



The Health Benefits of Public Transport

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- Introduction

 - History

 - Changes within the Passenger Transport system since 1985**

 - What it meant for local authorities and bus operators.**



Our responsibility:

Nexus-

Metro

Shields Ferry

Co-ordinating local bus services

Subsidising socially necessary but
unprofitable bus services

Subsidising local rail

CT Scheme

Subsidising the under 16 and further education
students

Providing Public Transport Information

Maintaining bus stops and most bus stations



ITA – Integrated Transport Authority (Elected councillors from the five local authorities of Tyne and Wear)

Administering the CT fare scheme

Setting fares on secured bus services, local rail, metro and Ferry services.

Owning the Tyne Tunnel Crossings



Policies and Programmes

£385m "Metro: All Change" programme to modernise the Tyne and Wear Metro over eleven years

Bus Strategy aimed at improving the bus network in Tyne and Wear.

Smart Ticketing, POP CARD

Reducing social exclusion

TaxiCard – Companion Card – Community Bus
"Shopper" Services and Ticket to work schemes



The Advantages of Public Transport on Health

- **Cost** – Compared with private transport, More money in peoples pocket.
- **Convenience** – Set schedule, avoids traffic congestion, don't need to look for a parking space.
- **Environment** – Less harmful emissions, one single deck bus is equivalent to taking approx. 60 cars off the road.
- **Safety** – Bus is 7 times safer than a car – and using a train is 15 times safer than using a car.



Improves Air Quality – Yearly PT avoids the emission of more than 126 million pounds of hydrocarbons, a primary cause of smog. 156 million pounds of nitrogen oxides, which can cause respiratory diseases. Buses omit 80% less carbon monoxide than a car.

- **Reduces Energy Consumption** – fuel savings of 1.5 billion gallons a year.
- **Fosters More Liveable Communities** – a focal point for economic and social activities.
- **Improves Confidence** – Gain valuable road safety skills.
- **Increases levels of Health and Fitness** – Just walking to and from bus stops will help in increasing fitness.
- **Reduces Stress** – Talking to friends, reading , listening to music, more relaxed.



What Else?

Reducing social exclusion

The provision of dedicated schemes as already mentioned, TaxiCard, Companion Card, Shopper services and Ticket to Work.

Fare structures, Smart Ticketing

Investing in new fuel efficient buses, gas, low sulphur or diesel-electric hybrid buses, Easy access buses.

Addressing issues such as Safety and Security, with CCTV on buses, in bus stations and bus shelters.

Investing in Timetable information such as “Real Time”



The Barriers:

Commercially operated Bus Network

Traffic Congestion

Relocation and closure of local facilities, shops and leisure facilities.

Lack of Customers, less passenger results in higher fares, or even the withdrawal of services forcing people in to private cars.

Financial constraints. Governments spending review



To re-cap:

The (Health) benefits that we can gain from using public transport are:

Reduced Stress

Reduced respiratory related illnesses

Reduces the risk of heart diseases

Reduces road accidents

Increases social activity

Increases general health and fitness

Reduces individual costs and NHS costs.



The Future:

Continue the partnership working with the bus operators and Local authorities.

Promoting and investing in alternatives such as walking and cycle paths.

Continue incentives like car free day, two for one promotions.

Work towards reducing congestion, with more bus lanes and park and ride facilities, more (secure) cycle lockers at bus stations and interchanges.

Continue and enhance the work and schemes already in place.



Questions?

The Health Benefits of Public Transport

