

# Effective interventions in road transport to improve public health: lessons from active travel projects and programmes

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## How do we get our MVPA in Scotland each week?

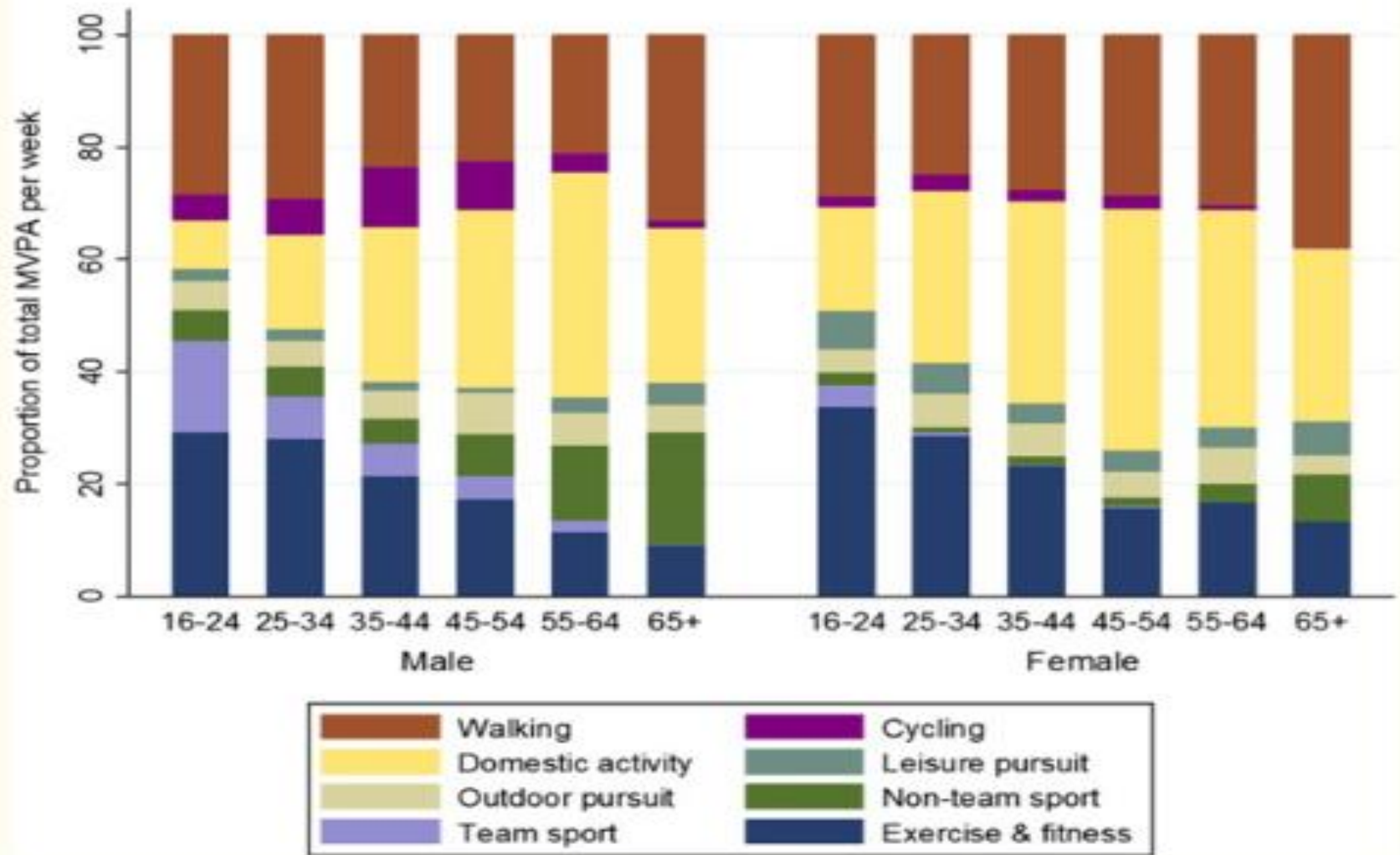



Fig. 3

Domain-specific mean weekly minutes of moderate and vigorous physical activity (MVPA) and their respective relative contributions to total MVPA of adults in Scotland who met the MVPA guidelines in 2013 (n = 3016), excluding the domain of occupational activity, by age category and sex.




A review of the  
evidence on the  
link between  
active travel for  
transport and  
physical  
activity...






A review of the  
evidence on the  
link between  
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activity...

1. What is the  
potential and  
actual  
contribution of  
active travel to  
physical activity  
participation?



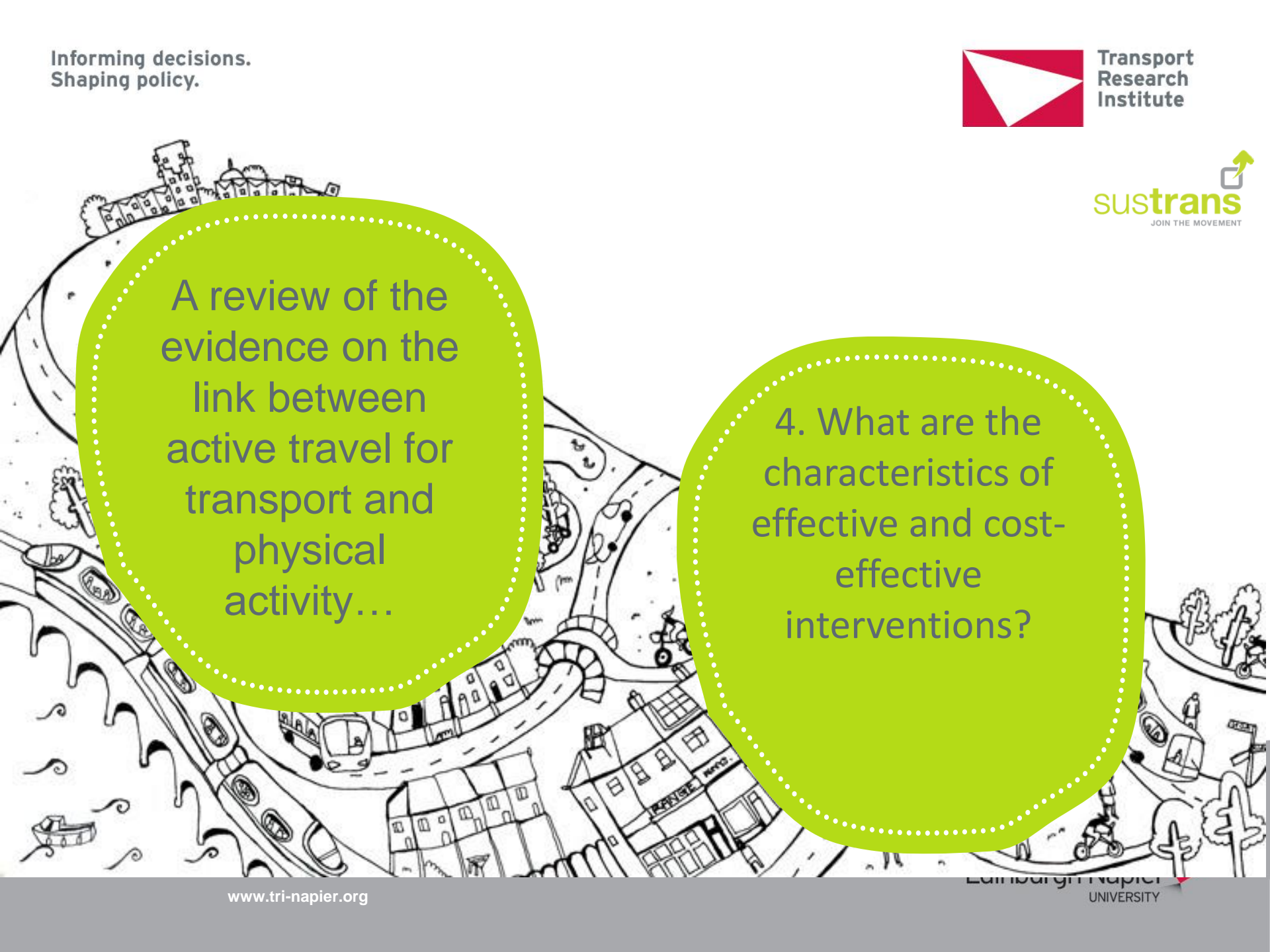
A review of the  
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2. What  
interventions are  
effective in  
increasing active  
travel for physical  
activity?



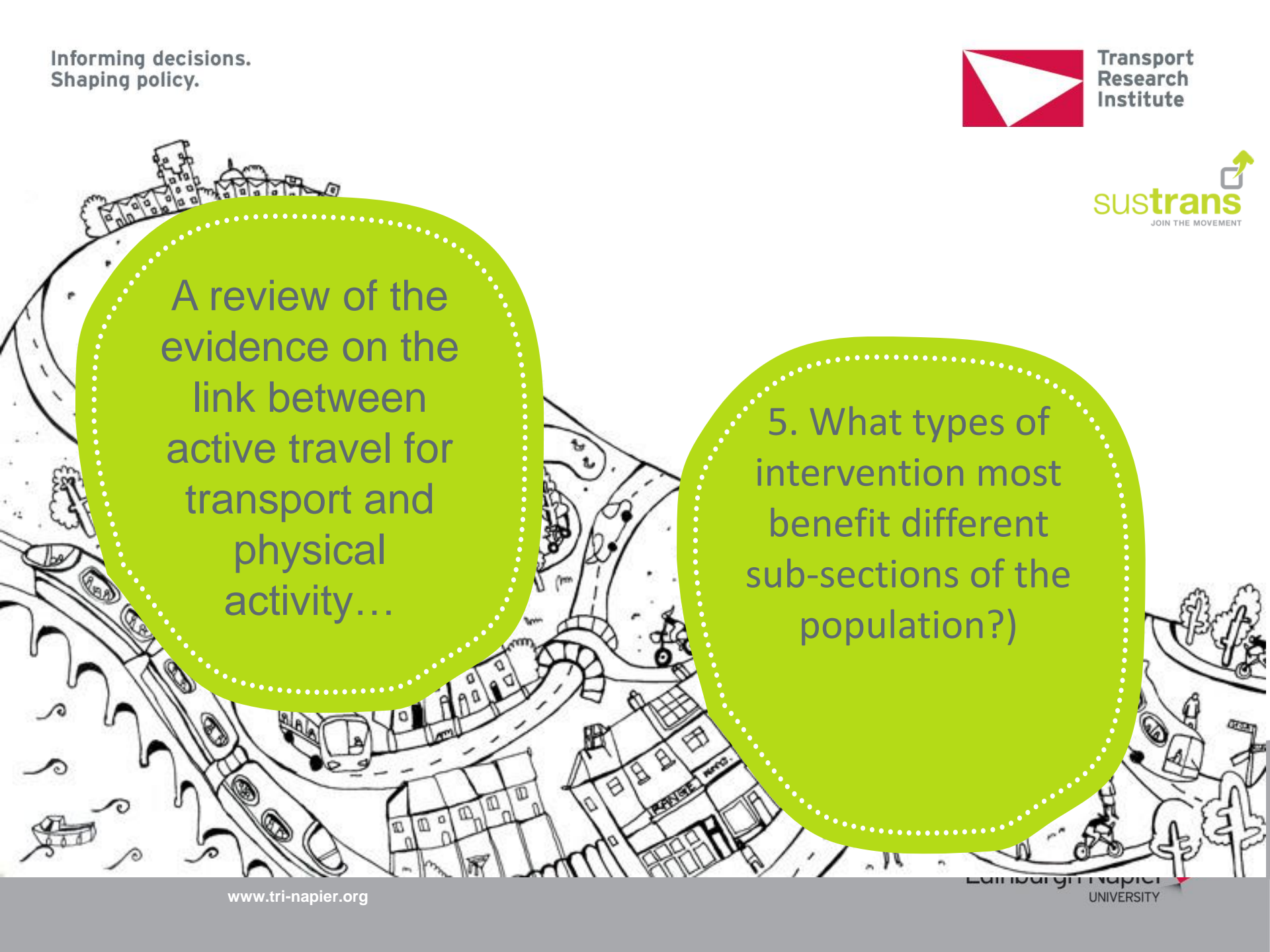
A review of the  
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3. What  
interventions are  
cost-effective in  
increasing active  
travel for physical  
activity?



A review of the  
evidence on the  
link between  
active travel for  
transport and  
physical  
activity...

4. What are the  
characteristics of  
effective and cost-  
effective  
interventions?

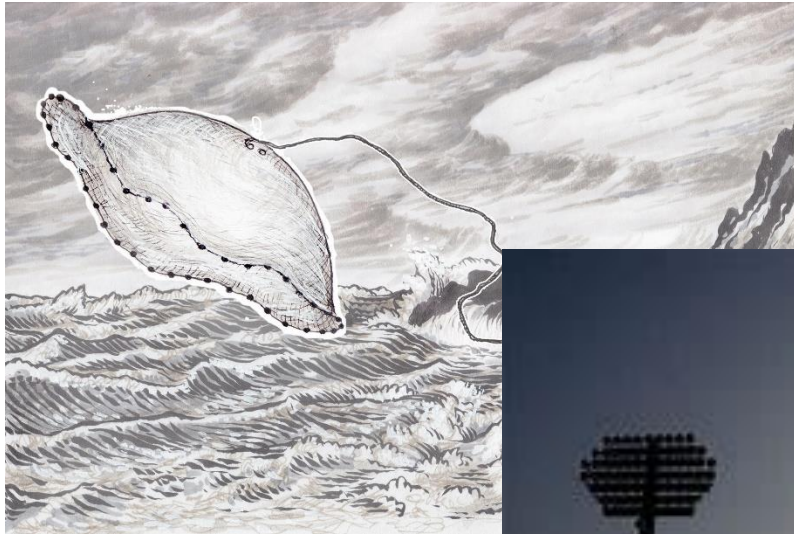



A review of the  
evidence on the  
link between  
active travel for  
transport and  
physical  
activity...

5. What types of  
intervention most  
benefit different  
sub-sections of the  
population?)



Informing decisions.  
Shaping policy.





**Six settings or  
typologies  
identified in the  
literature...**



City and town  
wide  
interventions



Workplace and  
other institution  
based  
interventions



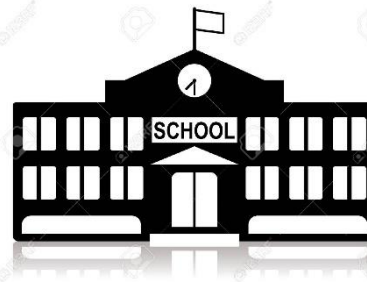
Building or  
improving  
routes or  
networks



Interpersonal  
interventions



Social marketing  
including  
marketing of  
infrastructure



School based  
interventions



City and town  
wide  
interventions 19



Workplace and  
other institution  
based  
interventions 4



Building or  
improving  
routes or  
networks 16



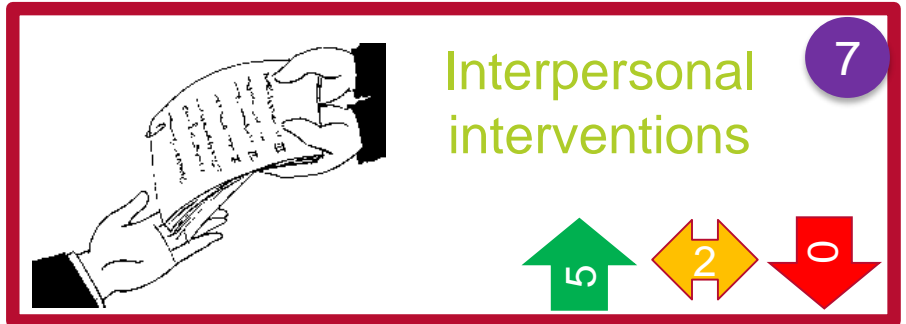
Interpersonal  
interventions 7



Social marketing  
including  
marketing of  
infrastructure 3



School based  
interventions 35

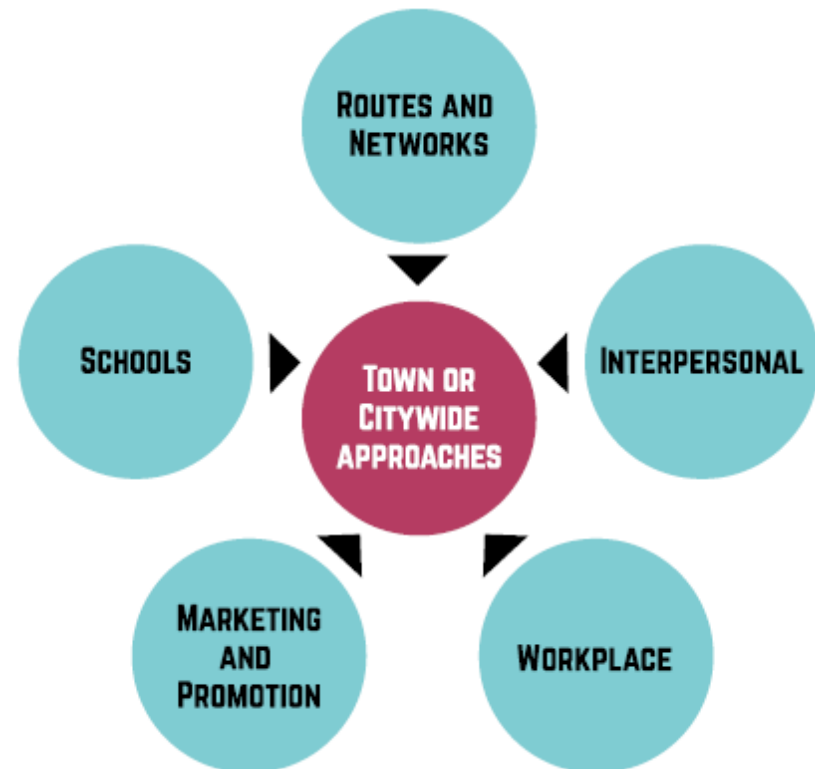


# ACTIVE TRAVEL WORKS

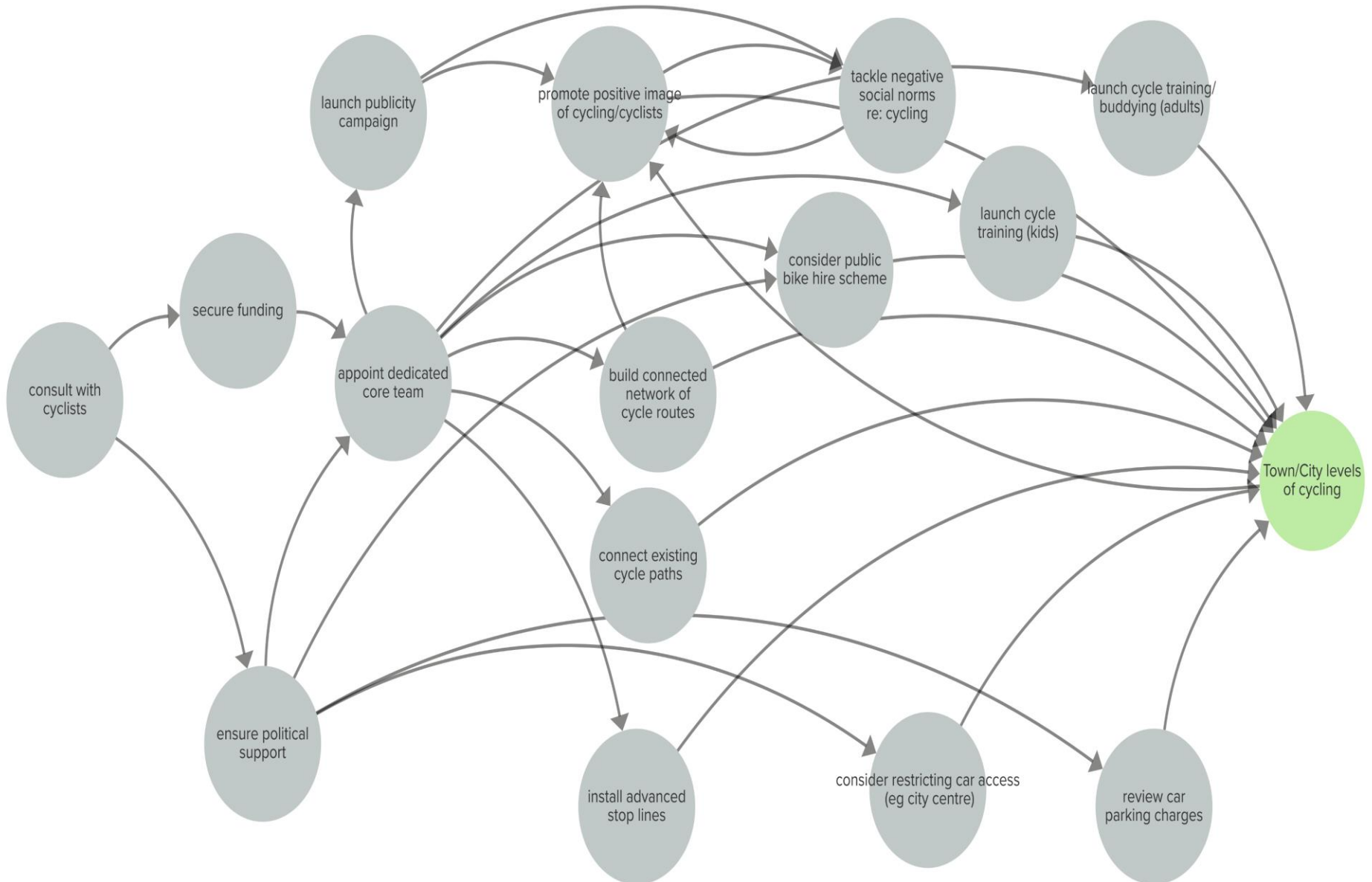
There is strong and substantial evidence that active travel interventions are effective at increasing walking, cycling and physical activity.

Our review found 61 out of 84 interventions were effective. This includes 36 out of 50 walking interventions, and 41 out of 60 cycling interventions (some covered both). The remainder showed mixed or uncertain results, with a very small number showing decreases.

Evidence is strongest for town or citywide approaches, typically made up of several interventions working together across a whole place.



# Example of a citywide approach to cycling



Overall, in the three towns, there was a reduction in total traffic levels in the order of 2%, together with a reduction of 7-10% in the number of car driver trips per resident. Cycling estimated as being a 26-30% increase in cycle trips per head across the three towns taken together - were broadly sustained as was walking at 13-18% increase.

Creating the future of transport



## PUBLISHED PROJECT REPORT PPR776

Sustainable travel towns: An evaluation of the longer term impacts

Main report

S Cairns and M Jones



SPORT  
ENGLAND

A photograph of a tree-lined street with people walking, jogging, and cycling. A sign on a lamppost says 'YOU'.

## ACTIVE TRAVEL & PHYSICAL ACTIVITY EVIDENCE REVIEW

May 2019

Sustrans, Dr Nick Cavill and  
Professor Adrian Davis



sustrans  
JOIN THE MOVEMENT

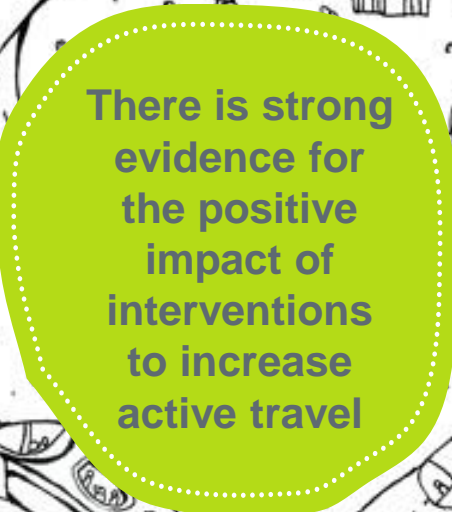


**There is an overwhelming case for investing in active travel to support physical activity.**


**Recommendations:**

- ➔ Prioritise town/citywide approaches
- ➔ Promote active travel *synonymously* with physical activity
- ➔ Consistent, long-term funding and cross-government support
- ➔ Further research and evaluation

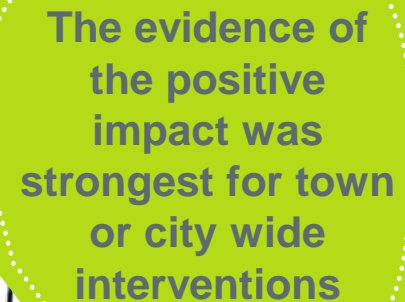
# Overall conclusions...



There is strong evidence for the positive impact of interventions to increase active travel



The evidence of the positive impact covers a number of different types of intervention



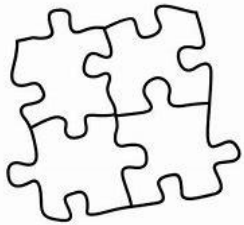
The evidence of the positive impact was strongest for town or city wide interventions



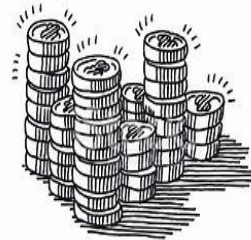
Prioritise 'whole system'-type intervention approaches



Enable consistent, long-term funding streams



Identify appropriate combinations of measures that 'fit' locally



Enable funding streams that draw on wide-ranging cross-departmental support



Encourage local agencies to promote active transport



Robustly evaluate active travel interventions to grow the evidence base



GAPS: what factors lead to differential extents of impact; which combinations of measures work best; what societal groups respond to active travel interventions; the cost-effectiveness of interventions

## Back to the four research questions

1. What is the potential and actual contribution of active travel to physical activity participation?

2. What interventions are effective in increasing active travel for physical activity?

3. What interventions are cost-effective in increasing active travel for physical activity?

4. What are the characteristics of effective and cost-effective interventions?

(5. What types of intervention most benefit different sub-sections of the population?)

## What does **PUBLISHED LITERATURE** say

✓ Narrative based on analysis of existing sources

✓ Comprehensive review of six intervention types

✓ Cost effectiveness data quite limited in these studies

✓ Limited evidence from studies; systems map for city and town

✓ Very little study of different population subgroups

## How is it intended that this review should be used (Sport England, LAs)?

Demonstrate the clear evidence of the importance of active travel interventions in increasing physical activity

Identify the types of interventions that can increase levels of active travel which contribute to levels of physical activity

Inform decisions on active travel interventions by demonstrating the relative strength of evidence for the positive impact of different types of intervention

Inform planning of structural and funding approaches in support of active travel

# ▶ Thank you!

- ▶ [a.davis@napier.ac.uk](mailto:a.davis@napier.ac.uk)
- ▶ <https://blogs.napier.ac.uk/tri/essential-evidence-scotland/www.travelwest.info/evidence>
- ▶ <https://www.sportengland.org/media/13943/active-travel-full-report-evidence-review.pdf>
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