Introduction to topic guide

Transport and Health in SUMPks

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Session Structure

- What is public health?
- Health impacts of road transport
- Health and SUMPs:
  - Objectives
  - Collaboration
  - Measures
  - Appraisal

Topic guide follows broadly same structure, with examples
Public health has 3 domains:

- good health and social care services
- health protection
- health promotion

UK Faculty of Public Health
Public Health and Population Health

Public - focus on populations rather than small groups

- interventions for large number of people each at small risk - more effective
- Very important in areas of public policy such as road safety.

Health impacts of road transport

Air pollution
Road traffic collisions

Physical inactivity

Lung disease
Child development

Heart disease
Mental health

Cancer
Injuries

Obesity
Social isolation

Diabetes
Community breakdown

THE CIVITAS INITIATIVE IS CO-FINANCED BY THE EUROPEAN UNION
Health impacts of road transport

Did you know...Regular cycling or walking reduces all-cause mortality by ca. 10 %!!

The evidence...

http://www.biomedcentral.com/content/pdf/s12966-014-0132-x.pdf
Health impacts of road transport

In countries with supportive policies and infrastructures, active mobility contributes to **physical activity**

Age distribution of walking (left) and cycling (right). The data is population based including people who did not travel

http://dx.doi.org/10.1016/j.ypmed.2015.02.009
Distribution of health impacts - here – deprivation and road casualties

Bristol (UK) 2011 – 2013

<table>
<thead>
<tr>
<th>Poorest 20%</th>
<th>Wealthiest 20%</th>
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<tbody>
<tr>
<td>16% of casualties</td>
<td>5% of casualties</td>
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<tr>
<td>15% of Killed and Seriously injured</td>
<td>6% of killed and seriously injured</td>
</tr>
<tr>
<td>19% of pedestrian casualties</td>
<td>4% of pedestrian casualties</td>
</tr>
<tr>
<td>18% of child casualties</td>
<td>3% of child casualties</td>
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<tr>
<td>14% of elderly casualties</td>
<td>7% of elderly casualties</td>
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Health related objectives in SUMP

Objectives for SUMP v likely to include

- Public health
- Road safety
- Reducing local air and noise pollution from transport

Tyne and Wear (England) (SUMP) objective:
- “[The SUMP will] contribute to healthier and safer communities in Tyne and Wear, with higher levels of physical activity and personal security.”

City of Vienna SUMP target:
- “The proportion of the Vienna population that undertakes 30 minutes’ physical activity as part of their daily travel will increase from 23% in 2013 to 30% in 2025.”
Categories of measures to benefit health

- Road safety measures
- Roadspace reallocation to peds, cyclists, greenspace
- Micro-accessibility improvements and reductions in severance
- Making car travel relatively less convenient and cheap
- Spatial planning to support active travel
- Improved public transport
Appraisal of health measures in SUMP

- Appraise measures against all objectives – including health!
- Use WHO’s HEAT tool
- Benefit to cost ratio for all schemes identified in this report was 6.28:1
- Often health benefits comprise 2/3 of the overall benefits
Conclusions

✓ Health evidence strengthens case for SUMP
✓ Many health impacts of transport
✓ Set health related objectives in SUMP
✓ Use measures that improve health
✓ Appraise all measures against health objectives
Prof Adrian Davis and Prof Tom Rye

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