

The big prize: transport & health in London

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Physical activity is the biggest health prize in London

Cancer

Physical activity can reduce the risk of several types of cancer, including cancers of the breast, colon, prostate, and endometrium.⁸⁻¹⁰

Cardiovascular disease

Regular physical activity is a protective factor for, and reduces the risk of, cardiovascular diseases, including CHD and stroke.^{3, 11}

Obesity

Physical activity is a key element in maintaining healthy weight and the prevention of weight gain.²⁰

Mental health

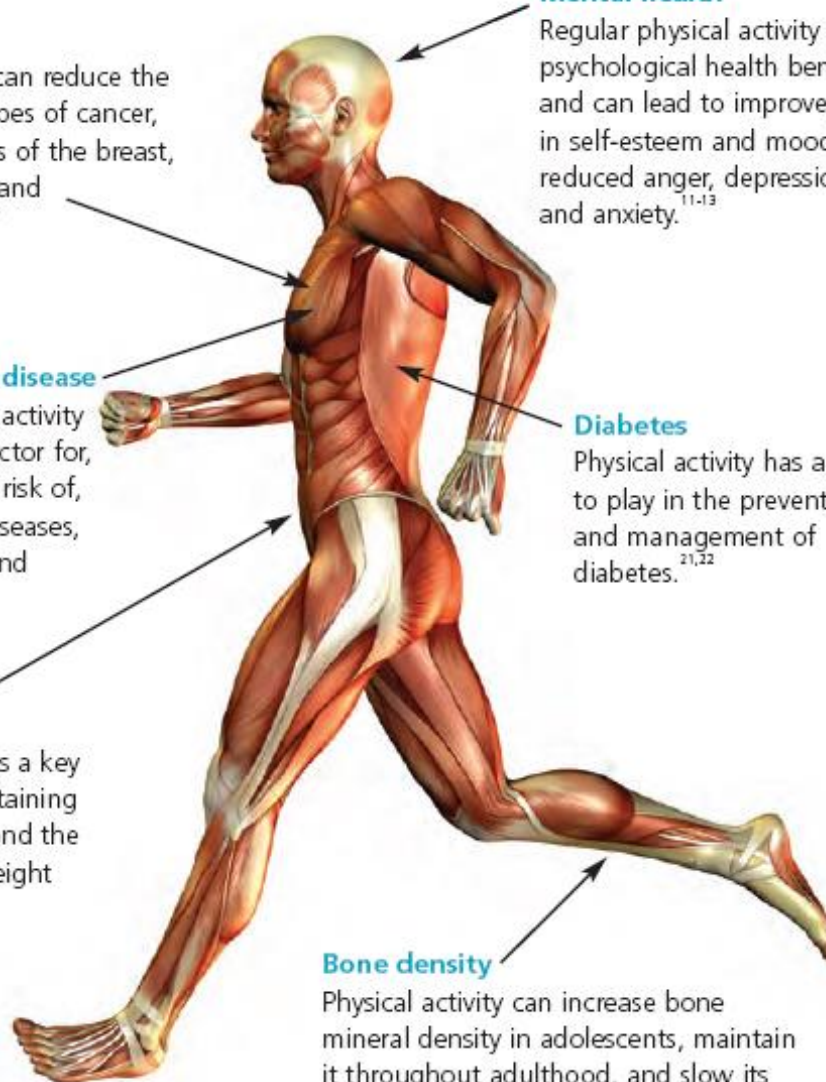
Regular physical activity has psychological health benefits, and can lead to improvements in self-esteem and mood, and reduced anger, depression and anxiety.¹¹⁻¹³

Diabetes

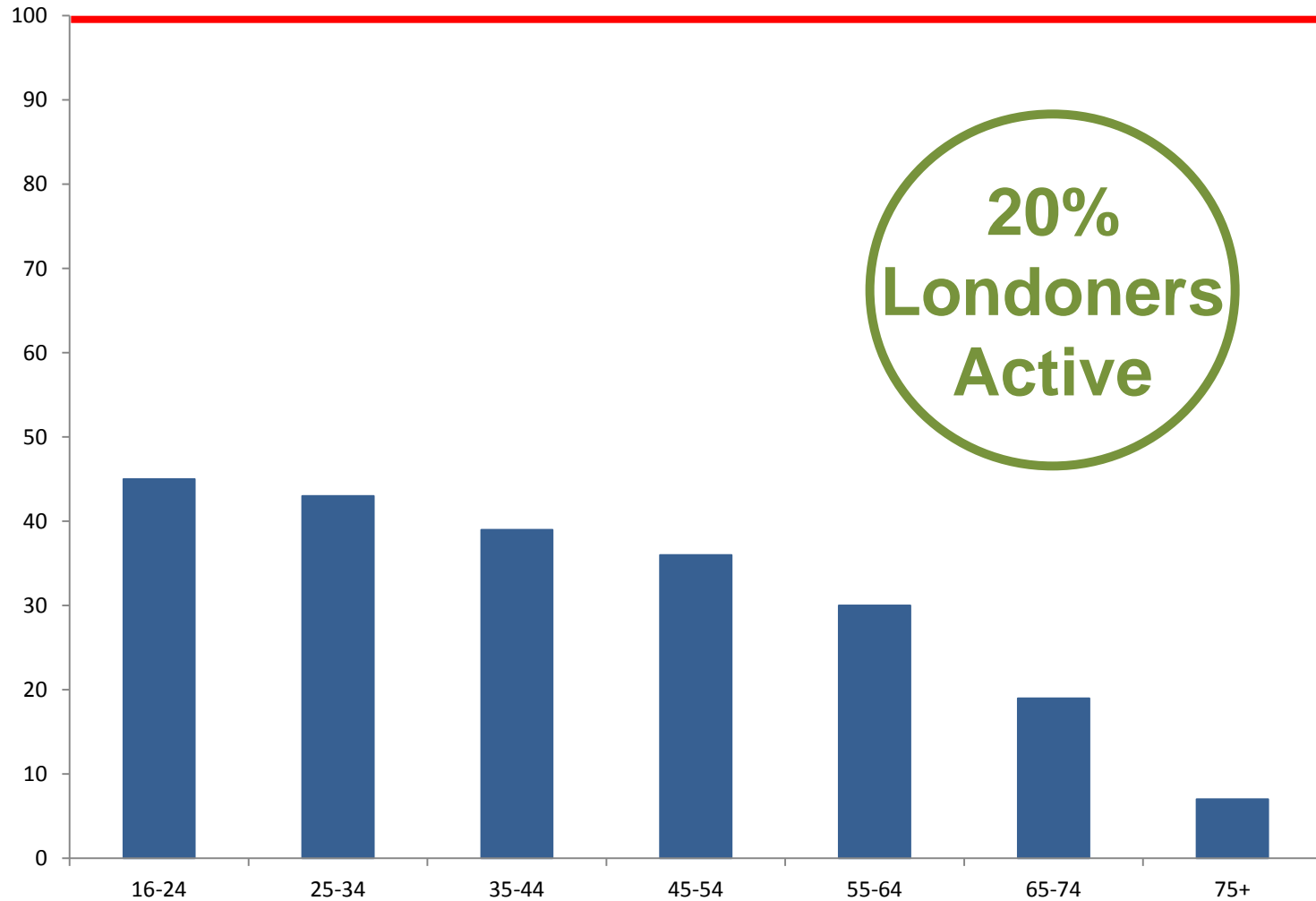
Physical activity has a role to play in the prevention and management of diabetes.^{21,22}

Bone density

Physical activity can increase bone mineral density in adolescents, maintain it throughout adulthood, and slow its decline in old age.¹⁴⁻¹⁹



Proportion of adults meeting physical activity recommendations

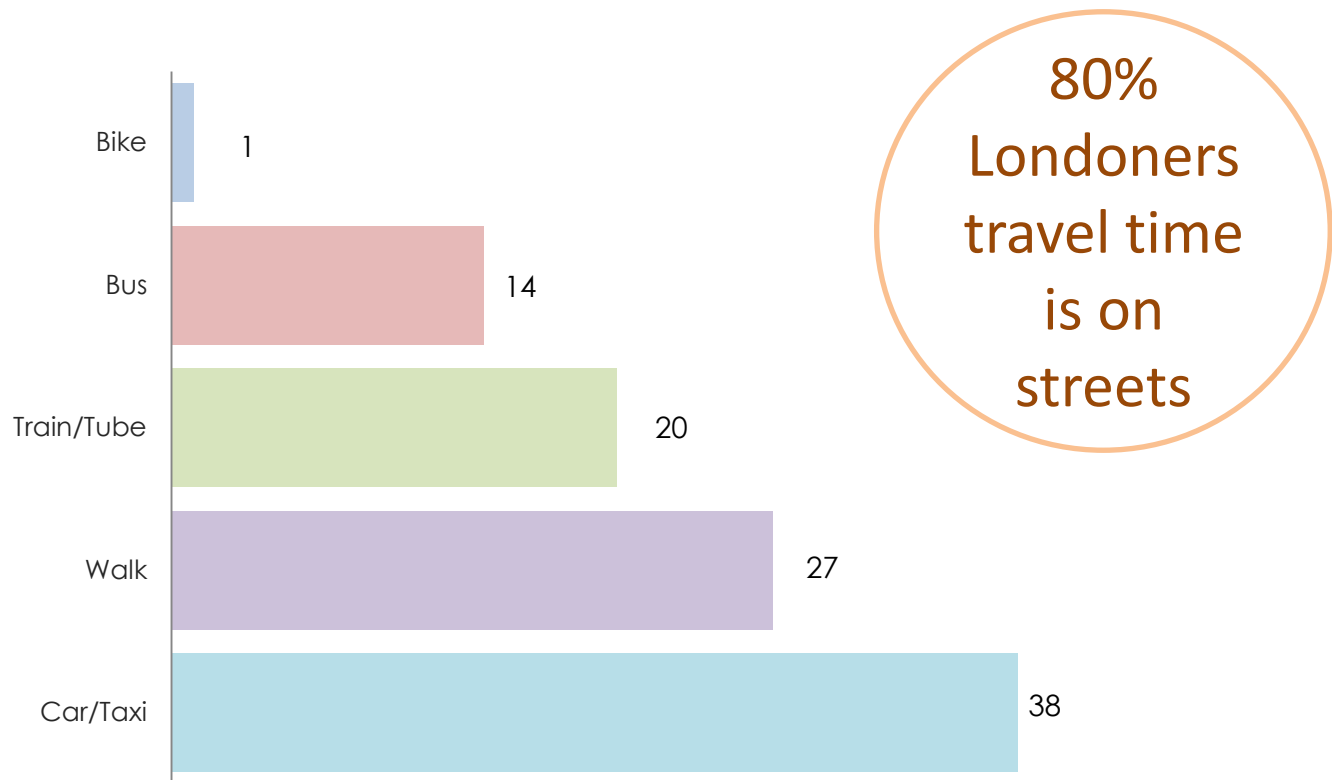




“A mass shift in current activity levels is needed. For most people, the easiest and most acceptable forms of physical activity are those that can be incorporated into everyday life.”

Chief Medical Officer

How Londoners spend their travel time

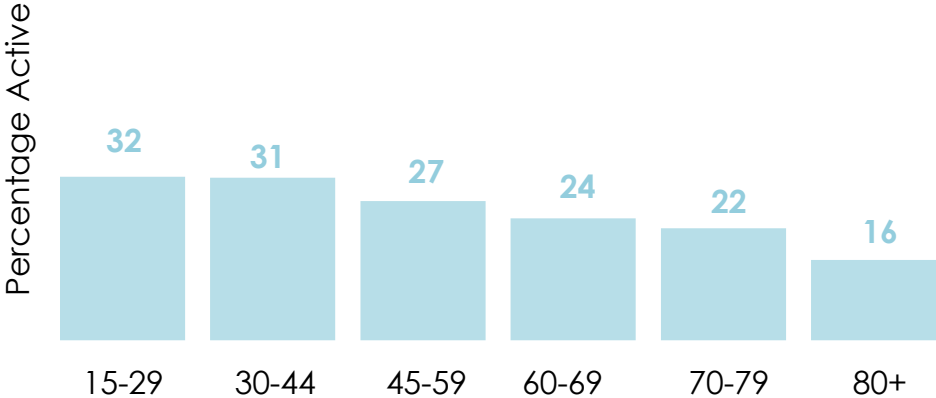


Percentage of time spent by each transport mode 2005-2011

Walking is the main source of physical activity in London

25% of Londoners are active through travel alone

Proportion of adults in London currently meeting their physical activity needs through walking and cycling (2005-2011)

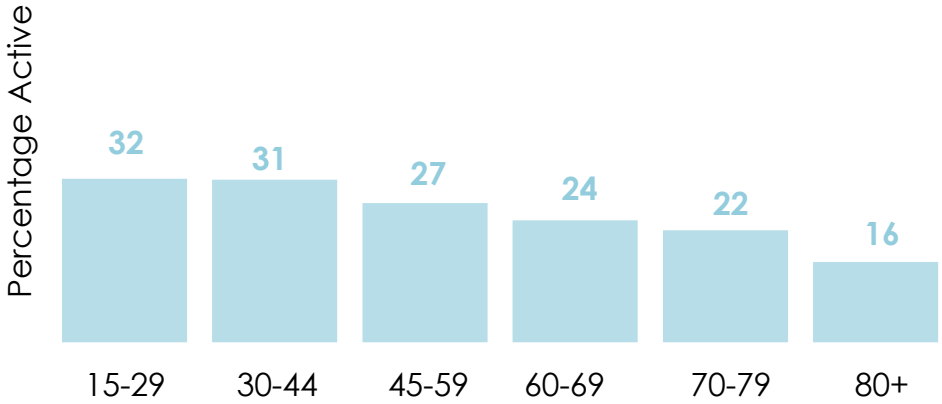


More walking & cycling could massively increase physical activity levels

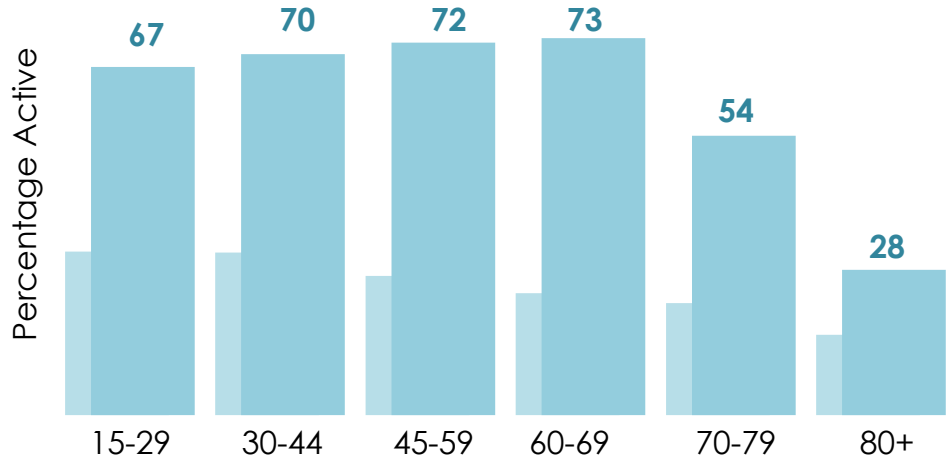
25% of Londoners are active through travel alone

60% of Londoners could be active through travel alone

Proportion of adults in London currently meeting their physical activity needs through walking and cycling (2005-2011)



Proportion of adults in London who could meet their physical activity needs through walking and cycling



Indicators of a healthy street environment

Clean Air

Pedestrians from all walks of life

Easy to cross

People feel relaxed

Shade & Shelter

Things to see and do

Places to stop

People feel safe

Not too noisy

People choose to walk and cycle



Creating better streets is a win, win, win



Health

Physical Activity
Air quality
Mental Wellbeing



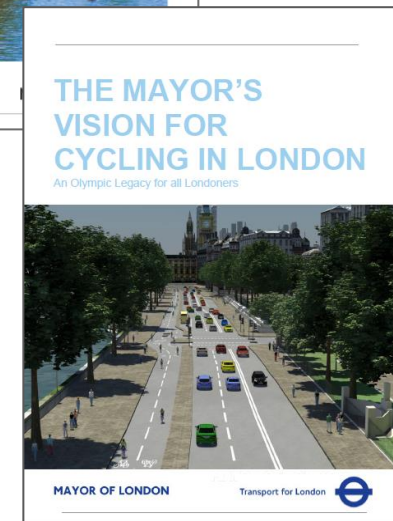
Environment

Greening - biodiversity
Carbon reductions
Flood risk



Economy

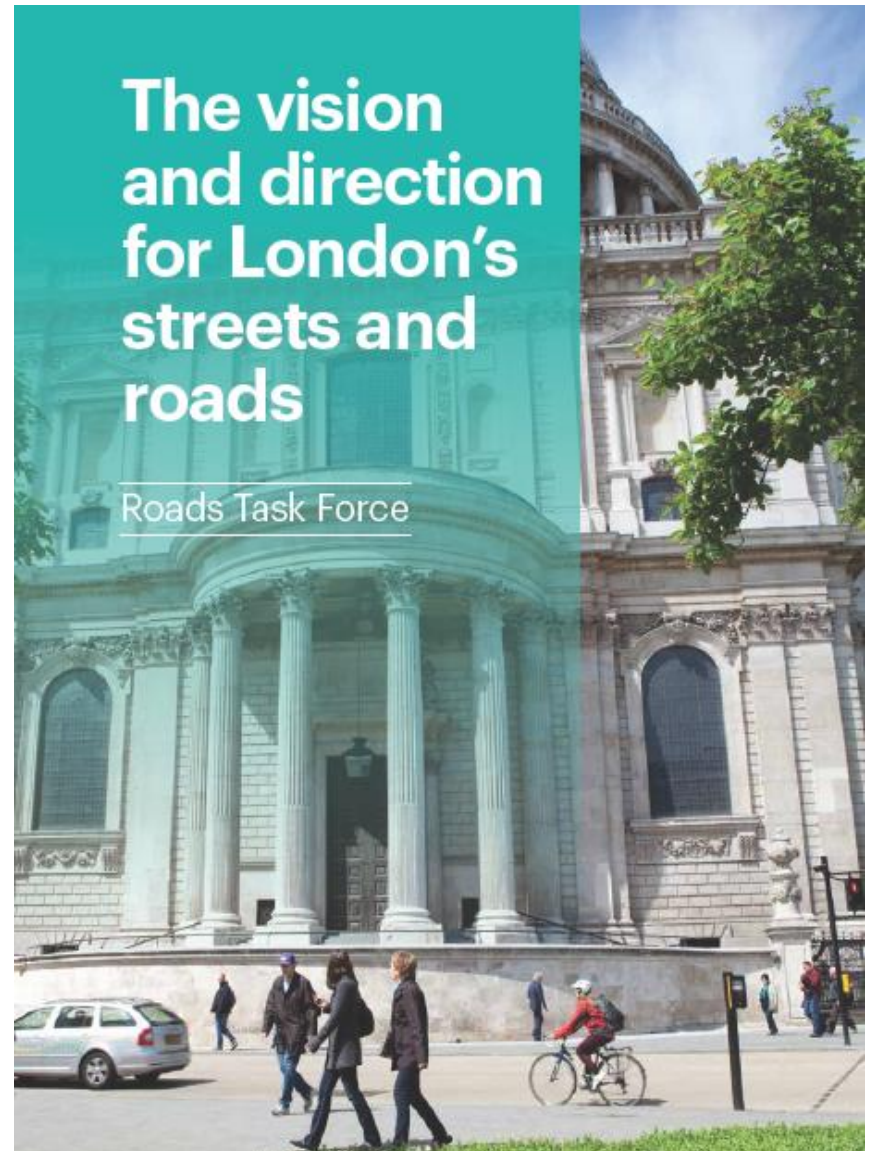
Local shops & businesses
Road maintenance costs
Healthcare costs



Now is the time to be making the case for better streets

"Roads and streets must not only provide for the efficient and safe movement of people, goods and services, but must also provide great places which contribute to the look, feel and reputation of the city."

Roads Task Force (2013)





Thank you

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