

ACTIVE TRAVEL AND HEALTH IN GLASGOW

Active travel refers to walking or cycling for all or part of a journey instead of using motorised transport.

It can contribute to better physical and mental health by increasing physical activity, reduce the impact climate change and air pollution, and can help build more connected communities.

WHAT INFLUENCES PEOPLE'S ACTIVE TRAVEL DECISIONS?

 **Safety concerns**
Such as unsafe routes and poor road and path maintenance

Traffic speed
Slower speed limits encourage active travel



Culture and social norms
Car travel as 'normal' - cycling not considered an option for many



Convenience, time efficiency and cost
Public and active transport options don't meet needs - car seen as 'essential'

Infrastructure and urban design
New walking and cycling routes encourage active travel but more are needed



WHAT CAN HELP INCREASE LEVELS OF ACTIVE TRAVEL?

 **Strong leadership, integrated policies and investment**
Need consistent vision, community engagement and a shift in investment

Increase focus on the transport options for disadvantaged communities

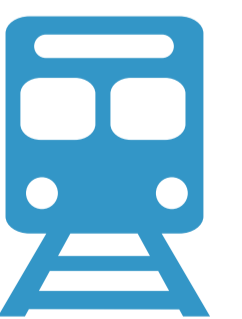
Culture and behaviour change
Need to improve other options to encourage people not to drive



Urban planning
Better connectivity to amenities, safe walking and cycling routes, particularly near schools



Integrated infrastructure
Maintenance of active travel routes is important but greater focus is needed on the role of public transport



Search 'active travel' at www.gcph.co.uk