

The benefits of active travel

Health benefits:

- The NHS recommend that adults are active for at least 20 minutes every day, and children 150 minutes. For adults one of the easiest ways to be more active is by walking and cycling
- A person who is physically active every day reduces their risk of type 2 diabetes, depression, coronary disease and some types of cancer
- Transport is largest contributor to poor air quality in London. Reducing journeys made by motorised vehicles improves air quality, which in turn reduces the risks of respiratory diseases

Economic benefits:

- Walking and cycling are the cheapest ways to travel. Walking costs £0 per year. Cycling costs on average £250 a year. Running a car costs on average £3700 a year
- People who walk, cycle or use public transport to get to high streets and town centres spend on average up to 30 per cent more than people who use their car
- People who walk or cycle to work take fewer sick days
- Taking private vehicles off the road helps provide space for those who need to drive – emergency services, freight and businesses, and many older and disabled people. Businesses lose 9.5m hours a year stuck in congestion

Social benefits:

- Just 56 per cent of households in London have access to a car. The higher your income, the more likely you are to own a car. Improving walking and cycling environments helps everyone, but in particular it helps people on lower income get around easier and feel safe