



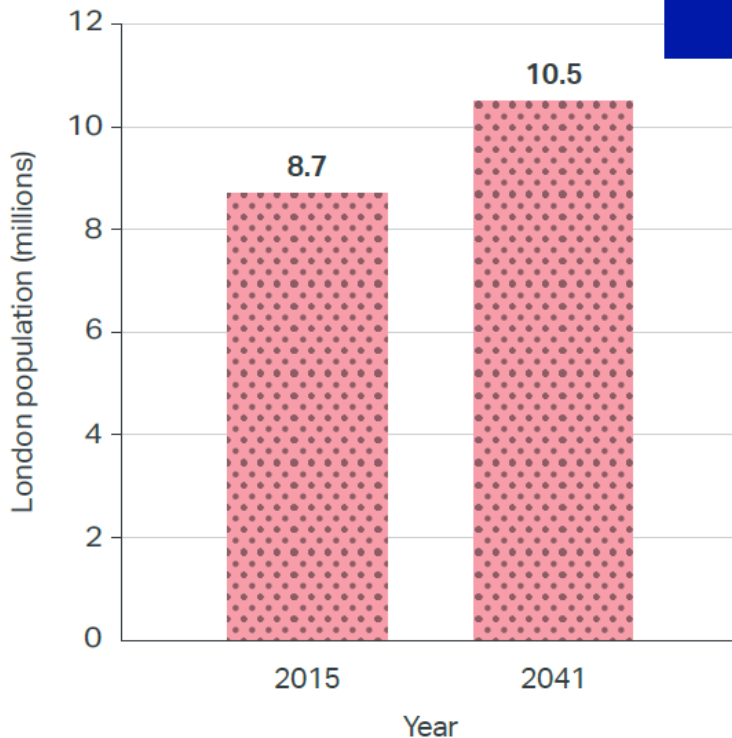
Making active mobility everyone's business: Taking the Healthy Streets Approach in London

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Transport for London

Why do we need more active mobility?

London is growing...

FORECAST POPULATION GROWTH IN LONDON,
2015 TO 2041



5 million
additional trips each day

We need a **sustainable**
efficient transport
system



The health impacts of the transport system in London relate mostly to motorised road transport



A person who is **active every day** reduces their risk of:



Physical
activity

Injuries

Air
quality

Noise

Severance

Type 2 diabetes

35-50% ▼

Depression

20-30% ▼

Coronary heart disease

20-35% ▼

Alzheimer's disease

20-35% ▼

Hip fracture

36-68% ▼

Breast cancer

20% ▼

Death

20-35% ▼

Colon cancer

30-50% ▼

Physical activity is the most important because **active travel** is the **main source of activity** among Londoners



If every Londoner walked or cycled 20 minutes a day the health gains would be

HUGE

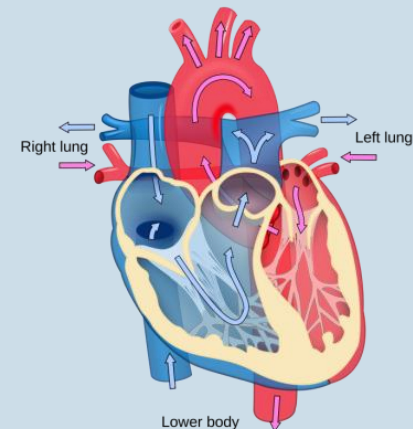
We would prevent
1 in 6 early deaths



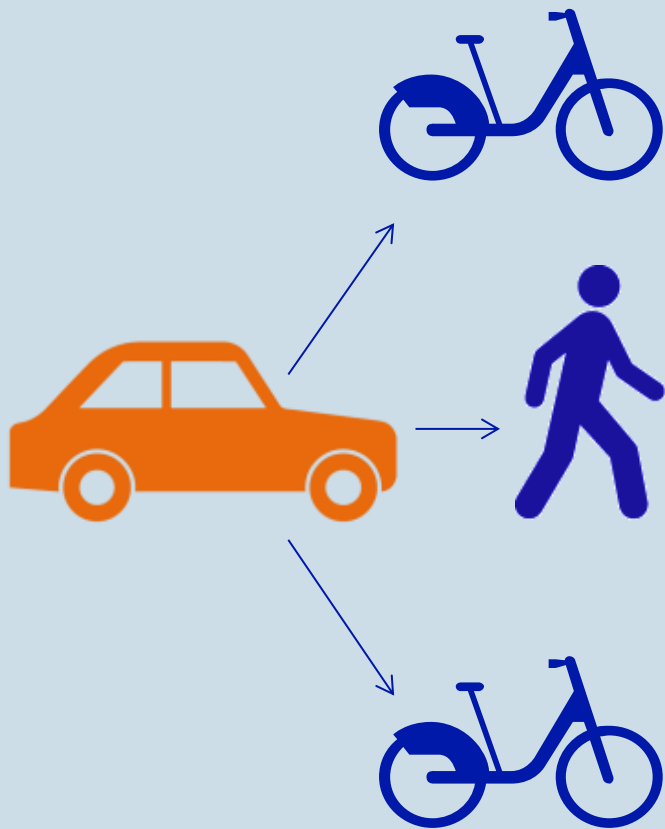
...and save the NHS
£1.7bn

in treatment costs over the
next 25 years

1 in 10 cases of stroke
and heart disease could be
prevented by supporting
inactive people to be active.



There are so many potentially switchable trips

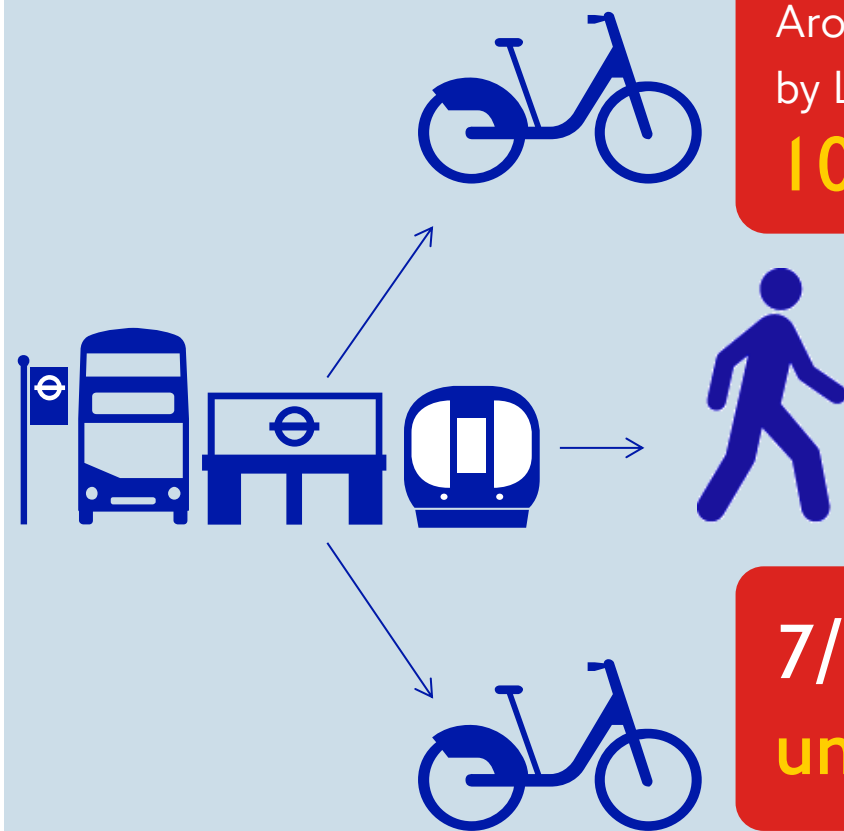


Nearly $1/2$ of car trips made by London residents could be **cycled in around 10 mins**

More than $1/3$ of car trips could be **walked in under 25 mins**

$2/3$ of car trips could be **cycled in under 20 mins**

There are so many potentially switchable trips



Around $\frac{1}{5}$ of all public transport trips made by London residents could be **cycled in around 10 mins**

Just under $\frac{1}{4}$ bus trips could be **walked in under 25 mins**

$\frac{7}{10}$ of all bus trips could be **cycled in under 20 mins**

Mayor's Vision for Healthy Streets



“My vision to create ‘**Healthy Streets**’ which aims to reduce traffic, pollution and noise, create more attractive, accessible and people-friendly streets where everybody can enjoy spending time and being physically active, and ultimately to **improve people’s health**”.

A City for All Londoners – October 2016



10 Healthy Streets Indicators



Source: Lucy Saunders



Pedestrians from all walks of life



Van Gogh Walk

People choose to walk and cycle



Montreal

Easy to cross



New York

Shade and shelter



Sydney

Places to stop and rest



Hackney Parklet

Not too noisy



People feel safe



Orford Road

Things to see and do



Copenhagen

People feel relaxed

Kem CoBa



CAFFÈ
CRAZIE
VILLE

LUVE
LIVING



Montreal

Clean air



Seoul

Healthy Streets for London



Healthy Streets for London

Prioritising walking, cycling and public transport to create a healthy city

MAYOR OF LONDON



- Puts people & their health at the heart of decision making
- Clear shift away from private car use
- 3 levels of delivery
- Measures success against the 10 Healthy Streets Indicators
- Partnership working
- Embedding the Healthy Streets Approach in all Mayoral Statutory Strategies



Three levels of delivery

Street
level



Network
level



Spatial
Planning

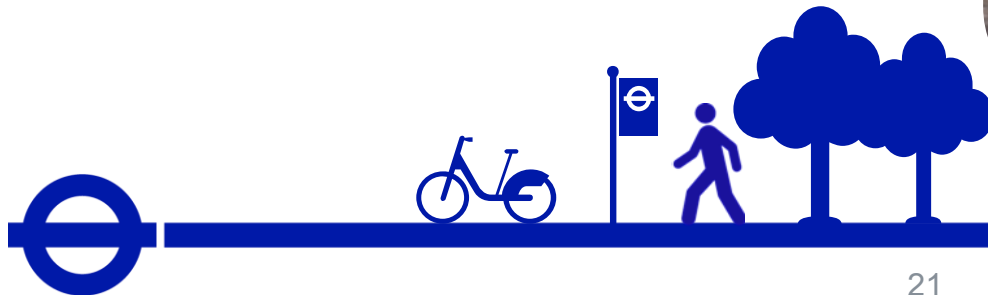


Street level

- Changing the **look and feel** of all streets.
- And what we do will vary...



Carlingford Gateway, Haringey



Street level

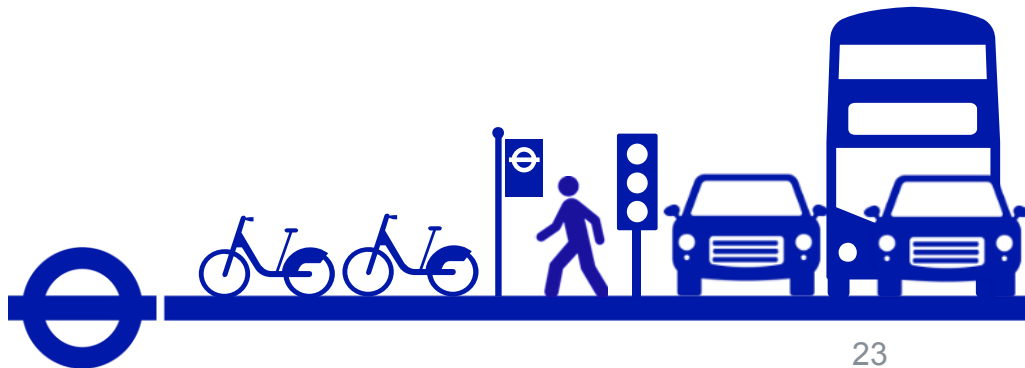


Euston Circus, Camden



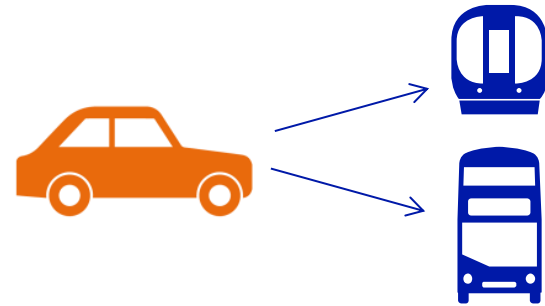
Network level

- Strategic management of transport networks across London is needed for **large scale mode shift away from cars**



Network level

- **Easy to use, efficient, affordable & accessible public transport** will encourage people to switch away from cars



- **Thinking about the whole journey:** All journeys start or finish on foot or by cycle



Spatial planning



London's planned 'growth' areas



Artists impression of one of London's 'Opportunity Areas'



The importance of behaviour change activities, operations, marketing, communications and enforcement

Prioritisation in traffic signals



Kids learning how to use public transport



Cycle training for lorry drivers



Promotional activities



Activation of public spaces



Working on 3 levels to deliver Healthy Streets



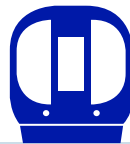
1. Healthy Streets and healthy people

London's streets will be **healthy** and **more** Londoners will travel **actively**

London's transport system will be **safe and secure**

London's streets will be used more **efficiently** and have **less traffic** on them

London's streets will be **clean and green**



2. A good public transport experience

More people will travel on an **expanded public transport network**

Public transport will be **affordable and accessible** to all

Journeys by public transport will be **pleasant, fast and reliable**



3. New homes and jobs

Sustainable travel will be the best option in new developments

Transport investment will unlock the delivery of new **homes and jobs** so people can travel sustainably



Healthy Streets is being embedded across Mayoral Strategies

MAYOR OF LONDON



London Plan



Health
Inequalities
Strategy



London
Environment
Strategy



Source: Lucy Saunders



Policing and
Crime Plan



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