

**Active Travel Needs Assessment**

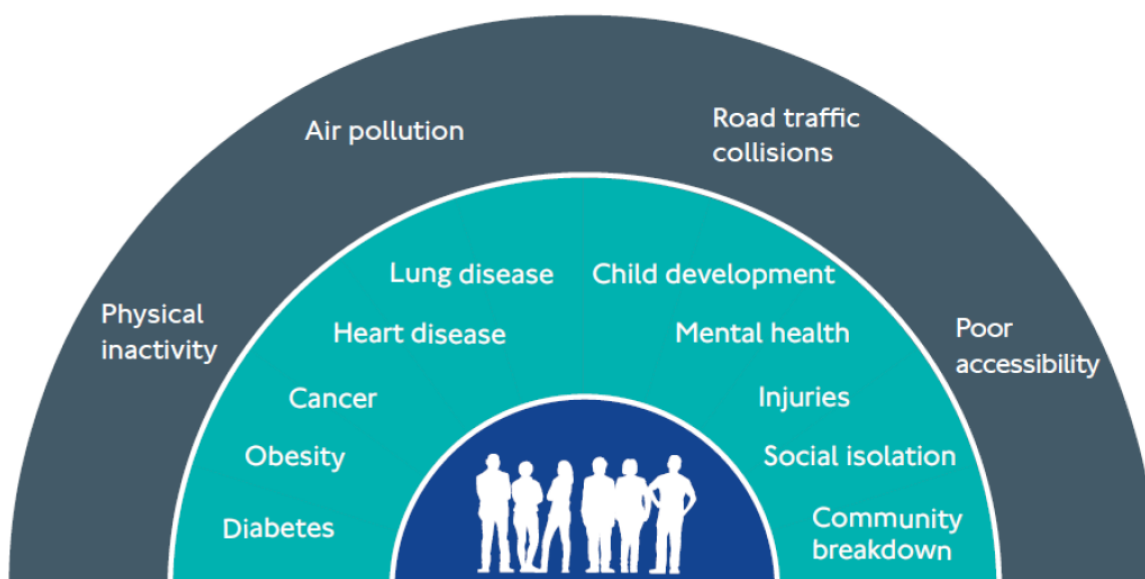
**Appendix 1**

**Table 1. Summary of the relationship between physical activity and health**

Health topic	Evidence of the effect of physical activity	Strength of evidence
Overall death rate	Approximately 30% risk reduction for the most active compared with the least active	Strong
Cardiovascular health	20% to 35% lower risk of cardiovascular disease, coronary heart disease and stroke	Strong
Metabolic health	30% to 40% lower risk of type 2 diabetes in at least moderately active people compared with those who are sedentary.	Strong
Musculo-skeletal health	36% to 68% risk reduction of hip fracture at the highest level of physical activity.	Moderate
Falls	Older adults who participate in regular physical activity have an approximately 30% lower risk of falls	Strong
Cancer	Approximately 30% lower risk of colon cancer and 20% lower risk of breast cancer for adults participating in daily physical activity	Strong
Mental health	Approximately 20% to 30% lower risk for depression and dementia for adults participating in daily physical activity.	Strong

Source: Department of Health, 2011 Start Active, Stay Active: A report on physical activity from the four home countries' Chief Medical Officers. London: DH (Table 1, adapted from work by the US Department of Health and Human Services)

**Figure 1. Key adverse links between motorised road transport and health**



**Table 2: The wider benefits to society associated with increased walking and cycling**

Issue	Impact of active travel
Traffic congestion	Reduces ↓
Local air quality	Improves ↑
Carbon emissions	Reduces ↓
Road casualties	Reduces ↓
Social cohesion	Improves ↑
Public realm	Improves ↑
Quality of life	Improves ↑

Source: Revised from NOO, 2013 A Briefing for Local Authority Elected Members

**Figure 2: Life expectancy and healthy life expectancy for men and women, Wolverhampton and England**

