

# Movement: Active Travel

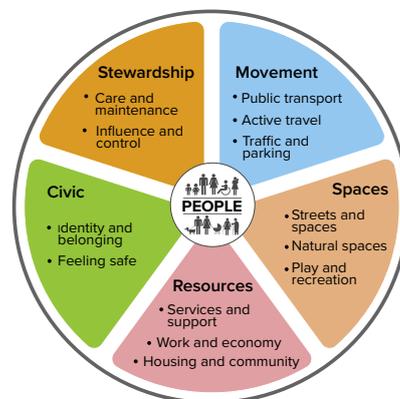


Active travel can have a positive impact on people when:

- Everyone can easily move around using good-quality, accessible, well-maintained and safe segregated wheeling, walking and cycling routes and access secure bike parking.
- Everyone can wheel, walk and cycle through routes that connect homes, destinations and public transport, are segregated from, and prioritised above, motorised traffic and are part of a green network.

This is why it is one of Scotland’s Place and Wellbeing Outcomes.

**Active travel simply means making journeys in physically active ways – like walking, wheeling (using a wheelchair or mobility aid), cycling or scooting.**



## The evidence tells us:

Active travel can improve health by increasing physical activity, weight loss and reducing obesity.<sup>1</sup>

Active travel is associated with reduced risk of death.<sup>1</sup>

Active travel can increase social interactions.<sup>1</sup>

Active travel is associated with improving mental health.<sup>1</sup>

Active travel can minimise harms to health by reducing motorised traffic.<sup>1</sup>

Safety is a key barrier to increasing active travel amongst women.<sup>1</sup>

Walking or cycling to school helps children achieve a healthy weight, with the benefit being greater for children in deprived areas.<sup>1</sup>

People experiencing transport poverty are often forced to run a car despite having limited resources. This is particularly problematic in rural areas.<sup>2</sup>

Active travel can provide benefits to local economies.<sup>1</sup>

There is increased public support for investment in walking and cycling, particularly amongst people on low incomes.<sup>3</sup>

Briefings for all of the other Place and Wellbeing Outcomes can be found on the [Improvement Service website](#).

### Sources

1. [Evidence Behind Place Standard Tool and Place and Wellbeing Outcomes](#)
2. [Transport Poverty a Public Health Issue](#)
3. [Walking and Cycling Index 2022](#)

Visit the [website](#) for more information on the Place and Wellbeing Outcomes. Follow us on X (@place4wellbeing) to keep up to date with our latest news and place-based resources.