



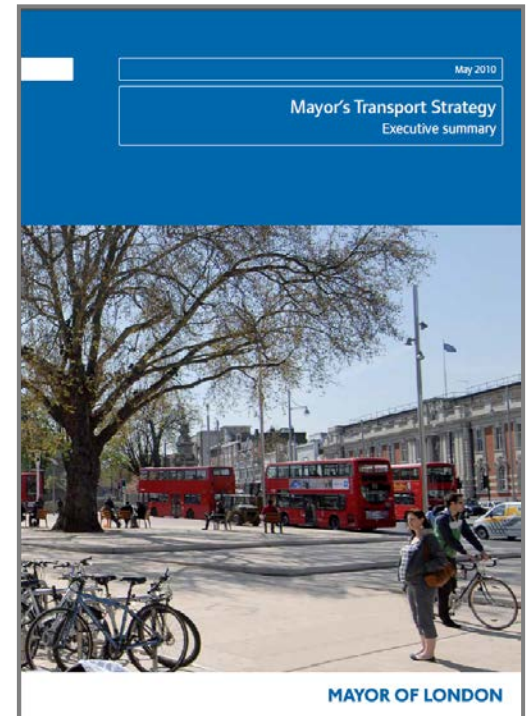
Mayor's Transport Strategy & Health

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Greater London Authority / Transport for London



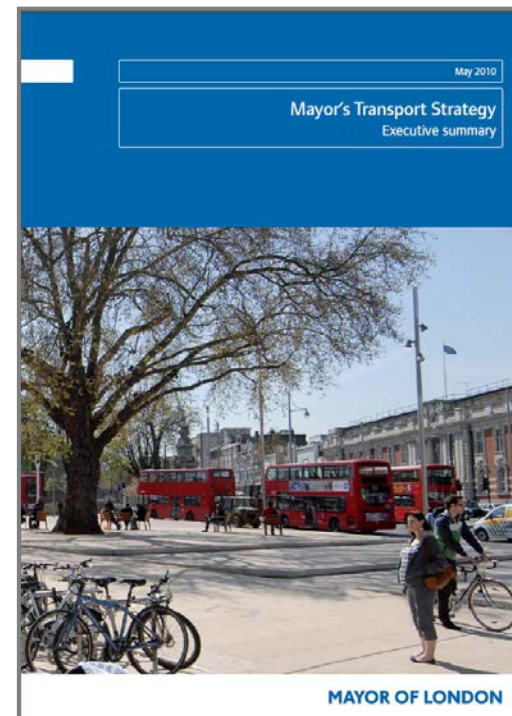
What is the Mayors Transport Strategy (MTS)?

- A statutory strategy of the Mayor of London
- Sets the plan for what Transport for London does over the long term – 25 years
- Sets the plan for what boroughs do on their streets
- 1st MTS published in early 2000's
- 2nd MTS published in 2010
- 3rd MTS to be published in Spring 2017 for consultation



Mayors Transport Strategy - 2010

“Easy access to mechanised transport and a more sedentary way of life has, at least in part, created a significant negative effect on overall levels of fitness and obesity. However, promoting more physically active forms of transport like cycling and walking has tremendous potential to reverse this.” p.88





London's transport system delivers many benefits to the health and wellbeing of Londoners and helps to reduce inequalities

- Safe and reliable public transport
- High levels of public transport use
- High levels of walking
- Good road safety performance
- Concessionary fares for children and older people
- Congestion Charging Zone
- Low Emission Zone, cleaner buses
- Growing network of high quality cycle routes
- Increasing accessibility of the public transport network

This puts us in a strong position to deliver a healthier city



What if Londoners travelled as Californians do?

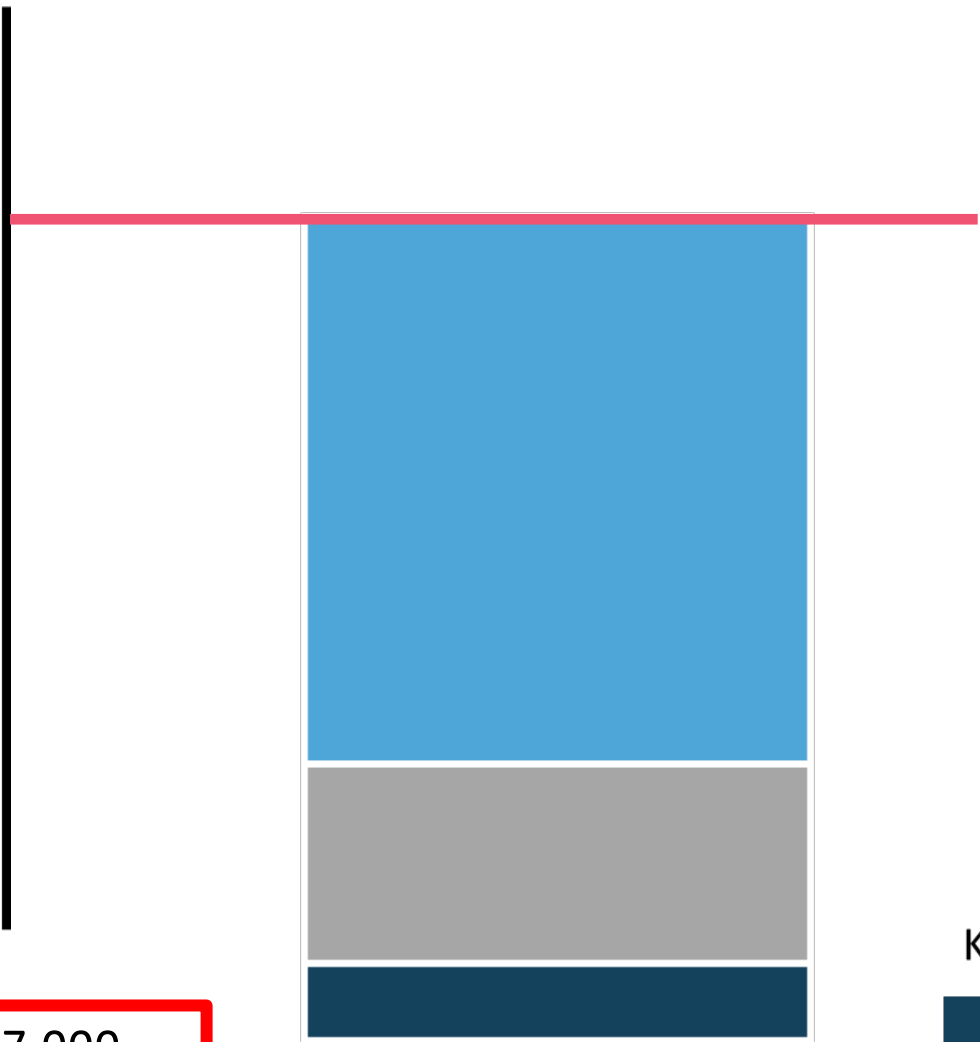


Photo: Edward Burtynsky



If Londoners travelled as Californians

Healthy Years +



This line denotes the current health impacts of road transport in London, the baseline.

Net loss of 27,000 Healthy Years of life each year

Key

- Injuries
- Physical Activity
- Air Pollution

Health of adults in London today

- Life expectancy of Londoners has been increasing but adults are living more of their lives in poor health

Overweight



6 in 10 adults are overweight or obese.

Obesity makes up 85% of the risk of type 2 diabetes.

Depression

1,000,000 Londoners have a common mental disorder.

Regular physical activity is as effective as antidepressant for treating mild-moderate depression

Dementia

Now costs UK economy **£26bn per year.**

Burden falls on informal carers.

72,000 in London will increase 2.5x by 2050.

Type 2 diabetes

By 2035, 4.9 million people will live with diabetes (3.8m in 2015).

5 millions people are currently at risk of developing type 2 diabetes.

10% of NHS budget is spent on diabetes.



28% of adults in London do less than 30 minutes of activity in a week.

A quarter of men and a third of women aged over 65 do not leave their house at all on a given day.

Health of children in London today

- Today's children are the 1st generation not expected to live as long as their parents

Overweight



4 in 10 children aged 11 in London are already overweight or obese.

London's children are the fattest in England

Depression

Teenagers with depression **doubled** between the 80's and 2000's

Lack of independence

Today's children are the most restricted in their independent movement and outdoor play

Type 2 diabetes

533 children and young people now have Type 2 diabetes despite this being a condition of older age.



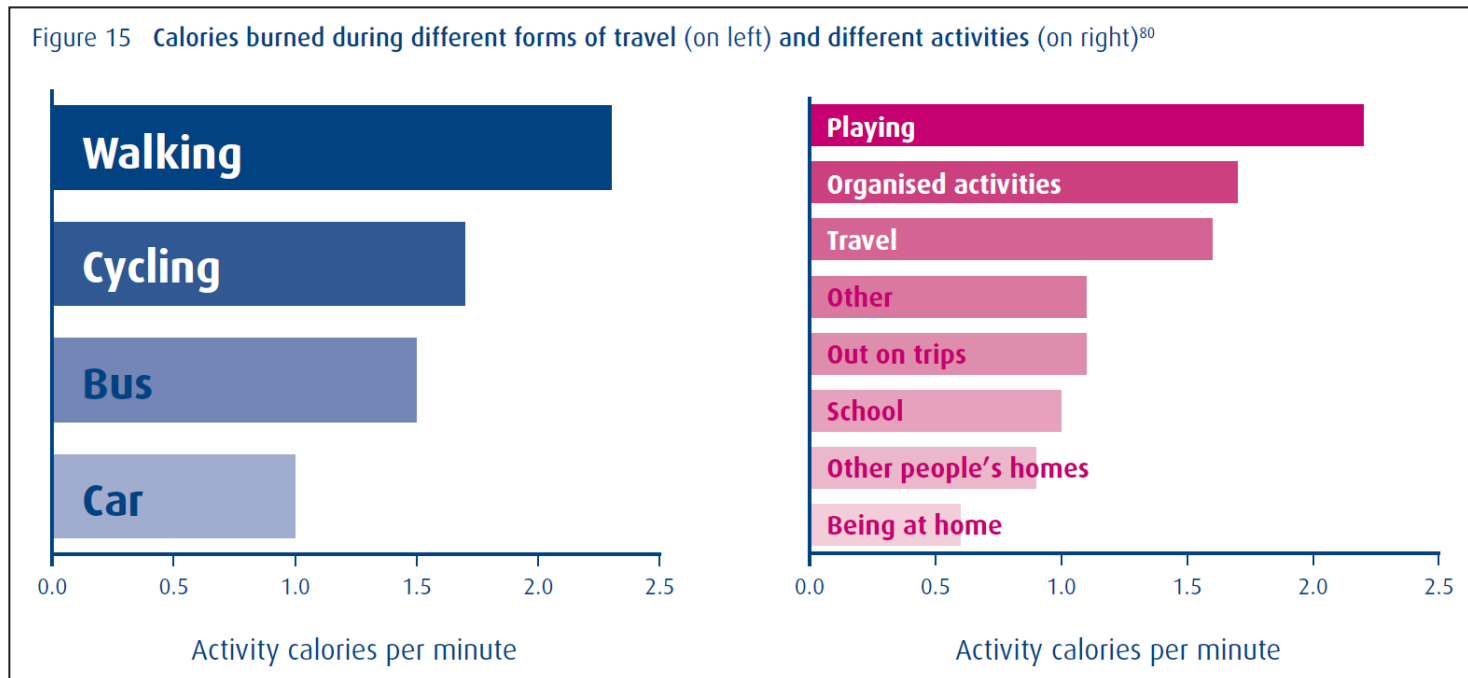
8 in 10 children in London do not meet minimum activity levels – 1 hour/day.

Walking, cycling and outdoor play are the highest energy-expenditure activities for children.



Children's active travel

- Children need at least an hour of activity a day
- In London 8 in 10 children do not meet this minimum standard
- Children who travel actively are more likely to become adults who travel actively
- In London, compared to children living in households with cars, children living in households without a car are:
 - 2.3 times more likely to walk to school
 - 1.4 times more likely to walk outside the school commute on a weekday during term time
 - 1.8 times more likely to walk during the summer or weekends





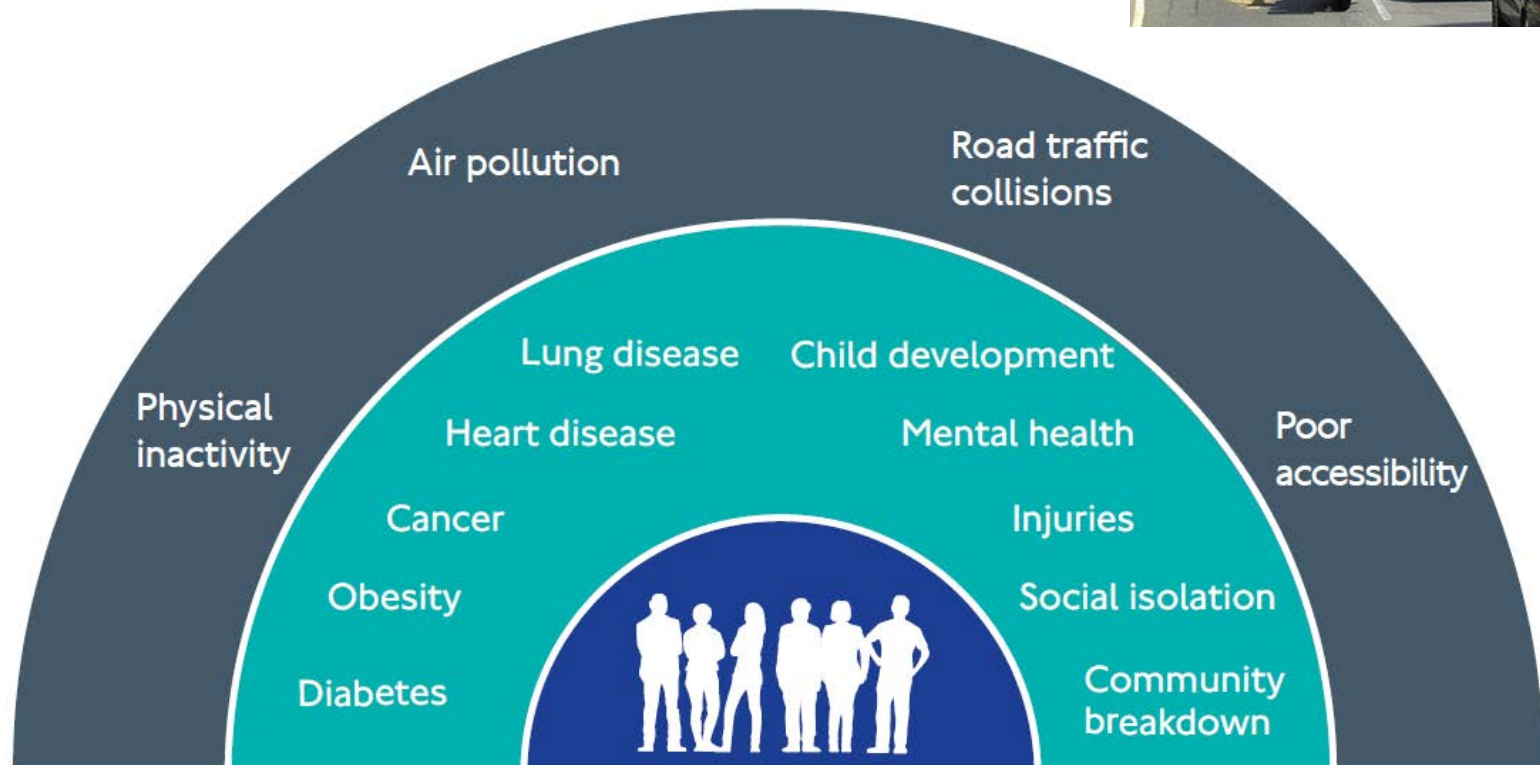
How do we make this a common sight on London's streets?



Photo: Amsterdamize

Street environments & transport are central to the health of Londoners

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

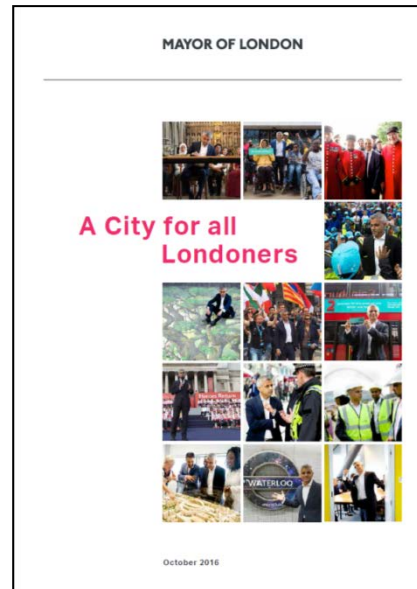


Mayor's Vision for Healthy Streets



“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)



Source: Lucy Saunders



10 Healthy Street outcomes



Source: Lucy Saunders



Why we need the Healthy Streets approach



All indicators influence:

Health

Inequalities

Whether people choose to walk & cycle



People from all walks of life
Everyone included in community
Disabled & older people, children, ethnic minorities, deprived communities.



People choose to walk & cycle
Everyone active, every day.
Car owners, children, older people.

Top level indicators



Easy to cross
Reduces community severance.
Disabled people, children, older people.



People feel safe
Reduces social isolation.
Pedestrians, cyclists, women, children, older people.



Shade & shelter
Protection from sun and heat.
Older people, people with cardiovascular disease, babies.



Things to see & do
Increases everyday activity.
People living in low density, car dependent environments.



Places to stop
Increases mobility, reduces isolation.
Older people, disabled people, people with children.



People feel relaxed
Encourages social interaction & active travel.
Disadvantaged communities, older people, women, children, disabled people.



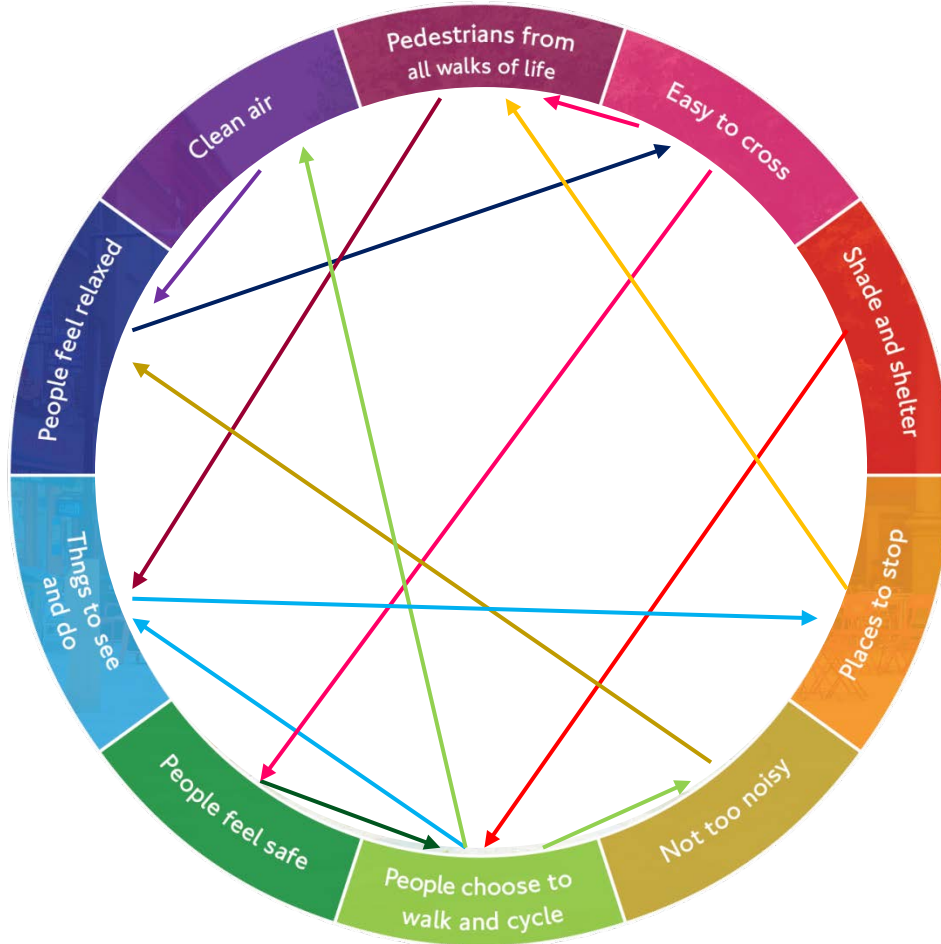
Not too noisy
Reduces anxiety, stress, blood pressure, poor sleep, poor mental health, poor child development.
Deprived communities.



Clean Air
Reduces cancers, cardiovascular & respiratory disease and premature death.
Deprived communities, people with existing medical conditions.

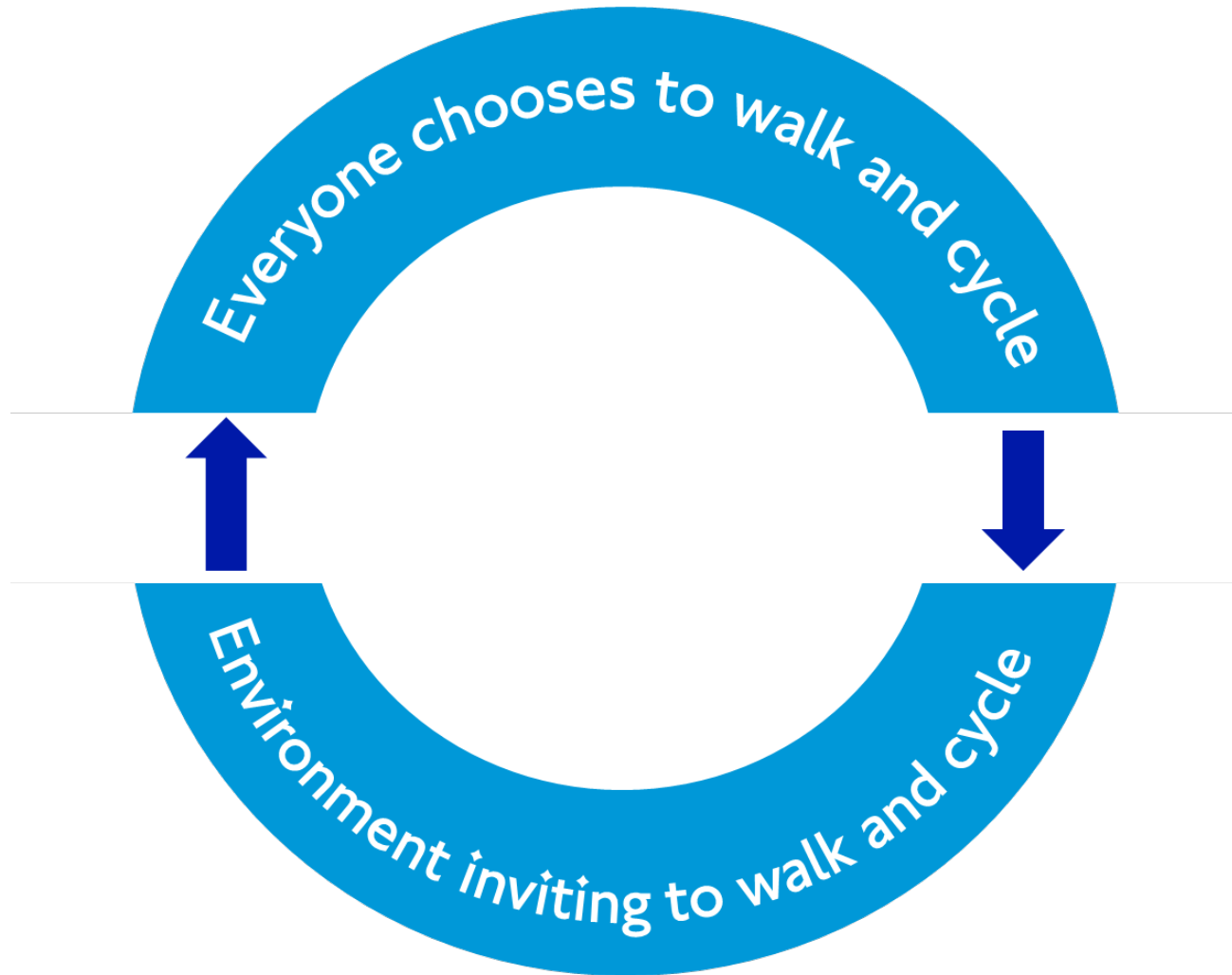


The Healthy Streets outcomes are interdependent



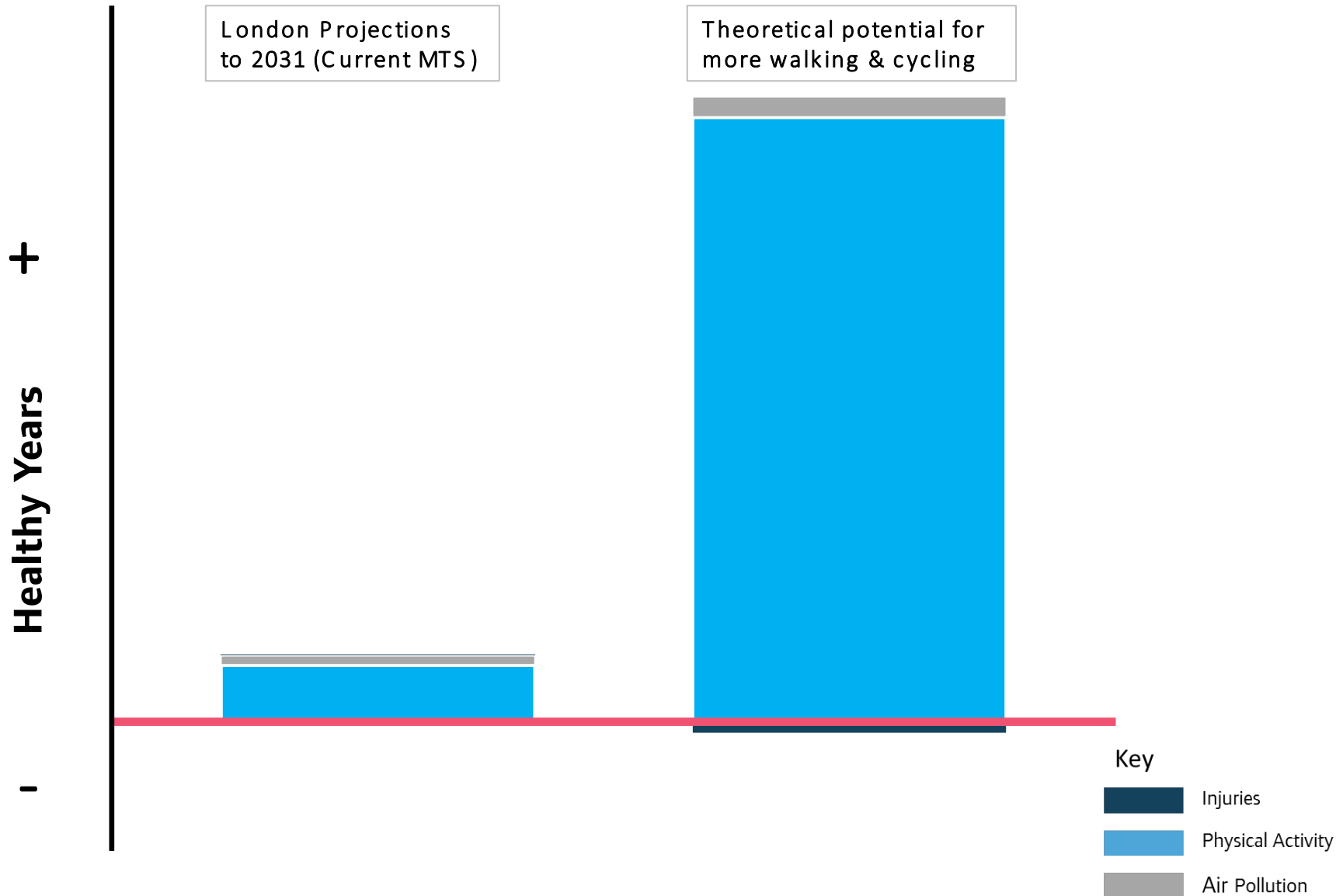


The virtuous circle delivered by the Healthy Streets approach



Potential future health benefits for London?

Net gain of 62,000
Healthy Years of life



Public Realm improvements

Carlingford Gateway,
Haringey



Public Realm improvements

Euston Circus, Camden



Strategic measures across London

Holborn Circus, City of London



Spatial planning

Growth areas and regeneration can set ambitious standards for new development

Growth areas



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





What pace & scale of change is need to benefit Londoners health?

- 28% of adults in London do less than 30 minutes of activity in a week
- 8 in 10 children in London do not meet minimum activity levels
- If every Londoner walked or cycled 20 minutes a day...
 - 18% drop in Londoners dying each year
 - 11% drop in coronary heart disease diagnosis
 - 21% drop in breast cancer diagnosis
 - 20% drop in colorectal cancer diagnosis
- Currently only 35% report 20 mins of walking or cycling
- The biggest determinant of how much walking and cycling Londoners do is car ownership.

