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

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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

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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

Essential Evidence
Key evidence from peer-reviewed literature is being used to strengthen the case for current transport policies and practice.

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

12-week programme is free of charge

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

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.
Cycling kilometric allowance, France

€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
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