



Improving the health of Londoners

Transport action plan, executive summary

MAYOR OF LONDON



**TRANSPORT
FOR LONDON**
EVERY JOURNEY MATTERS

Overview

Transport has a central role in the health of Londoners

The Capital's transport system plays a very important part in people's health. It enables Londoners to access jobs, education, shops, recreation, health and social services as well as travel to see friends and family. All of these are essential for a healthy, fulfilling life.

It is important that people can conveniently access healthcare, so transport needs to be considered at the earliest stages of any proposal to change healthcare provision.

The biggest role of transport in health in London is a positive one; it is the main way that people stay active. This is vital as everyone needs to be physically active every day to prevent a wide range of illnesses including heart disease, stroke, depression, type 2 diabetes and some cancers. These are some of the biggest health challenges in London so transport is central to health in this city.

Health condition	Reduced risk from being physically active ¹
Coronary heart disease and stroke	20–35%
Type 2 diabetes	35–50%
Colon cancer	30–50%
Breast cancer	20%
Hip fracture	36–68%
Depression	20–30%
Death	20–35%
Alzheimer's disease	40–45%

Local government has a new role in improving health

The important role of transport in improving health has been recognised and reflected in

changes to local government responsibilities and resources that came into place in March 2013. Local authorities are now responsible for demonstrating improvements in 68 indicators of the health of their residents. Many of these indicators relate to streets and transport including road traffic injuries, air quality, noise, physical activity and social connectedness.

Transport for London's (TfL) role in improving health

We have recognised the role of transport in improving health and this is reflected in our strategic goals and business plans. The recent changes in local government have brought this role to the fore. In particular, the importance of the walking and cycling people do as part of their everyday routine, as they will deliver huge economic and social benefits by keeping people active and healthy. The expected growth of cycling up to 2026 is estimated to deliver £250m in health economic benefits annually.

The health benefits delivered by London's streets go far beyond the physical activity that people get from walking and cycling in the city, although this is the biggest benefit and has great potential for health improvements in the future. Increased walking and cycling offers many other advantages including cleaner air, less noise, more connected neighbourhoods, less stress and fear, and fewer road traffic injuries. These issues are all connected, and to deliver the biggest benefits from more walking and cycling we need to ensure our streets invite people to walk and cycle whenever possible.



Source	Main health impacts that can be improved
Physical activity	Obesity Heart disease Stroke Depression Type 2 diabetes
Air quality	Cardiovascular disease Respiratory diseases
Road traffic collisions	Physical injuries Psychological trauma
Noise	Mental health Blood pressure Child development
Access and severance	Mental wellbeing Personal resilience Stress Social isolation

Taking a whole-street approach to improving health in London

A 'whole-street' approach is needed to make streets more inviting for walking and cycling and better for health. Many streets in London have one or more characteristics which make them good for health and attractive places to spend time, but it often takes multiple positive characteristics to encourage people out on to the street. There is much we can do to improve our streets which will benefit the health of Londoners.

Indicators of a healthy street environment



Source: Lucy Saunders

TfL's current approach to improving health

We are committed to delivering better streets, not only for the health reasons but because better streets will also deliver a wide range of economic, social and environmental benefits. We recognise that improving health is a

core part of what we do and our major work programmes reflect this.

Some of the key positive health impacts of TfL's current work are highlighted below:

TfL strategy	Increasing physical activity	Improving air quality	Reducing the impact of road traffic collisions	Reducing noise	Improving access and reducing severance	A whole-street approach
Opportunity Area Planning Frameworks	●	●			●	
Sub-regional Transport Plans	●	●			●	
Delivering the vision for London's streets and roads	●			●	●	●
Safe Streets for London: The Road Safety Action Plan London 2020	●		●			
Your accessible transport network					●	
The Mayor's Air Quality Strategy		●				
The Mayor's Vision for Cycling	●		●			●

TfL's new and strengthened ways of working: Actions 2014–2017

We commit to taking the following actions to ensure that by 2017 we more explicitly recognise and demonstrate our role in improving the health of Londoners:

New ways of working with our internal stakeholders	Action 1	We will quantify and where possible monetise the health impacts of our projects and policies.
	Action 2	We will explicitly build health into the development and assessment of policies and projects.
	Action 3	We will evaluate the health impacts of our programmes.
	Action 4	We will assess what we are doing against the public health evidence base.
	Action 5	We will strengthen our Health Impact Assessment processes.
	Action 6	We will support staff to be more physically active as part of their daily travel.
New ways of working with our external stakeholders	Action 7	We will support boroughs to improve the health of their populations through their transport plans and investment.
	Action 8	We will work with public health intelligence specialists and academics.
	Action 9	We will work with the National Health Service to encourage travel analysis in the earliest stages of planning for changes to healthcare provision.
	Action 10	We will urge central government to support our role in increasing the physical activity levels of Londoners.

How we will measure progress

We will assess the progress in making London's streets better for health with the following indicators:

Impact	Measure
Physical activity	Percentage of trip stages walked or cycled
Air quality	Nitrogen dioxide (NO ₂) and particulate matter (PM) on-street monitoring
Road traffic collisions	Reduction in killed or seriously injured (KSI) casualties from the 2005–9 average baseline
Noise	Average rating of transport related noise
Access and severance	Access to opportunities and services (ATOS) score
Healthy streets	Average rating of perception of the urban realm



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