City Development Plan 2 - GCPH evidence response

September 2023

1. Overview of health and socioeconomic context in Glasgow

The following reports and web links provide general evidence of the status of health in Glasgow compared over time and to other cities and local authorities. Some sources of more local, neighbourhood data are also provided.

Understanding Glasgow

https://www.understandingglasgow.com/

Uses a set of Glasgow Indicators to describe life circumstances and health in the city. Shows trends and comparisons within the city and with other cities.

Neighbourhood level information

Health profiles - population and other health and social stats at a neighbourhood level. e.g.

https://www.understandingglasgow.com/profiles/neighbourhood profiles/2 south sector/34 greater govan

We are awaiting a range of updated statistics from the 2022 Census, which will be used in new neighbourhood profiles. In the meantime there are some more up-to-date statistics for neighbourhoods:

Population estimates, 2021:

https://www.understandingglasgow.com/indicators/population/comparisons/within_glasgow/population_by_neighbourhood

Life expectancy, 2015-2019:

https://www.understandingglasgow.com/indicators/health/comparisons/glasgow_neighbourhoods

Income deprivation (SIMD 2020)

https://www.understandingglasgow.com/indicators/poverty/comparisons/within glasgow/income deprivation

Employment deprivation (SIMD 2020)

https://www.understandingglasgow.com/indicators/poverty/comparisons/within_glasgow/emp loyment_deprivation

Children in low income families 2020/21

https://www.understandingglasgow.com/indicators/children/poverty/children in poverty/comparison/comparisons within glasgow/neighbourhood

Health in a Changing City: Glasgow 2021

https://www.gcph.co.uk/latest/news/997 health in a changing city glasgow 2021

This report provides a comprehensive analysis of changes in population, socioeconomic, environmental and health factors over the last 20 years within Glasgow and in comparison, with Scotland. Although most of the analyses precede the COVID-19 pandemic, emerging evidence of the impacts of the pandemic is reviewed.

Other links:

Executive summary

Factsheets for 11 topic areas:

Population inequalities and life expectancy

Poverty and the economy

Places and greenspace

Social capital and community

Housing and homelessness

Mental health

Ethnic inequalities and racism

Gendered violence and personal safety

Transport and travel

Children and young people

Disabilities

Changing mortality rates in Scotland and the UK: an updated summary

https://www.gcph.co.uk/publications/1083 changing mortality rates in scotland and the uk an updated summary

There is now a large body of evidence detailing the unprecedented changes to mortality rates that have taken place in Scotland, and across the wider UK, in the past ten years. These trends, including increasing death rates among poorer communities and the end to decades of previously continual improvement at country level, predate the COVID-19 pandemic, but have been made worse by it.

Detailed research has attributed these changes principally to the implementation of UK Government austerity policies which have adversely impacted on the health of poorer populations across the UK. Since we published a <u>critical assessment of all that evidence</u> in 2022, yet more important research has emerged in the academic literature.

This paper provides further evidence of detrimental changes to different aspects of population health: further widening of all-cause and cause-specific mortality inequalities, a dramatic reversal of previously declining mortality rates among socioeconomically deprived populations, an unprecedented decline in healthy life expectancy, and worsening trends in poor mental health.

Further related evidence:

Changing life expectancy in the UK

https://www.gcph.co.uk/life-expectancy

HIA of the Local Development Plan: event report

https://www.gcph.co.uk/publications/571 hia of the local development plan event report

As part of developing the previous LDP, a Health Impact Assessment (HIA) event was held in August 2014, to explore how policies included in the then draft LDP might impact on the health and wellbeing of the city's population. Four topics were chosen (Place and space, Housing, Transport, and Greenspace) for discussion at facilitated tables.

Many of the themes and points identified in this exercise are likely to still be relevant to LDP 2. A summary of the discussion relating to each topic is provided within the report.

2. Policy specific evidence

Evidence relating to specific LDP policy areas is provided below. In many cases the evidence is relevant to several policy areas but is noted under the most relevant policy.

Page numbers refer to page in NPF4.

Sustainable Places

1. Tackling the climate and nature crises p36

Comparative data on Greenhouse gas emissions:

https://www.understandingglasgow.com/indicators/environment/co2 emissions

This evidence review on the **built environment and health** (2013) provides generic evidence on the links between climate change and health through a built environment lens. Proposed policy action, while now dated, remain relevant.

https://www.gcph.co.uk/assets/0000/4174/BP 11 - Built environment and health - updated.pdf

Food systems

The food system is the chain of activities connecting food production, processing, distribution, consumption, and waste management, as well as all the associated regulatory institutions and activities. In his 2014 GCPH seminar Kevin Morgan described why cities are important food policy actors for a whole series of reasons, largely to do with public health, social justice and – importantly – ecological integrity.

https://www.gcph.co.uk/events/146

In 2021, as part of COP26 in Glasgow, Glasgow launched and signed up to the <u>Glasgow Food and Climate Declaration</u> which states that a food systems approach targeting all the Sustainable Development Goals can identify effective intervention points to accelerate climate action while delivering many important co-benefits, including the promotion of biodiversity, ecosystem regeneration and resilience, circularity, equity, access to healthy and sustainable diets for all, and the creation of sustainable economic development and job creation. Food, and specifically improving Glasgow's food system, is an important policy area for planning.

2. Climate mitigation and adaptation p37

World Health Organization (WHO) health and climate change urban profile for Glasgow: This profile presents a snapshot of key climate hazards, climate-sensitive health risks, and the potential health benefits of climate change adaptation and mitigation for Glasgow. Opportunities to promote policies and projects that protect the climate and environment are outlined also. Flooding and extreme precipitation presents the biggest threat to health, with the proportion of the population at risk expected to increase by 2080. The three calls for action are important to note in relation to Glasgow-specific action on climate. These are: continuing to promote the transition to active travel; accelerating action that can support climate change

and result in faster implementation of climate policies (i.e., moving from strategy/policy to action); and prioritising community engagement on the transition to net-zero and climate adaptation. The profile also highlights the importance of climate justice in addressing the city's climate needs. In particular, it is important to recognise the disproportionate impacts of climate change in various population groups, as well as the financial challenges associated with the net-zero transition.

Health and Climate Change Urban Profile

Weathering Change was an action research project in north Glasgow exploring how communities can become more resilient in the face of climate change (2018). The project was delivered before Glasgow's commitment to becoming net-zero by 2030 and the change of framing towards a 'climate emergency'. The subject of climate change has advanced considerably since the report was published, but the key learning remains relevant. Weathering Change cut across many policy areas, including community empowerment, planning and development, the delivery of public services, active travel, and placemaking. Key learning was that people felt powerless in the face of climate change, and that community members were more concerned about the immediate challenges of poverty, economic opportunity and improving the quality of places. The project highlighted the importance of collective working across organisations and communities to address multiple challenges. Priorities for action and opportunities for collaboration to tackle climate change from a place perspective were highlighted: developing a food growing network, inclusive placemaking and improving active travel links (Page 7). Community organisations play an important role in driving the climate change agenda across the city, both directly and indirectly. They provide an important connection to communities, a link for local authorities and a source of knowledge on local issues.

Weathering Change summary.pdf (gcph.co.uk)

Commuting, COVID and decarbonising transport - Findings summary (2023). This report focusses on the progress University of Strathclyde, University of Glasgow, City of Glasgow College, Glasgow City Council, and the Scottish Parliament are making in achieving a shift to more active and sustainable travel among staff and students. The information gathered, via a desktop exercise, describes the context of each organisation, staff travel trends, the impacts of COVID-19 on travel, and active and sustainable travel policies and schemes to promote more sustainable travel.

Public Health Scotland, Adaptation Scotland, Improvement Service (2023) Working together to build climate-resilient, healthy and equitable places: a briefing for local government and partners.

This briefing aims to increase awareness of how climate change and adaptation responses can affect health and health inequalities. It sets out evidence-based public health principles that support a whole-system approach to achieve climate resilience, health and equityⁱ.

- 3. Biodiversity p38
- 4. Natural places p40

5. Soils p42

Soils act as giant carbon stores and healthy soils are vital for future food production. The *4 per 1000 Initiative* – *Soils for Food Security and Climate initiative* was launched at COP21 to promote a model for mitigating climate change through the annual increase in soil organic carbon by 0.4 per cent in soils. The increase rate of CO2 in the atmosphere could be reduced, while improving soil health, strengthening essential ecosystems and contributing to food security. Where high quality soils or established agricultural land exists in urban or peri-urban areas, these areas should be safeguarded, and ideally, protected and appropriately managed.

https://www.sciencedirect.com/science/article/pii/S0167198717302271

- 6. Forestry, woodland and trees p44
- 7. Historic assets and places p45

8. Green belts p48

Food growing opportunities:

As part of the UK-wide Fringe Farming project, Sustain worked with Glasgow Community Food Network (GCFN) and Shared Assets in 2021 to explore and understand the barriers and opportunities for agroecological peri-urban farming in the Glasgow area through desk research and action planning with stakeholders. This briefing summarises key findings and recommendations including a collaborative action plan to take these forward. The recommendations build on elements of the Glasgow City Food Plan related to peri-urban farming.

<u>Peri-urban land in Glasgow: The potential for food growing and farming</u> made in partnership with Fringe Farming, Glasgow Community Food Network, Shared Assets and Sustain.

9. Brownfield, vacant and derelict land and empty buildings p50

Comparative data on proximity to derelict land:

https://www.understandingglasgow.com/indicators/environment/proximity to derelict sites/s cottish cities

Over 50% of the Glasgow population live within 500m of vacant and derelict land. This proportion has reduced since 2010 but remains high compared with other urban areas in Scotland. Planning decisions have an important role to play in ensuring continued improvements in relation to vacant and derelict land proximity, particularly in areas of high deprivation and poor health. This is an issue of environmental injustice. There is also a need to acknowledge the role that the productive use of land can have on communities, not just through its remediation, but through the value that community projects can bring in terms of mental health and in bringing communities together. Programmes that can support the use of vacant or derelict land, even on a temporary basis, should continue to be funded if possible.

Food growing

There is a need to maintain and develop more areas for growing and food production within the city (see Fringe Farming report above). The Community Empowerment (Scotland) Act required all local authorities to produce a food growing strategy which primarily focuses on community growing and allotments. There is also a need to identify and designate more urban and peri-urban space for commercial or social enterprises that will wish to grow, process or retail food. This might be as diverse as small market gardens, beekeeping or community bakeries. These areas can form a "patchwork farm" of small, productive, urban food production and processing units. This can support community wealth building approaches and contribute to a flourishing local economy.

10. Coastal development p51

11. Energy p53

Comparative data on energy consumption

https://www.understandingglasgow.com/indicators/environment/energy consumption

12. Zero waste p56

13. Sustainable transport p57

An early GCPH Seminar Series lecture by Howard Frumkin in April 2006 set the scene for much of GCPH's future work on sustainable and active travel. In his lecture, 'Urban vision and public health: designing and building wholesome places', Frumkin highlighted how urban design and planning impacts on health and wellbeing and showed how designing urban spaces and communities could improve health and wellbeing. He summarised the often-problematic links between disease and illness and sedentary lifestyles, calorific intake, land use planning and transport choices and the negative inter-relationships between traffic, air pollution, climate change and health.

Impact of infrastructure and the Glasgow Bikeshare scheme

GCPH research has shown the positive impact of new bridgesⁱⁱ, city cycle ways^{iii iv} and the city's bikeshare scheme^v on levels of walking and cycling^{vi}.

We were also involved in a major study with the University of Glasgow's MRC Unit to examine the impact of the M74 motorway extension on health and health-related behaviour in the local population. We found that on balance, the new motorway appeared to have promoted car use and there was no evidence that it had reduced road traffic casualties or increased active travel. Overall, the findings highlighted the potential for urban infrastructural projects of this kind to add further burdens to already disadvantaged communities, exacerbating inequalities and contributing to poorer health outcomes^{vii}.

Road space reallocation

There are multiple health benefits of re-distributing road space away from motor vehicles, including car parking and carriageway space, towards other uses^{viii}.

COVID-19 impact

Analysis of cycling through the early phase of the COVID-19 pandemic showed that cycling levels rose across Scotland during lockdown when there was less motorised traffic on the roads and people had more opportunities to travel and exercise locally^{ix}. Despite being a highly unusual period, this does illustrate an untapped latent demand to cycle when it feels safe to do so and people have the opportunity.

Behaviour change

The Bikes for All project used training, led-rides and cheap access to bikes to encourage people from a range of population groups to cycle including women, ethnic minority groups, asylum seekers and refugees. The project brought multiple benefits health and social benefits to people who have previously faced barriers to cycling^x. Without projects like this, it is unlikely that the benefits of new cycling infrastructure or bike share schemes will be felt across the whole population.

Health impacts of active travel

GCPH has examined the health impacts of active commuting. Working in collaboration with researchers at the University of Edinburgh, annual health economic benefits of over 750 million Euros were associated with active commuting in Scotland using the WHO HEAT tool^{xi}. More recent modelling work using a Scotlish longitudinal cohort has shown that, in comparison to non-active commuters, active commuters had lower overall mortality, lower rates of hospitalisation for cerebrovascular disease and cancer and lower levels of prescribing for poor mental health (*unpublished academic paper*).

Safety

Despite the health benefits, many people avoid active travel due to safety concerns, and while the health benefits of walking and cycling far outweigh the risks, there are still safety issues to be resolved. Our own analysis has shown a consistently higher rate of pedestrian casualties in more deprived communities^{xii}, that serious cyclist casualties have been rising in the last decade and that one-in-ten cyclist and pedestrian casualties are victims of hit and run incidents^{xiii}.

Previous consultation responses

GCPH Response- SPT draft Regional Transport Strategy

GCPH Response- Consultation on the Glasgow City Centre Transformation Plan

GCPH Response - Consultation on the 20% Reduction in Car Km Route Map

GCPH response - Glasgow Transport Strategy 2022-2031 (policy framework)

Liveable Places

14. Design, quality and place p59

Consideration should continue to be given to relevant learning from the COVID-19 pandemic, particularly in relation to how urban characteristics shape different population groups' experience of living under restrictions. Although there is a strong desire to 'return to normal', the risk of another pandemic on a similar or greater scale is increasing. Evidence from the early stages of the pandemic showed that already marginalised population groups – such as disabled people and minority ethnic populations – faced greater challenges and experienced

worse outcomes. This was largely shaped by their living conditions and employment. While compact neighbourhoods provide many health benefits, the risk of another pandemic means that high density developments need to be designed in ways that are flexible enough to accommodate changing needs. **Changing Urban contexts** provided an overview of the ways in which the different urban characteristics (e.g. housing, spatial factors, communities and neighbourhoods) of Glasgow shaped the population's experience of the pandemic. The report provides Glasgow-specific examples of how urban development can support a just transition and favourable living conditions for marginalised populations in the event of another pandemic. Many of the recommendations remain relevant and should be considered.

https://www.gcph.co.uk/assets/0000/8116/Changing urban contexts report.pdf

Built environment and health: an evidence review (2013) provides detailed information on the direct and indirect links between aspects of the built environment and health/health inequalities.

https://www.gcph.co.uk/assets/0000/4174/BP 11 - Built environment and health - updated.pdf

GCPH consultation response to Glasgow's Draft Local Housing Strategy 2023-28

15. Local Living and 20-minute neighbourhoods p61

The creation of 20-minute neighbourhoods could support better living conditions for communities. This aligns well with what is known to constitute healthy urban planning. However, there is a danger that only new developments follow this approach, while neighbourhoods that are not well connected or resourced do not receive the investment required to support the 20-minute neighbourhood principles. Significant regeneration is required in deprived neighbourhoods to support the 20-minute neighbourhood principles across the whole population.

Our response to the draft NPF in February argues the importance of ensuring 20mph limits within 20-minute neighbourhoods.

https://www.gcph.co.uk/assets/0000/8607/GCPH consultation response NPF4 draft with I ogo.pdf

The following reports on Place Standard exercises conducted in Netherholm and Barmulloch may provide some examples of how to support effective engagement with communities on place-related issues.

https://www.gcph.co.uk/assets/0000/9199/Place standard report.pdf

https://www.gcph.co.uk/assets/0000/9834/Place standard Barmulloch.pdf

Access to nutritious food:

There is growing evidence of the association between local access and exposure to healthy food outlets (e.g. greengrocers) and improved dietary intake, especially in children. For example:

https://pubmed.ncbi.nlm.nih.gov/28854995/

Further, this systematic review found that the number of, and distance to, unhealthy food outlets increased the likelihood of fast-food consumption and higher BMI for children of any SES: https://www.sciencedirect.com/science/article/pii/S027795362200185X

16. Quality homes p62

Health Foundation (2023) Leave no one behind: The state of health and health inequalities in Scotland. https://doi.org/10.37829/HF-2023-HL01

This report notes that persistent inequalities over the past decade is linked to the accumulation of severe multiple disadvantage, which includes living in more deprived areas, poor-quality housing, and austerity leaving services, including housing, in a fragile state. The report (pages 34-35) highlights housing quality and affordability and how certain groups are more likely to have higher housing costs. Quality is generally worse in the private rented sector, although in the case of damp and condensation, social housing performs poorly. Differences between groups and tenures contribute to inequalities directly (damp) or indirectly (financial pressures)^{xiv}.

Public Health Scotland (2022) <u>Use of private and public greenspace by housing tenure during the COVID-19 pandemic.</u>

This report brings together evidence on how our responses to the COVID-19 pandemic have affected our environment and spaces and how people interact within these. It explains how this might impact on health and wellbeing, health inequalities and aims to inform national and local responses through policy and practice^{xv}.

<u>Trauma-informed approaches in housing - case studies</u> (October 2020)

Public Health Scotland published three case studies on trauma-informed practice from the housing sector to share across housing, health and social care to support improvement, help with collaboration and reduce health inequalities^{xvi}.

GCPH report (2023) Moving from homelessness into social housing: testing new approaches

This report captures the learning from testing new ways of supporting people moving from temporary homelessness accommodation to social housing in Glasgow. The report outlines what this new approach entailed and shares the findings and key learning^{xvii}.

GCPH report (2019) Housing through social enterprise: final report.

The report highlights how four key factors - relationships (tenant-housing provider), property quality, affordability, neighbourhood - are important for tenants to be able to settle into a new tenancy and make their house feel like home^{xviii}.

NHS Health Scotland (2016) Housing and health inequalities.

Key briefing paper messages: housing has an important influence on health inequalities through the effects of housing costs, quality, fuel poverty and the role of housing in community life. Many people do not live in a home that is warm, dry and affordable and more work is

required to ensure there is a sufficient number of good quality, affordable homes to meet the needs of people in Scotland^{xix}.

17. Rural homes

18. Infrastructure first p67

Infrastructure first aligns well with 20-minute neighbourhoods. However, development that aligns with the provision of existing infrastructure may preclude areas in need of substantial infrastructure investment. Providing better infrastructure in areas that are poorly served, therefore, may be a more appropriate means of tackling existing inequalities.

Economies for Healthier Lives is a three-year (2021-24) programme managed and funded by the Health Foundation. Funding has been allocated to four local partnerships across the UK, one in the Glasgow City Region (GCR), to promote health and reduce inequalities through economic development strategies. GCPH are evaluating the GCR pilot, which involves working to generate a tool to support decision making in capital projects, specifically trying to bring health inequality to the fore in decision-making processes. The development and adoption of the tool could bring a more uniform approach to capital investment projects in a way that supports more strategic decision-making.

https://www.gcph.co.uk/publications/1081 economies for healthier lives

- 19. Heat and cooling p69
- 20. Blue and green infrastructure p70

21. Play, recreation and sport p72

Healthy Active Kids Scotland - https://www.activehealthykidsscotland.co.uk/

This website provides periodic snapshots of the physical activity of Scottish children benchmarked against other countries. Useful infographics backed up by solid academic evidence.

Hands Up data

https://www.understandingglasgow.com/indicators/transport/travel to school

Data on how children travel to school in Glasgow compared to other cities.

22. Flood risk and water management p74

23. Health and safety p76

In June 2023, a low emission zone was introduced to Glasgow City Centre to address high levels of air pollution caused by motorised traffic. GCPH has supported this approach as one of the many steps needed to improve health, tackle air pollution and indirectly reduce carbon emissions^{xx}.

24. Digital infrastructure p78

Some references to digital exclusion in Health in a Changing City and on Understanding Glasgow.

https://www.understandingglasgow.com/indicators/poverty/access to bank or building soci ety account/digital access

Productive Places

25. Community wealth building p79

Community Wealth Building (CWB), by its nature, is place-based and context-specific. The Glasgow City Region is committed, in the Regional Economic Strategy and associated Action Plan to create an inclusive economy, underpinning which is building community wealth.

To do so relies on the intentional actions of anchor organisations in the Region, including local authorities, to take a people-centred approach to their economic activity, redirecting wealth back into the local and regional economy, and placing more control and benefits into the hands of local people. Anchors (those organisations that are rooted in place) do this through their spending/procurement practices; via the land, property and other assets they own; by their employment practices (fair and healthy work); and more.

Community wealth building approaches are now well established in some places and therefore it has been possible to evaluate impact. Preston is the most notable UK example: recent work found that during the period in which the community wealth building programme was introduced, there were fewer mental health problems than would have been expected compared with other similar areas, as life satisfaction and economic measures improved.

https://cles.org.uk/publications/how-we-built-community-wealth-in-preston-achievements-and-lessons/

https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(23)00059-2/fulltext

The Centre for Local Economic Strategies (CLES) has produced a vast collection of information on community wealth building, which can be found on their website: https://cles.org.uk/.

Earlier this year, Scottish Government consulted on a proposed Community Wealth Building (Scotland) Bill. Scottish Government have not yet reported on their findings and analysis. However, responses are published on the Government's website, where permission was given to do so:

https://consult.gov.scot/economic-development/community-wealth-building-consultation/consultation/published select respondent

The Glasgow City Region response can be found here:

https://consult.gov.scot/economic-development/community-wealth-building-consultation/consultation/view respondent? b index=120&uuld=735943754

Lastly, Public Health Scotland have produced a useful summary of the distinctions between inclusive growth, inclusive economy/economies, and a wellbeing economy – 'Knowing the goal: an inclusive economy that can address the public health challenges of our time'.

https://jech.bmj.com/content/75/11/1129

Prof David Waite, Urban Studies, University of Glasgow, has published several articles on alternative approaches to urban economic development. For example:

https://journals.sagepub.com/doi/10.1177/00420980231187884.

- 26. Business and industry p80
- 27. City, town, local and commercial centres p81

28. Retail p84

Food environment around schools:

A series of studies undertaken by GCPH in 2012-14 that remain relevant explored the role of the food retail environment around schools in influencing the consumption of unhealthy foods by school pupils. One of the recommendations is that licensing and planning powers are utilised to limit the number and concentration of commercial outlets selling unhealthy food in local neighbourhoods and near schools.

https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-017-4900-9

and https://www.gcph.co.uk/assets/0000/3361/GCPH BP 35 FINAL web.pdf

Also see comments under Access to nutritious food in section 15 above.

- 29. Rural development
- 30. Tourism
- 31. Culture and creativity
- 32. Aquaculture
- 33. Minerals

Additional Comments/suggestions

We would welcome the inclusion of a section on planning and intersectionality, which fundamentally sets out how the City Development Plan will address the needs of different population groups and prevent discriminatory planning policy or decisions. Advancing understanding around how different population groups are impacted by planning decisions, as well as working with relevant population groups to identify needs, is fundamental to the creation of more inclusive places for all. We recently provided evidence/responded to the call for evidence on 'Community Engagement Guidance for Local Development Plans'. This provides some important detail around how some population groups are poorly represented

in planning/planning decisions, the role of intersectionality and some examples of effective community engagement in different contexts.

GCPH Response- Community engagement in local development planning | Glasgow Centre for Population Health

References and further evidence sources

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xi Baker G, Pillinger R, Kelly P, Whyte B. Quantifying the health and economic benefits of active commuting in Scotland, *Journal of Transport & Health* 22;2021. https://doi.org/10.1016/j.jth.2021.101111

wii Whyte B, Craig Waugh C. *Pedestrian and cyclist casualty trends in Scotland.* GCPH; 2015. Available from:

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https://www.gcph.co.uk/publications/924 cycling in scotland review of cycling casualties

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