

The health benefits of pedestrian and cyclist commuting



What we did

We used the Scottish Longitudinal Study to compare the health outcomes for cyclist and pedestrian commuters to non-active commuters over an 18-year period (2001-2018).

Findings



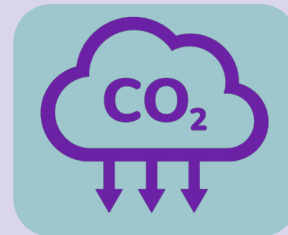
Cyclist and pedestrian commuters were less likely to die, be hospitalised or be prescribed medication for a range of chronic diseases than non-active commuters.



Cyclist commuters have twice the risk of being hospitalised after a road traffic incident compared to non-active commuters, reinforcing the need for safer cycling infrastructure.



Active commuters had better mental health outcomes.



These findings have wider global relevance to our efforts to reduce carbon emissions and to travel more sustainably.



Citation: Friel C, Walsh D, Whyte B, Dibben C, Feng Z, Baker G, Kelly P, Demou E, Dundas R. The health benefits of pedestrian and cyclist commuting: evidence from the Scottish Longitudinal Study (BMJ Public Health, 2024).

