

Movement: Active Travel

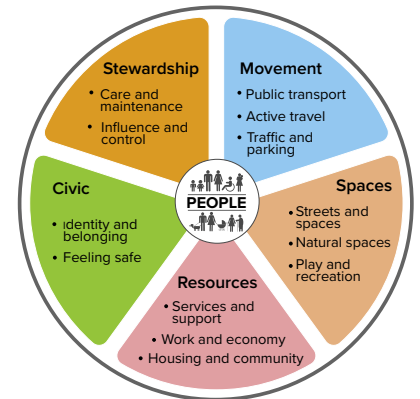


Active travel can have a positive impact on people when:

- 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.¹



Safety is a key barrier to increasing active travel amongst women.¹



Active travel is associated with reduced risk of death.¹



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



Active travel can increase social interactions.¹



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



Active travel is associated with improving mental health.¹



Active travel can provide benefits to local economies.¹



Active travel can minimise harms to health by reducing motorised traffic.¹



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

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.