



Learning from the best: A compendium of successful measures and policies



CITIES AND REGIONS NETWORKING
FOR INNOVATIVE TRANSPORT SOLUTIONS

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A good practice is characterised by....

- An innovative approach beyond the common practice
- Increase in active mobility
- The measure addresses both planning and health policy objectives
- Institutional co-operation
- Additional added value
- Perceived positive effects on active mobility and health
- High mainstream and transferability potential



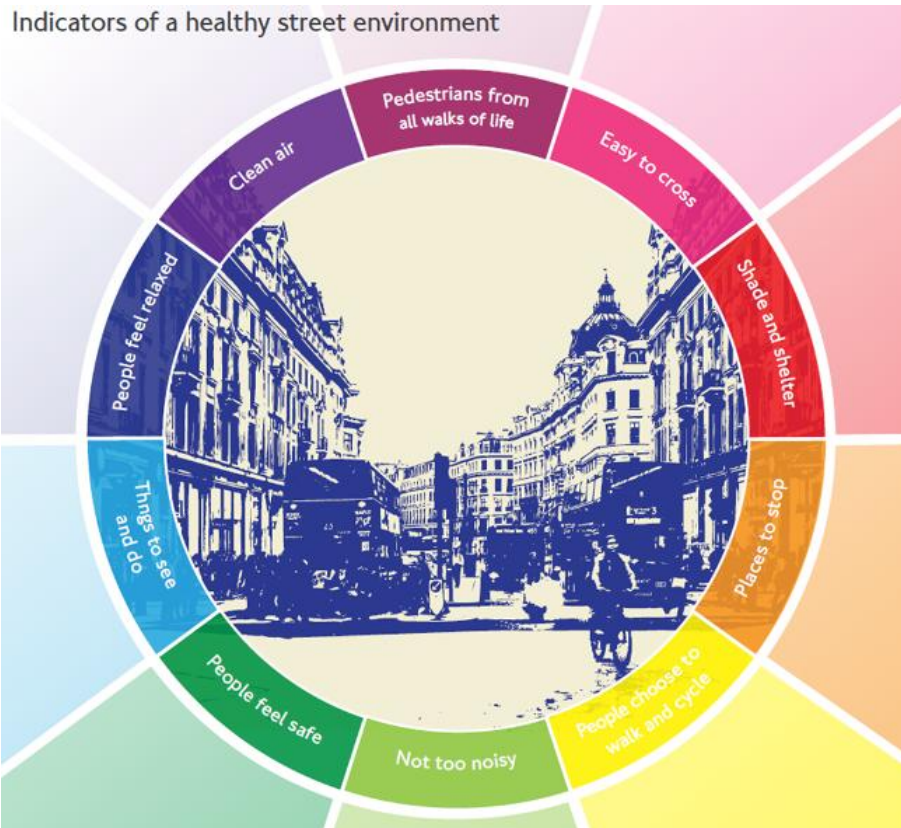
8 best practice

Domain	Area	
	Transport	Health
Strategic Policy	Improving the Health of Londoners. Transport Action Plan, UK	Health experts working in transport, Bristol, UK
Physical environment / infrastructure	Cycle highways, Copenhagen, DK	Walking cities programme, UK
Social environment	Improving accessibility to transport, Gothenburg, Sweden	Cycling on referral scheme, Kingston, UK
Regulation and legislation	New taxation incentives for active travel, France	The Active Travel (Wales) Act, UK



Active Travel (Wales) Act 2013
2013 anaw 7

Improving the Health of Londoners. Transport Action Plan, UK

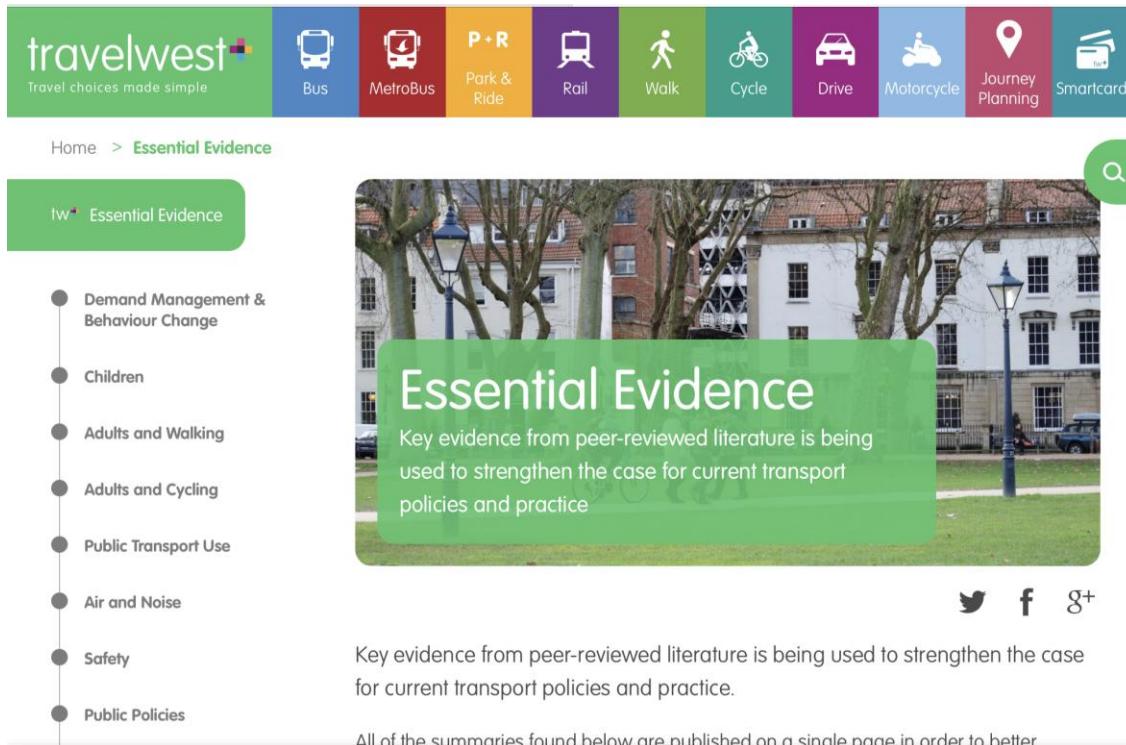


10 action points

The Plan also looks at:

- Improving air quality
- The merits of 20mph (30km/h) traffic zones
- Reducing the impact of road traffic collisions

Public health specialists working in transport, Bristol, UK



The screenshot shows the travelwest website interface. At the top is a navigation bar with icons for various transport modes: Bus, MetroBus, Park & Ride, Rail, Walk, Cycle, Drive, Motorcycle, Journey Planning, and Smartcards. Below this is a breadcrumb trail: Home > Essential Evidence. A green button labeled 'tw Essential Evidence' is visible. On the left is a vertical menu with the following items: Demand Management & Behaviour Change, Children, Adults and Walking, Adults and Cycling, Public Transport Use, Air and Noise, Safety, and Public Policies. The main content area features a large image of a street scene with a green overlay containing the text 'Essential Evidence' and 'Key evidence from peer-reviewed literature is being used to strengthen the case for current transport policies and practice'. Below this image are social media icons for Twitter, Facebook, and Google+. At the bottom, a line of text reads: 'All of the summaries found below are published on a single page in order to better'.

Super cycle highways, Copenhagen, DK



28 Cycle Highways

**An average increase of
30% more cyclists**

**Health benefits of
former car drivers:
body age decreased
and their amount of
body fat decreased by
0.6 to 2 %**

Walking cities programme, Living Cities, UK



Encouraging and enabling residents in the most deprived and least active areas of five city regions in England to walk more

Over 10,000 people took part in a walking activity

49% were more likely to choose walking over other modes of transport

Improving accessibility to transport, Gothenburg, Sweden



KOLLA project “Public transport for all”

About 6 500 ‘easily remedied’ obstacles were identified for removal

Nearly 180 000 trips on special transport services have shifted to public transport

Cycling on referral scheme, Kingston, UK



The screenshot shows the Kingston Council website. The header includes the council's crest and name, navigation links (Skip to content, Accessibility, Contact, Register, Log in), and a search bar. The main content area features a 'News' section with a headline: 'Doctor's orders - local residents Go Cycle to better health'. Below the headline is the date 'Thursday, 26 January 2017' and a brief description: 'A new cycling on referral scheme to encourage those who live, work and study in Kingston to take up cycling to improve their health, is being trialled by Kingston Council.' To the right of the text is a photograph of two people, a man in a high-visibility vest and a woman, standing next to a bicycle. Further right are links for 'News archive' and 'News RSS feed', and social media sharing options for Facebook, Twitter, Google+, and LinkedIn.

Welcome to
Kingston Council

Search this site

Advanced search

Home > News > Doctor's orders - local residents Go Cycle to better health

News

Doctor's orders - local residents Go Cycle to better health

Thursday, 26 January 2017

A new cycling on referral scheme to encourage those who live, work and study in Kingston to take up cycling to improve their health, is being trialled by Kingston Council.

News archive →

News RSS feed →

Share this page

f t G+ in

12-week programme is
free of charge

Referrals are accepted
from doctors and a
range of specialist
health professionals

Cycling kilometric allowance, France

Observatoire de l'indemnité kilométrique vélo

Présentation et Objectifs Formulaire d'inscription Structures engagées FAQ

Ressources Contact

Les structures ayant mis en place l'indemnité kilométrique vélo sont visibles ci-dessous.

Les structures renseignent l'observatoire de façon volontaire, la liste ci-dessous n'a pas vocation à être exhaustive.

La carte des structures ayant mis en place l'IKV



Liste des structures engagées par département : ▼

A ce jour, **79 structures** ont mis en place l'indemnité kilométrique vélo, au total **57653 salariés** peuvent en bénéficier.

↳ Dép.	↳ Nom de la structure	↳ Nb.salarisés	↳ Montant au km de l'IKV	↳ Plafond annuel
69	SOCIETE FINANCIERE LA NEF	90	0,25	200
57	Metz à Vélo	1	0,25	200
21	ELITHIS	120	0,25	200
69	Citec France	16	0,25	200
13	NEX VISION	25	0,25	200
92	GPSO Energie - Agence Locale de l'Energie et du Climat	5	0,25	200
35	CPAM Ille et Vilaine	900	0,25	200
38	DDT 38	290	0,25	200
44	Yaskawa France	81	0,25	200
38	Société Dauphinoise pour l'Habitat	250	0,25	200

€0.25 per kilometre cycled and up to €200 annually

After 6 months: 50% increase in cycling modal share among employees

The number of inactive people halved, whilst over 80% of participants reported engaging in extra physical activity

Active Travel (Wales) Act 2013, Wales, UK

Legal requirement for local authorities in Wales to map and plan for suitable routes for active travel...

And to build and improve every year their infrastructure for walking and cycling as a mode of transport

Active Travel (Wales) Act 2013 (anaw 7)



Active Travel (Wales) Act 2013

2013 anaw 7

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Introduction

- 1 Overview
- 2 Meaning of "active travel route" and "related facilities" etc.

Maps

- 3 Existing routes maps
- 4 Integrated network maps
- 5 Publication etc. of maps
- 6 Developing transport policies with regard to integrated network map

Other provisions

- 7 Securing continuous improvement in active travel routes
- 8 Reports by Welsh Ministers on active travel
- 9 Provision for walkers and cyclists in exercise of certain functions
- 10 Duty to exercise functions to promote active travel

Supplementary

- 11 Review of operation of Act
- 12 Directions and guidance
- 13 Interpretation
- 14 Commencement
- 15 Short title

Some policy recommendations

- Develop a vision on sustainable urban mobility
- Create a specific walking and cycling plan
- Dedicate budgets to specific AM infrastructure and its maintenance
- Joint cooperation between the public and policy makers on issues surrounding sustainable mobility
- Promote AM among diverse populations
- Increase synergies between the health and transport sectors
- Plan and coordinate AM measures together with the region
- Collect, analyse and monitor AM data
- Show continuity in AM planning





PHYSICAL ACTIVITY THROUGH SUSTAINABLE TRANSPORT APPROACHES

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