



Safer, healthier public spaces for everyone

Public spaces like high streets and town centres play a key role in the life of our communities. The way we choose to travel can help to create safer, healthier environments with better access for everyone.



Healthier streets for everyone

In the UK a walking and cycling index found that cycling **prevents** 4,199 serious **long-term health conditions** each year. This **saves the NHS** in sampled cities £27.5 million per year, equivalent to the cost of 920,000 GP appointments.

In London's 'Mini-Holland' programme in Waltham Forest, residents living near to walking and cycling interventions walked an extra 32 minutes a week compared to the average outer Londoner; **adding an estimated 7 months in life expectancy.**



Safer streets for everyone

In Belfast and Edinburgh 20-mph speed limits made streets safer in just one year. In Edinburgh, **collisions reduced by 40%**, with a **39% reduction in casualties** and a **23% reduction in the number of road traffic fatalities**. In Belfast city centre over the course of 3 years following the 20-mph speed limit, **road traffic fatality rates decreased** by 44%.

Cycle segregation through bike lanes make cyclist and motorists feel safer. Studies have found that 66% of motorists reported **feeling comfortable driving next to cyclists after the bike lane installation**, compared to only 14% before.



Better access for everyone

Sustrans' Walking and Cycling Index in 2021 found that **44% of people on low incomes felt they could not get to places easily without a car.**

In the past decade, disabled people made 38% fewer journeys than non-disabled people in the UK and **1 in 5** disabled people felt unable to travel due to the lack of appropriate transport options.

Sustainable travel options can **make it easier for everyone to get around**; they reduce congestion for those that need to drive and **make it easier for people to walk or use public transport.**



Making walking an easier choice for more people can be done by making the streets nicer with additional things such as lighting, benches, trees and greenery, walking and cycling signage and maps.