

Health benefits of active travel

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Air pollution affects people throughout their lifetime



Pregnancy

low birth weight



Children

- asthma
- slower development of lung function
- development problems
- more wheezing and coughs
- start of atherosclerosis



Adults

- asthma
- coronary heart disease
- stroke
- lung cancer
- chronic obstructive pulmonary disease (as chronic bronchitis)
- diabetes



Elderly

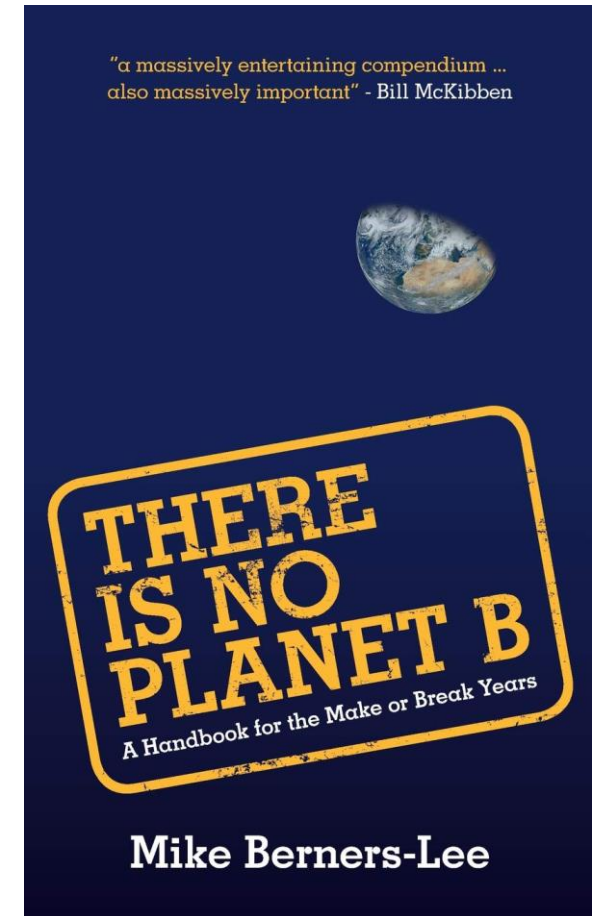
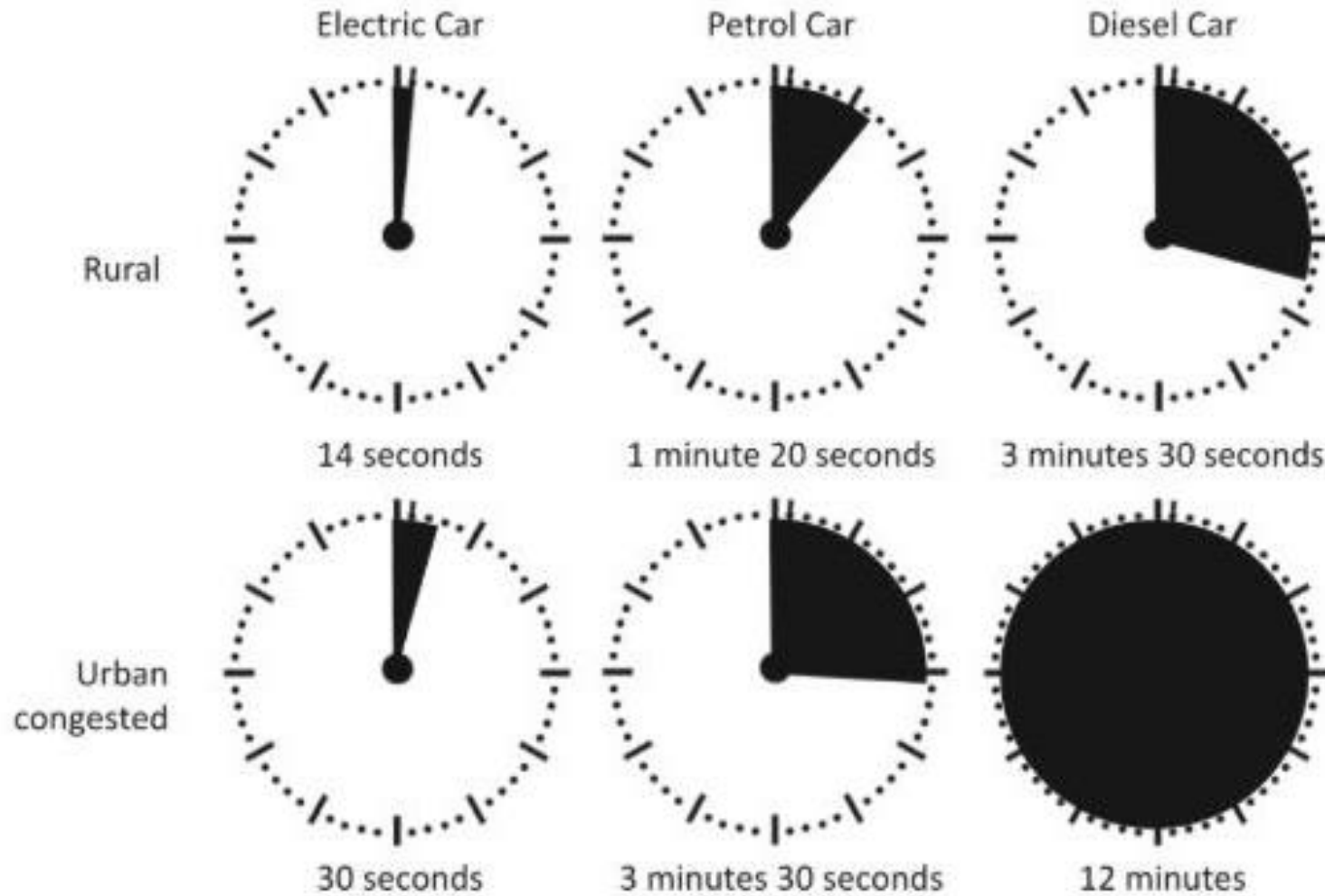
- asthma
- accelerated decline lung function
- lung cancer
- diabetes
- dementia
- heart attack, heart failure and strokes

The impact of air pollution on cognitive function

Conclusions

This paper estimates the impact of air pollution on cognition by measuring cognitive function in a national representative sample of adults. It finds that air pollution impairs verbal ability, especially for those with lower cognitive function.

Our findings also suggest that air pollution is accelerating brain aging, in part by accelerating the decline of cognitive function, previously thought to be a result of aging. The total cost of air pollution to the UK economy is estimated to be around £1.5 billion per year.



Improves your physical health

Regular walks can reduce the risk of major health conditions by up to 50%, such as:

Heart Disease
by 35%

Stroke
by 35%

Type 2 Diabetes
by 50%

Some Cancers
by 20-50%



Walking **ONE** mile in 20 mins burns **100 calories**

Walking keeps your



and circulation healthy and improves your flexibility.

Supports your mental wellbeing



Daily walks can improve your memory and the way your mind processes, **cutting the risk of Alzheimer's by 45%**



Walking can make you happier by releasing endorphins into your body, which can improve your mood.



Walking

Helps the local environment

Every mile **WALKED** instead of **DRIVEN** cuts out

0.2kg of **CO₂**



Swapping five car journeys a week to walking could reduce your carbon footprint by 86kg a year.

If everyone walked one day a week instead of driving, traffic would be reduced by at least 10%.

Choosing to walk instead of drive will reduce air pollution, which improves your physical health as well as the environment.



Enhances community



Teaching children to walk safely to school improves their road safety and awareness skills and will stand them in good stead for the rest of their lives.



Residents of streets with less traffic tend to have more local friends

Over **60%** of Greater Manchester is green space. Taking a walk can help you to explore local parks and woodlands.

Walking allows the opportunity to stop and chat with a neighbour...

...and enjoy the environment around you.

More walkers on the street can reduce traffic speeds, noise levels and the need for street surveillance.



Active circular towns

