

PLACE AND WELLBEING OUTCOME BRIEFING

Movement: Public Transport



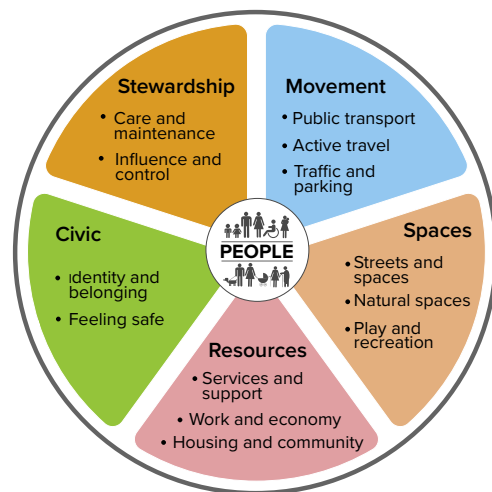
Public transport can have a positive impact on people when:

- Everyone has access to a sustainable, affordable, accessible, available, appropriate, and safe public transport service.

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

Public transport involves buses and trains running on fixed routes and charging set fares.

The evidence tells us:



Public transport has the potential to encourage active travel.¹



Public transport accompanied by active travel is linked with increased physical activity and reduced obesity.¹



Public transport is linked with improved mental wellbeing.¹



Public transport has the potential to reduce carbon emissions.¹



Public transport can improve access to services and facilities and connect communities.¹



People on a low income tend to be more reliant on public transport such as buses.¹



People in rural and island areas often rely more on public transport because they have to travel further to access services and employment. This is associated with longer travel times and higher transport costs.²



The cost and accessibility of public transport disproportionately disadvantages those on the lowest incomes because it can affect access to services and employment opportunities.¹



Certain groups are likely to be at higher risk of transport poverty such as women, students and older people.²



If public transport or active travel routes are not well maintained or do not feel safe, they are unlikely to be used.¹

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](#)

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.