

Movement: Traffic and Parking

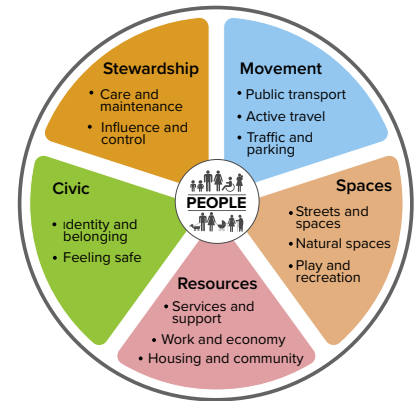


Traffic and parking can have a positive impact on people when everyone can benefit from:

- Reducing traffic and traffic speeds in the community.
- Traffic management and design, where traffic and car parking do not dominate or prevent other uses of space and car parking is prioritised for those who don't have other options.

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

The evidence tells us:



The volume and speed of traffic and long commutes can be detrimental to health.¹



People in deprived areas can be exposed to higher levels of air and noise pollution.¹



Motorised transport has the potential to reduce levels of physical activity and social interaction.¹



Traffic noise can affect peoples' levels of stress and sleep disturbance which impacts their physical and mental health.¹



Motorised transport can increase the risk of accidental injury and disrupt communities.¹



Lack of suitable parking has the potential to affect health. Parking should be prioritised for people who don't have other options.¹



Child traffic accident injuries are often higher in more deprived areas.¹



Traffic infrastructure design can inhibit access to amenities, services, goods and communities.¹



Motorised transport has the potential to increase air and noise pollution and greenhouse gases.¹



Investing in better streets and spaces for walking can provide a competitive return compared to other transport projects.²

Briefings for all of the other Place and Wellbeing Outcomes can be found here.

Sources

1. [Evidence Behind Place Standard Tool and Place and Wellbeing Outcomes](#)
2. [The Pedestrian Pound: The business case for better streets and places](#)

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.