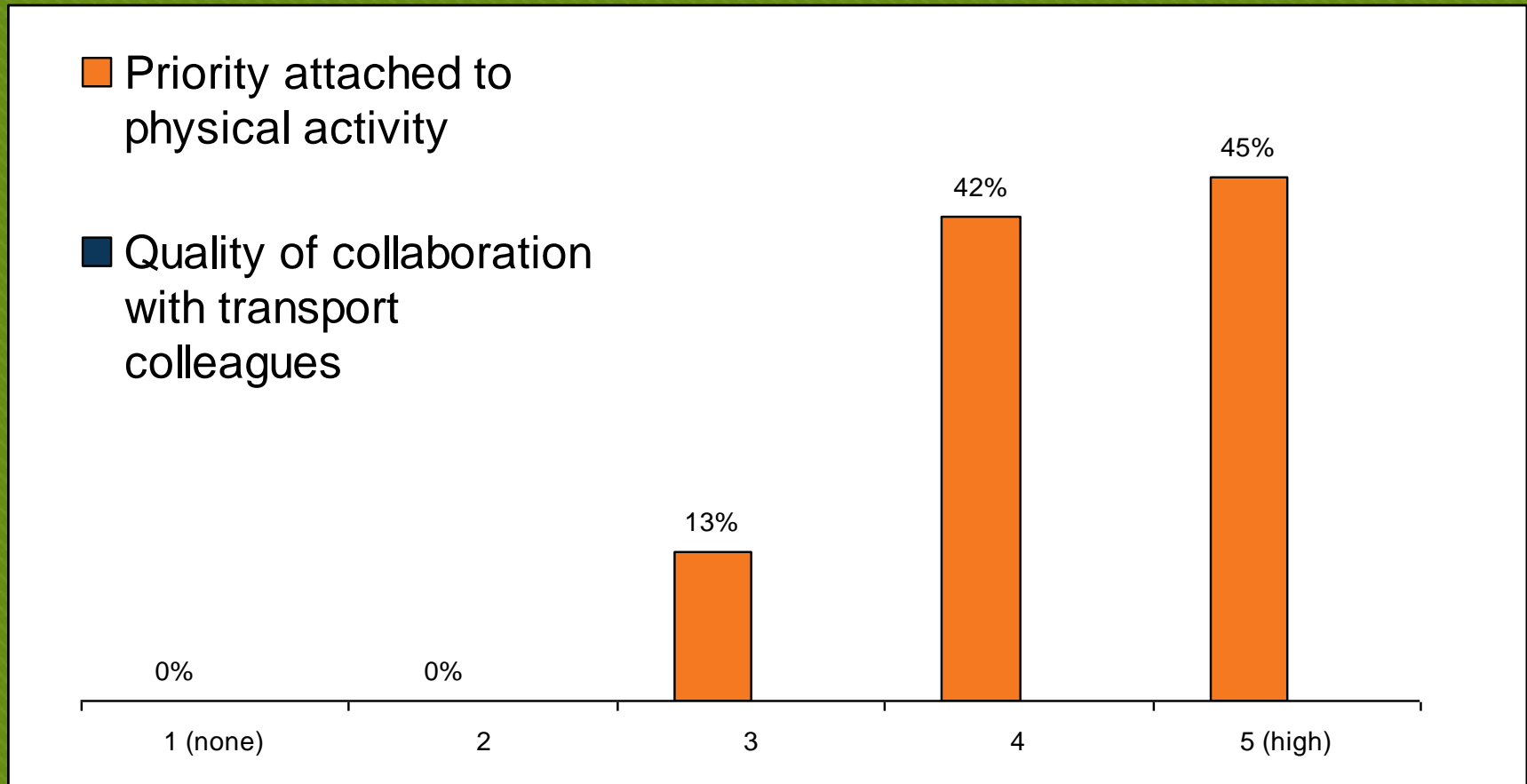


# Co-benefits of walking and cycling

- prevent non-communicable diseases
- reduce climate change emissions
- improve road safety
- improve air quality
- reduce noise
- social and quality of life benefits
- save money!



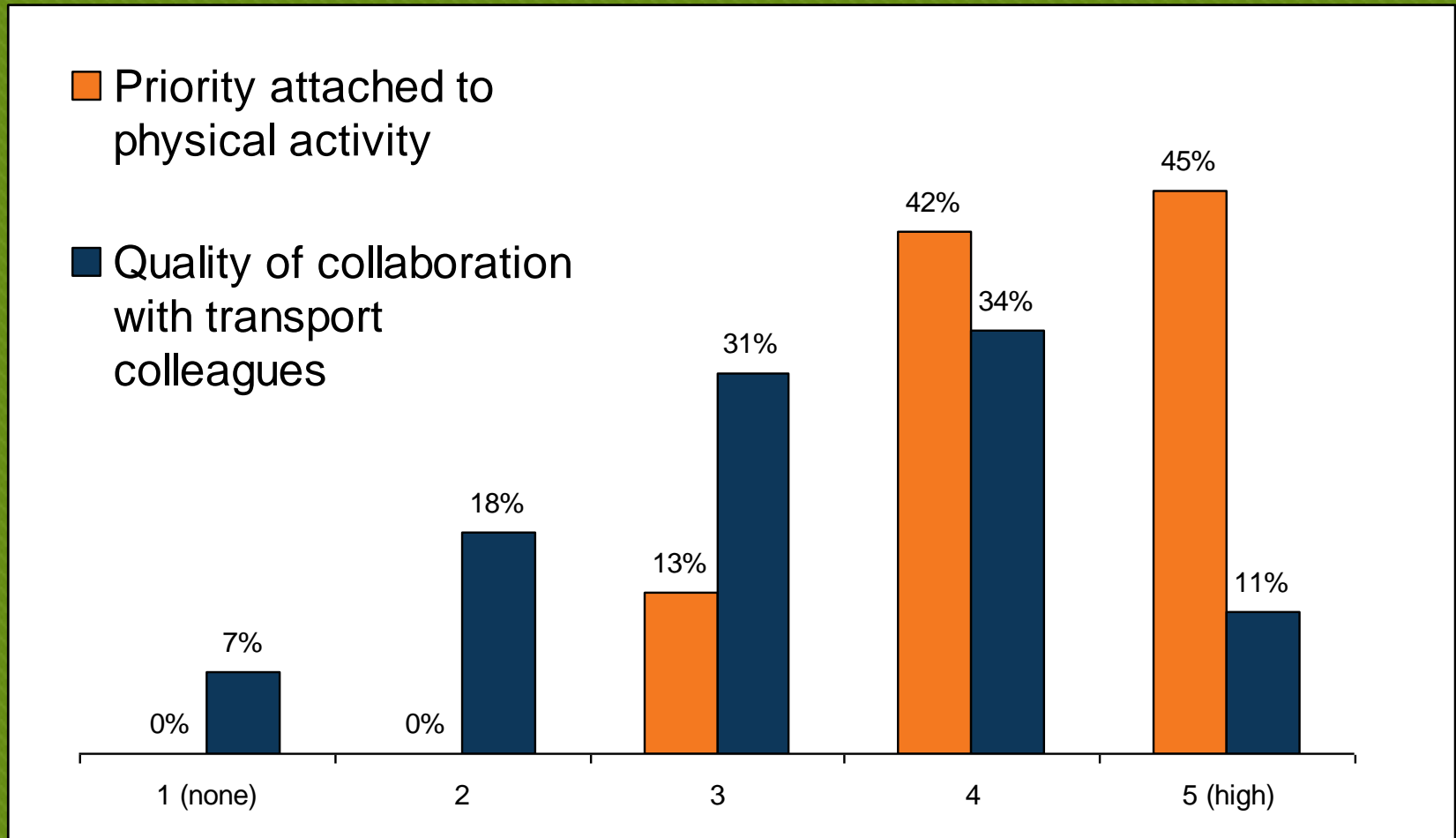
# Public health professionals want to work with transport



Source: Sustrans 2011, How public health sees active travel



# Public health professionals want to work with transport



Source: Sustrans 2011, How public health sees active travel

# Public health professionals want to work with transport



Age Concern  
Arrhythmia Alliance  
Association of Directors of Public Health  
Blood Pressure Association  
British Association for Cardiac Rehabilitation  
British Association of Nursing in Cardiovascular Care  
British Association of Sport and Exercise Sciences  
British Cardiovascular Society  
British Dietetic Association  
British Heart Foundation  
BHF Health Promotion Research Group  
BHF National Centre for Physical Activity & Health  
British Hypertension Society  
British Lung Foundation  
BMA Public Health Medicine Committee  
British Nutrition Foundation  
British Trust for Conservation Volunteers  
Campaign for Better Transport  
Campaign to Protect Rural England  
Cancer Research UK  
Centre for Health Information, Research and Evaluation, Swansea University  
CCPR  
Chartered Institute of Environmental Health  
Child Growth Foundation  
Children in Northern Ireland  
Commission for Architecture and the Built Environment  
CTC the national cyclists' organisation  
Cycle Campaign Network  
Cyclinginstructor.com  
Cycling Projects  
Cycling Scotland

Environmental Association for Universities & Colleges  
Environmental Protection UK  
Faculty of Public Health  
Forum for the Future  
Friends of the Earth (England, Wales and Northern Ireland)  
Gloucestershire Hospitals NHS Foundation Trust  
Corporate Citizenship Committee  
Greater Manchester Cycling Campaign  
Healthcare Commission  
Heart Care Partnership (UK)  
Heart of Mersey  
HITRANS Active Travel Group  
Institute of Highway Incorporated Engineers  
Institution of Mechanical Engineers  
Liftshare.com  
Living Streets  
Living Streets Scotland  
London Cycling Campaign  
Men's Health Forum  
Mental Health Foundation  
National Children's Bureau  
National Coalition for Active Ageing  
National Federation of Women's Institutes  
NHS Sustainable Development Unit  
National Heart Forum  
National NGO Forum  
National Obesity Forum  
Northern Ireland Cycling Initiative  
Northern Ireland Environment Link  
Parliamentary Advisory Council for Transport Safety  
Paths for All Partnership  
PharmacyHealthLink  
Play England

Play Wales  
Ramblers' Association  
Ramblers Cymru  
Ramblers Scotland  
RoadPeace  
Royal College of Nursing  
Royal College of Physicians  
Royal Institute of British Architects  
Royal Society for Public Health  
Sandwell PCT  
Socialist Health Association  
South Asian Health Foundation  
Spokes, the Lothian Cycle Campaign  
Strathclyde Partnership for Transport  
Sustainable Development Commission  
Sustrans  
Three Rivers Way Association  
Town & Country Planning Association  
Transform Scotland  
Transport & Health Study Group  
University of Bristol Department of Exercise, Nutrition & Health Sciences  
UK Public Health Association  
Walkit.com  
Walk21  
Walk to School Campaign (National Steering Group)  
Warrington Cycle Campaign  
Weight Concern  
Wheels for Wellbeing  
Whizzgo - pay-by-the-hour cars  
WWF Northern Ireland  
20's plenty for us

**See:** [http://www.adph.org.uk/files/ourwork/policies/Take action on active travel 2010.pdf](http://www.adph.org.uk/files/ourwork/policies/Take%20action%20on%20active%20travel%202010.pdf)

# Transport has impact at very large scale: Sustrans programme public health outcomes

Relating transport programmes to public health objectives

# Transport has impact at very large scale: Sustrans programme public health outcomes



- over 2 million people more physically active
  - cycling trips health benefit £299 million
  - walking trips health benefit £99 million
- calculated using WHO HEAT*

# Transport professionals shape the environment

You can help tackle the growth in non-communicable disease