

# Active Travel and Healthy Workplaces

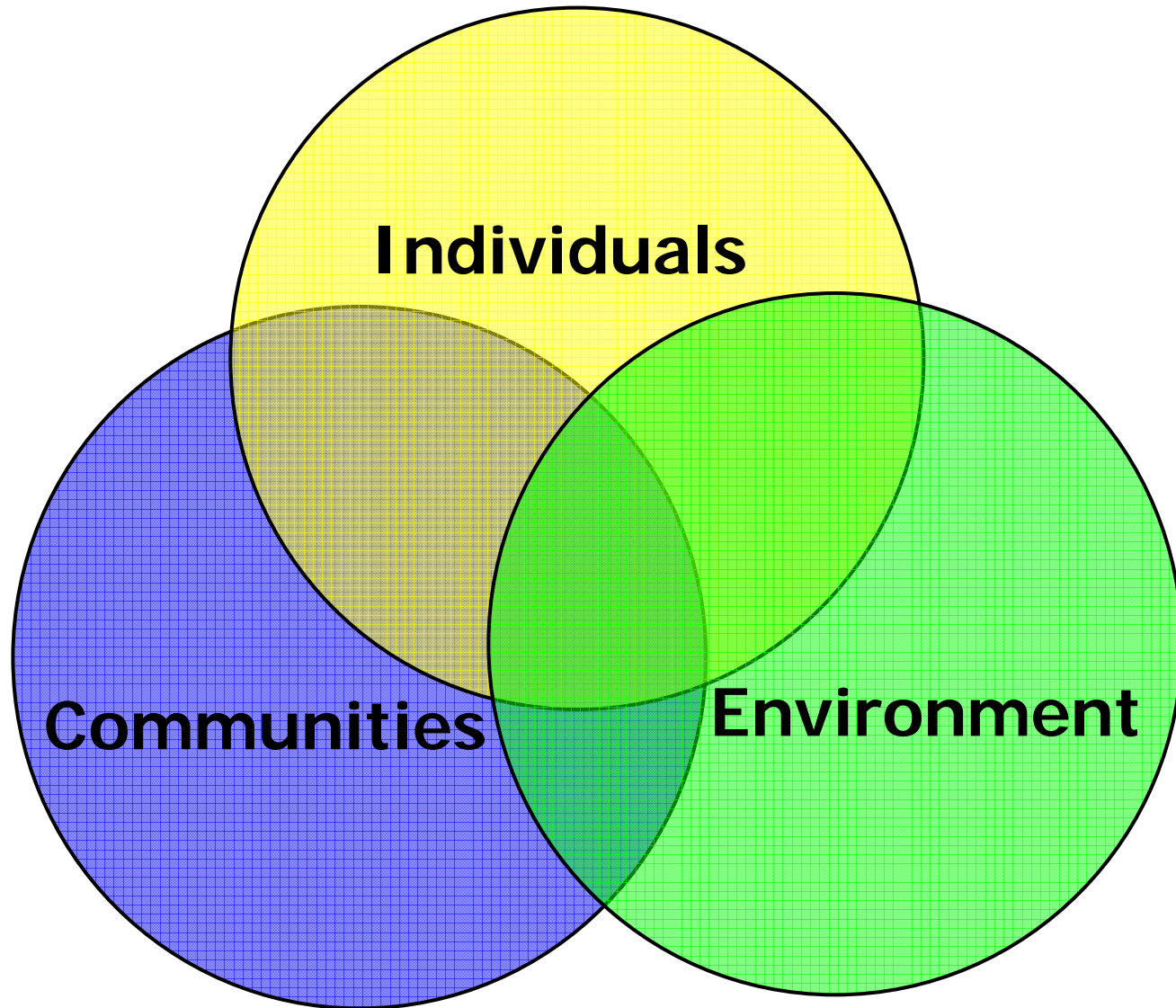
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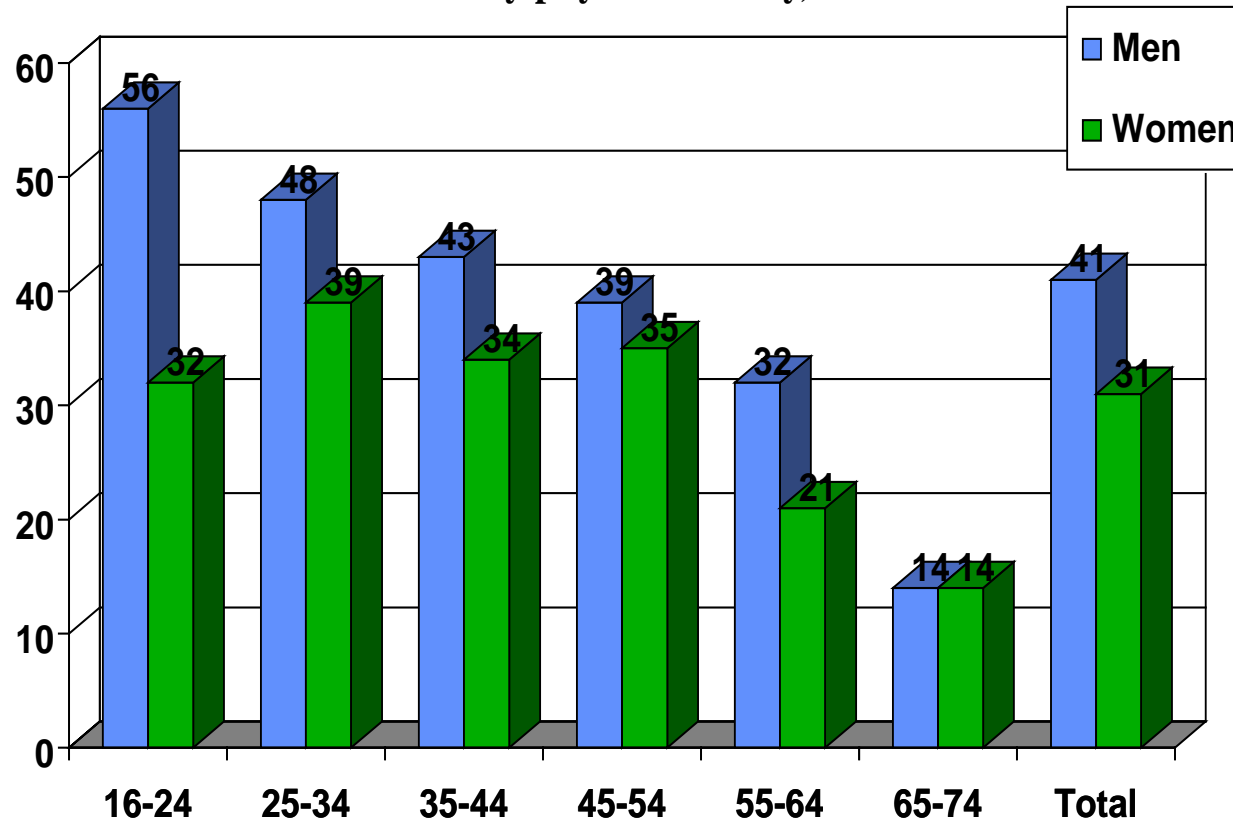
Transport has impacts on:



# Physical activity by age

## Proportion of adults who are active enough to benefit their health

(participation in at least five occasions of at least 30 minutes of moderate intensity physical activity)



# Importance of physical activity

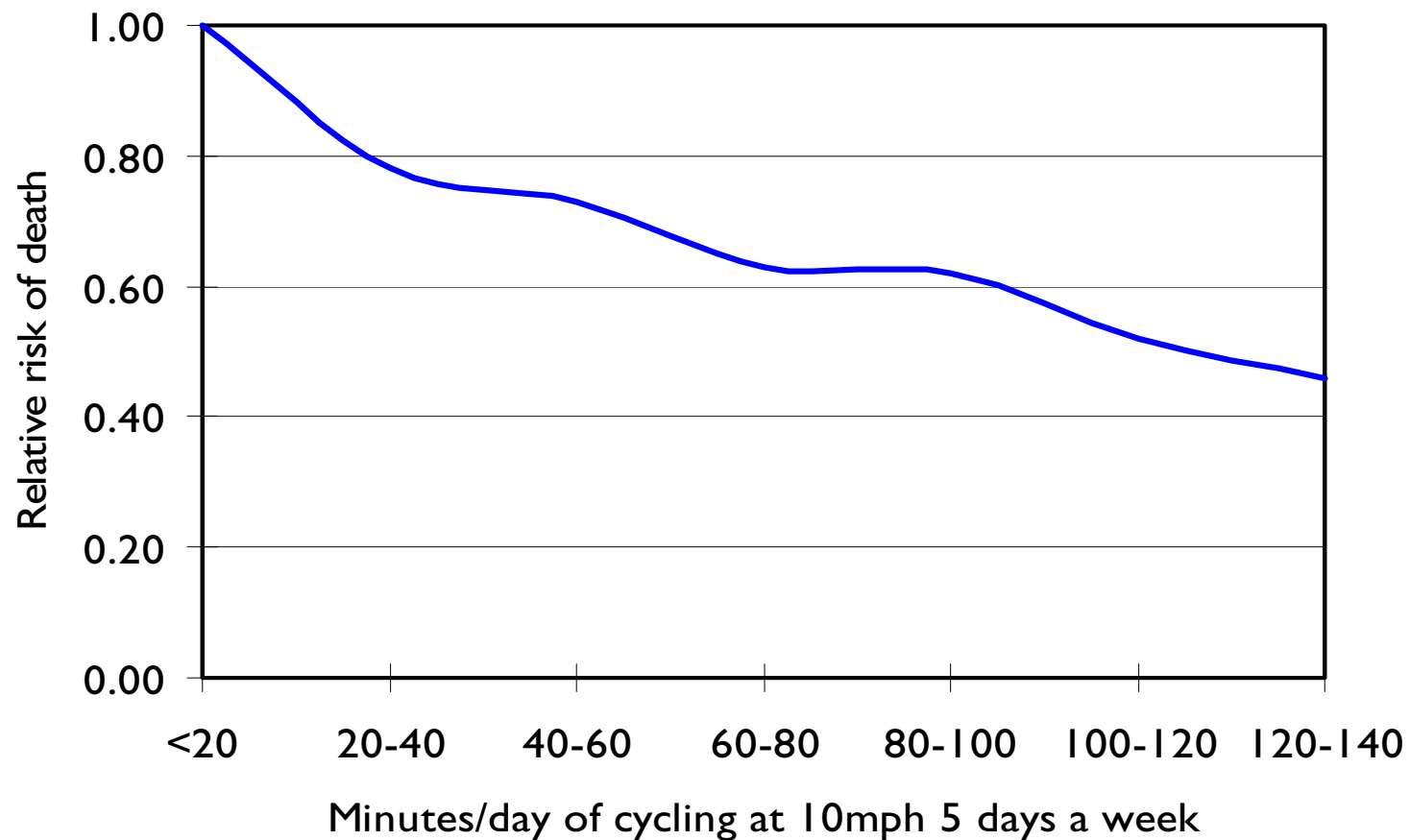
- ↓ risk of Heart Disease
  - ↓ risk of Stroke
  - ↓ risk of Diabetes
  - ↓ risk of osteoporosis
  - ↓ risk of some cancers eg colon, breast
  - ↑ mental health and well-being
- 
- 70% of the adult population is not sufficiently active to achieve protection from these diseases

# Getting active

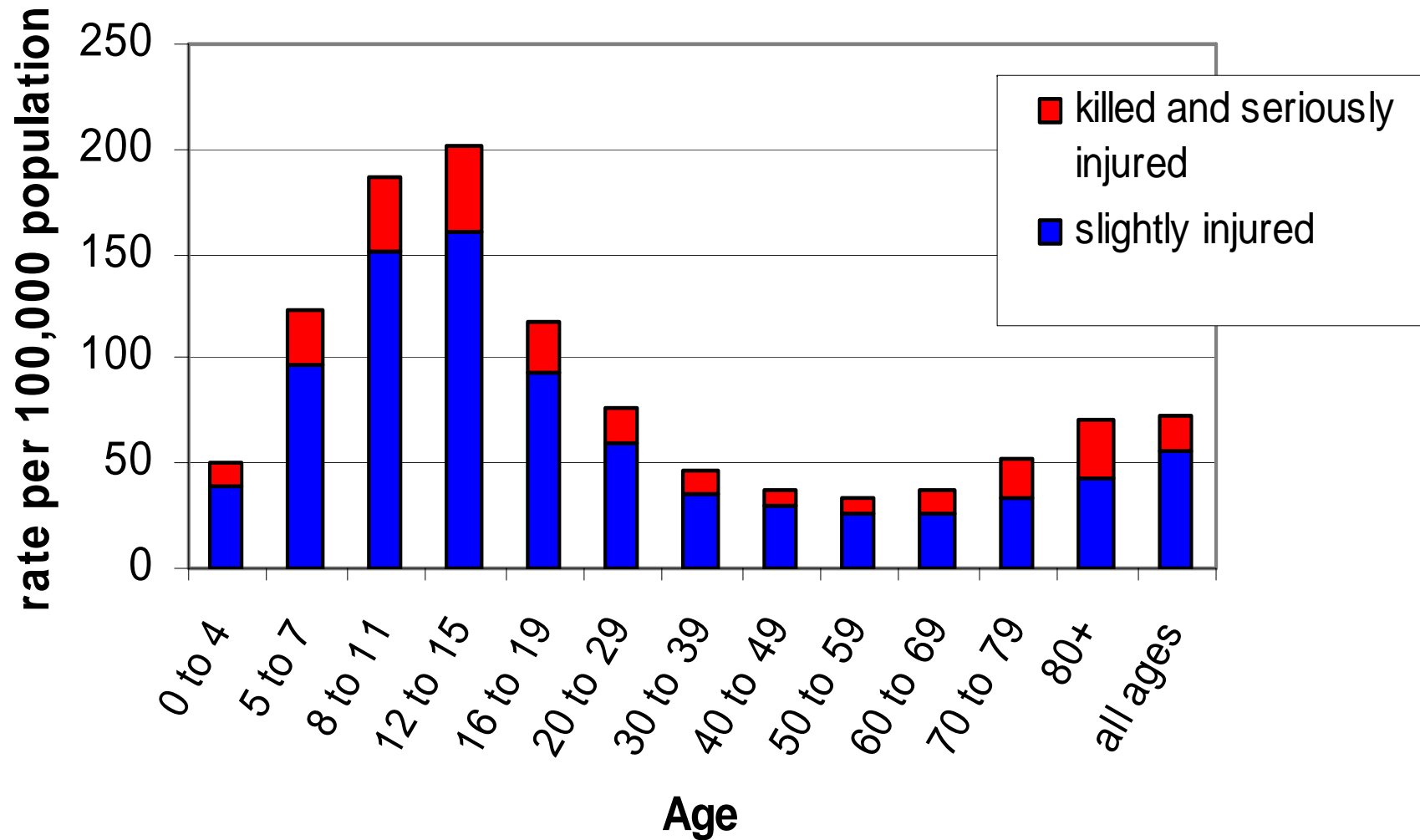
*“For most people, the easiest and most acceptable forms of physical activity are those that can be incorporated into everyday life. Examples include walking and cycling instead of driving.”*

Chief Medical Officer for England, 2004

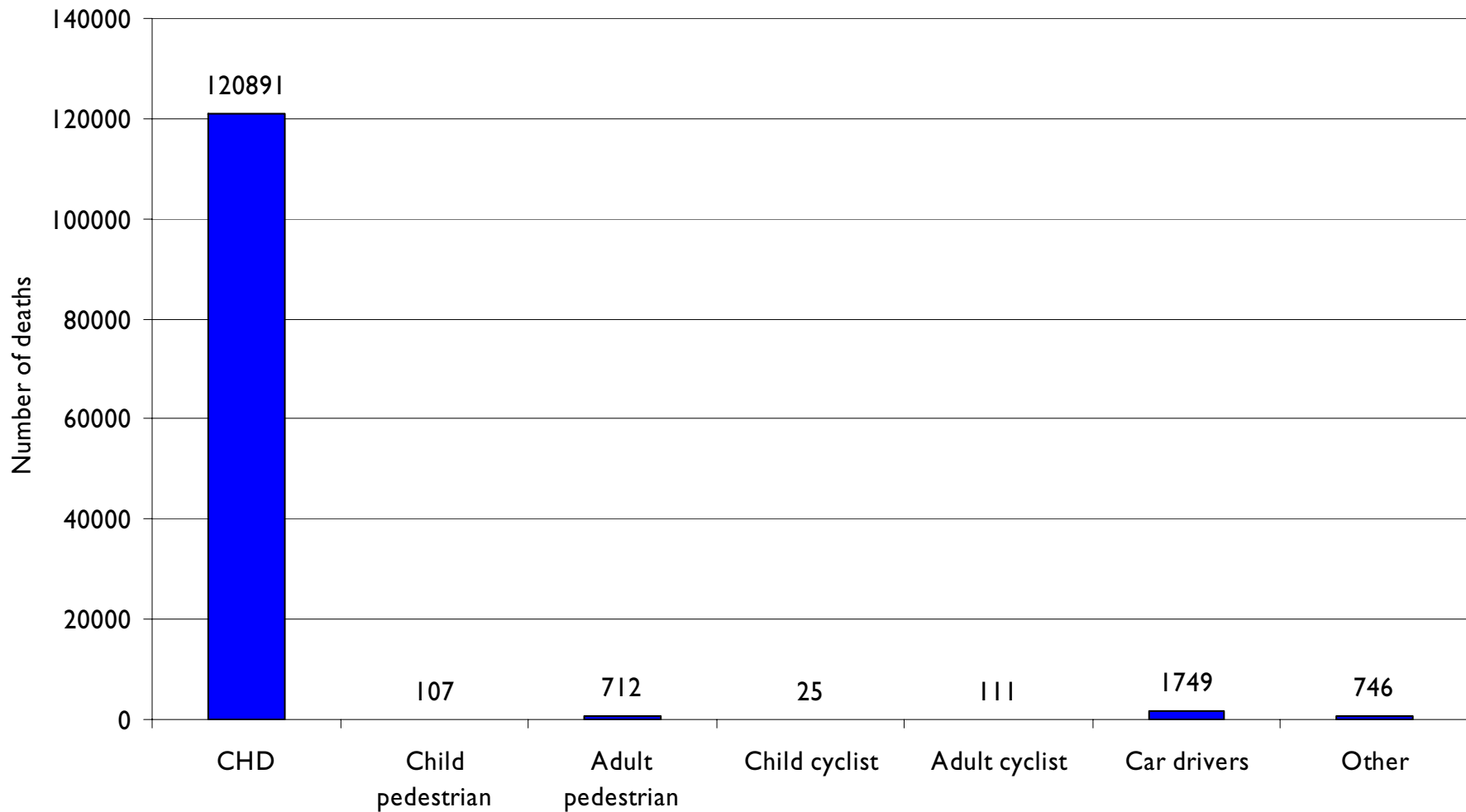
# Reduction in relative risk of death for regular cyclists



# Pedestrian casualty rates by age



# Mortality from injuries and from CHD



# Cost of ill-health to the economy

- 192 million working days lost to the British economy in 2003 from sickness
- Sickness and absenteeism cost Britain over £11 billion a year
- Physically inactive people are less productive employees and have poorer attendance records than physical activity people

# Absenteeism

- High levels of physical activity (2.5-5 hrs a week)
  - significant decline in absenteeism of 4.8 days
- Even low levels of physical activity reduced absenteeism
- Higher levels of physical activity had a greater effect on absenteeism

# Industrial injuries

- French research has found that all exercisers had few industrial injuries than sedentary people, with those exercising most having the fewest
- Absences for industrial injuries and illness were shorter among active than sedentary people

# Stress

- >5 million employees in the UK complain of extreme stress in their jobs
- 13 million days of sick leave reported as taken each year due to stress

# Stress and physical activity

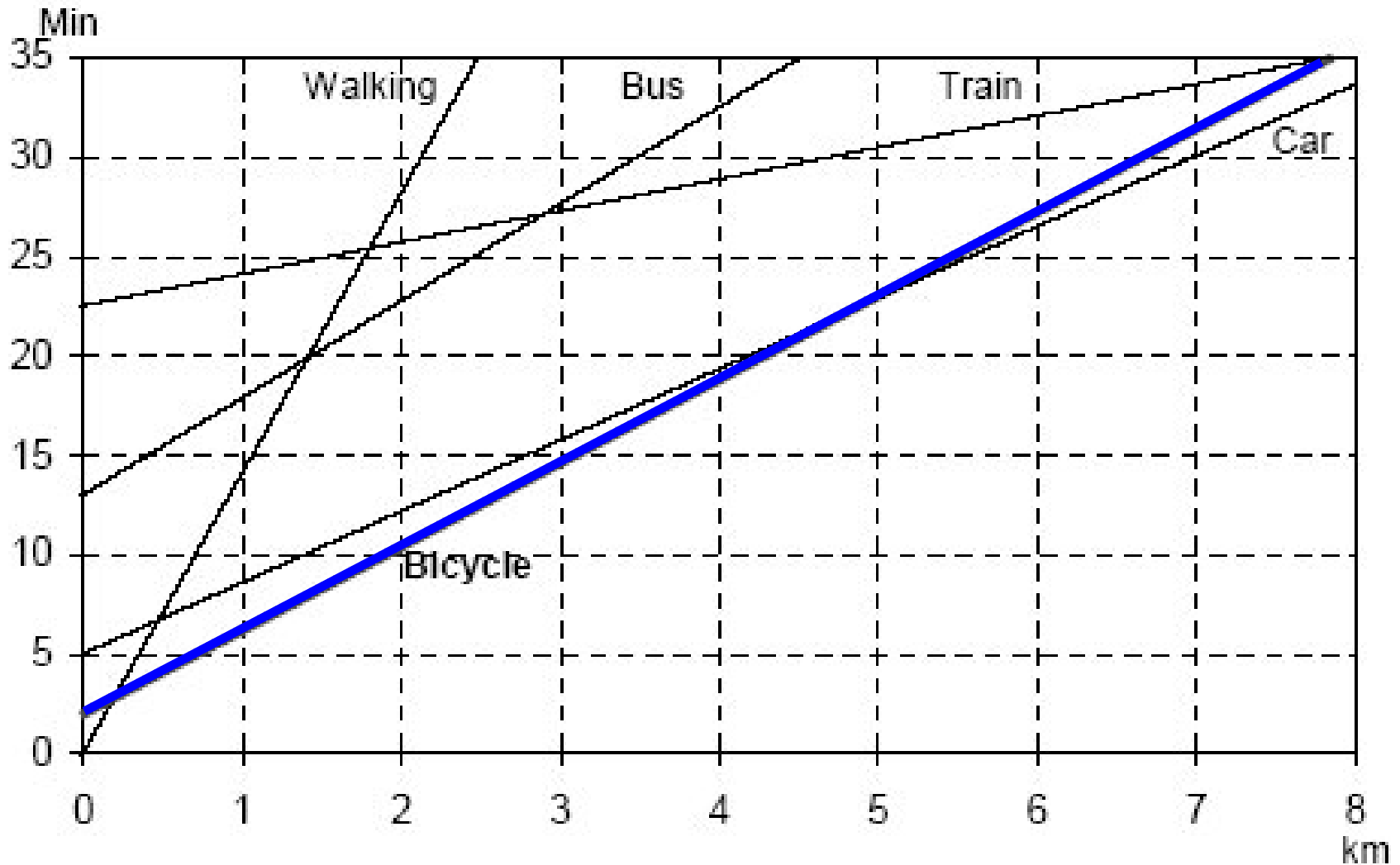
- Active people report fewer symptoms of anxiety or emotional distress than inactive people.
- Physical activity can help people feel less anxious in general
- Moderate intensity activity can improve responses to stress
- Greatest effects noted among those who maintain long-term physical activity

# Walking and cycling

- Brisk walking leads to reduced death and disease<sup>1</sup>
- Cycle commuters experience 28% lower mortality than non-cyclists, even after adjustment for a wide range of factors including leisure time physical activity<sup>2</sup>

(1) Physical activity and cause-specific mortality in the Whitehall study, Davey Smith et al, Public Health 2000  
(2) All-Cause Mortality Associated With Physical Activity During Leisure Time, Work, Sports, and Cycling to Work, Andersen LB et al, Arch Int Med, 2000

# Comparative journey speeds in towns



Source: Cycling: the way ahead for towns and cities, 2000, EC, Directorate-General for the Environment

# Health costs of transport interventions

	Deaths and injuries	Air pollution	Noise pollution	Physical activity	Social impacts	Climate change
Improved fuel quality	-	+	-	-	-	-
Increased vehicle efficiency	-	+	-	-	-	+
Reduced travel demand	+	+	+	-	-	+
More public transport, walking and cycling	+	+	+	+	+	+

# Conclusions

- Supporting active travel benefits employees and employers
- Supporting alternatives to the car saves costs and benefits the environment
- The major challenges are cultural, not practical