Living Streets

The national charity working with supporters to create safe, attractive streets where people want to walk.
Living Streets Scotland

Work in Scotland

- Campaigns & lobbying
  - 20 mph; anti-social parking; walkable neighbourhoods
- Engaging communities
- Healthy Environments
- Consultancy services
Walkable Neighbourhoods Campaign

www.livingstreets.org.uk/heroes
Living Streets Scotland

Work in Scotland

- Campaigns & lobbying
  - 20 mph; anti-social parking; walkable neighbourhoods
- Engaging communities
- Healthy Environments
- Consultancy services
Creating Healthy Environments Toolkit
www.livingstreets.org.uk/scotland

Evidence and Policy
Health & Physical Activity; Healthy Environments; The Value of Streets

Tools – with case studies
• Community Street Audit
• Greenspace or Open Space Audits
• Cleanliness Index Monitoring System (Keep Scotland Beautiful)
• Designing Streets for People
• Local Design Guides
• Placecheck
• Placemaking
• Public Realm Design Guidance
• Design for Play
• Tackling Anti-social Behaviour
• Health Impact Assessment
• Integrating Health Into Planning
• 20mph Limits
• Scottish Transport Appraisal Guidance and Evaluation of Active Travel Projects
• Health Improvement tools for the Single Outcome Agreement Process
“Managing traffic growth by widening roads is like managing obesity by loosening your belt.”
## Health

<table>
<thead>
<tr>
<th></th>
<th>Adults</th>
<th>Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not meeting recommended levels</td>
<td>63%</td>
<td>29%</td>
</tr>
<tr>
<td>physical activity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight / obese</td>
<td>63% / 26%</td>
<td>28% / 15%</td>
</tr>
</tbody>
</table>

Scottish Health Survey 2009
Risks of Inactivity

• Obesity – also increases risk of all below
• Coronary heart disease x 2
• High blood pressure
• Bowel cancer x 3.6
• Type II diabetes x 2
• Osteoporosis x 2
• More injuries & accidents
• Poor mental health/depression

Let’s Make Scotland More Active, 2003, Scottish Executive
%Adults (15yrs+) with BMI>30kg/m²
Source: OECD Health Data, 2006

<table>
<thead>
<tr>
<th>Country</th>
<th>Year</th>
<th>% Obese (BMI&gt;30kg/m²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>US (2004)</td>
<td></td>
<td>32.2</td>
</tr>
<tr>
<td>Scotland (2003)</td>
<td></td>
<td>25.5</td>
</tr>
<tr>
<td>Mexico (2000)</td>
<td></td>
<td>24.2</td>
</tr>
<tr>
<td>UK (2004)</td>
<td></td>
<td>23.0</td>
</tr>
<tr>
<td>Canada (2004)</td>
<td></td>
<td>22.4</td>
</tr>
<tr>
<td>Greece (2003)</td>
<td></td>
<td>21.9</td>
</tr>
<tr>
<td>Australia (1999)</td>
<td></td>
<td>21.9</td>
</tr>
<tr>
<td>New Zealand (2003)</td>
<td></td>
<td>20.9</td>
</tr>
<tr>
<td>Hungary (2003)</td>
<td></td>
<td>18.8</td>
</tr>
<tr>
<td>Czec Republic (2002)</td>
<td></td>
<td>14.8</td>
</tr>
<tr>
<td>Finland (2005)</td>
<td></td>
<td>14.1</td>
</tr>
<tr>
<td>Spain (2003)</td>
<td></td>
<td>13.1</td>
</tr>
<tr>
<td>Ireland (2002)</td>
<td></td>
<td>13.0</td>
</tr>
<tr>
<td>Germany (2003)</td>
<td></td>
<td>12.9</td>
</tr>
<tr>
<td>France (2004)</td>
<td></td>
<td>9.5</td>
</tr>
<tr>
<td>Italy (2003)</td>
<td></td>
<td>9.0</td>
</tr>
<tr>
<td>Norway (2002)</td>
<td></td>
<td>8.3</td>
</tr>
</tbody>
</table>
Obesity & Active Travel

### Adult travel main mode

<table>
<thead>
<tr>
<th></th>
<th>Walk (driver &amp; pass)</th>
<th>Car (driver &amp; pass)</th>
<th>Bus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>19.5%</td>
<td>65.4%</td>
<td>9.4%</td>
</tr>
<tr>
<td>2006</td>
<td>13.6%</td>
<td>69.9%</td>
<td>11.2%</td>
</tr>
</tbody>
</table>

53% of all driver journeys are less than 5 km

28% less than 2km

Scottish Household Survey Travel Diary, 2007/8
Travel to School

<table>
<thead>
<tr>
<th></th>
<th>Walk</th>
<th>Bus</th>
<th>Car</th>
<th>Cycle</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985/6</td>
<td>69%</td>
<td>23%</td>
<td>6%</td>
<td>1%</td>
</tr>
<tr>
<td>2007/8</td>
<td>47%</td>
<td>23%</td>
<td>27%</td>
<td>1%</td>
</tr>
</tbody>
</table>

National Travel Survey 2007/8
Scottish Results
Walking

Most common travel mode for:
• Under 20’s
• Over 80’s

Most popular form of physical activity for:
• Adolescent girls – 67% do not meet recommended levels of PA.
Projected percentage change in Scotland’s population by age group, 2008-2033

Projected Population of Scotland, GROS 2009

- 0-15: -2%
- 16-29: -7%
- 30-44: -5%
- 45-59: -7%
- 60-74: 33%
- 75+: 84%

1.34 m

0.72 m
Car dominance

In Scotland

• 63% of people are either under the age of 16 or are old enough but don’t hold a drivers license.
• 30% of households do not have access to a car.

Are the needs of the majority justly considered in decisions on road space allocation and investment in modes?
Walkable neighbourhoods

- Walkable neighbourhoods are associated with higher levels of physical activity and lower levels of obesity – Glasgow Centre for Population Health, 2008

- Liveable neighbourhoods increase walking for transport – RESIDE study, UWA
High population density – enables high quality public transport

![High population density](image)

![Living Streets](image)
Mixed land use – reducing the need to travel

Source: Aberdeen City Council
High connectivity – encouraging physical activity

Direct walking/cycling links to places people want to go
Good pedestrian/cycling facilities – high quality, safe, attractive
Good accessibility – meeting people’s needs locally

Photo: Neil Gellatly, Dundee City Council

The 5 minute pint
or
“City of Short Distances”
People places – attractive, interesting, distinctive
What Will Encourage You to Walk More?
Effects of Traffic Calming in a Residential Area (Glasgow)

- Adult walking ↑ 20%
- Adult cycling ↑ 3.8%
- Allow children to play outside ↑ 11.8%
- Allow children to walk more ↑ 12.5%
- Allow children to cycle more ↑ 11.6%

Scottish Government policy support for healthy environments

- Preventing overweight & obesity in Scotland: a route map towards healthy weight, 2010
- Designing Streets: a policy statement for Scotland, 2010
- Scottish Planning Policy, 2010
- Physical Activity Strategy 2003 and Review 2009
- Healthy Eating, Active Living: an action plan to improve diet, increase physical activity and tackle obesity (2008-2011), 2008
- Good Places Better Health, 2008
- National Transport Strategy, 2006
Thank You

www.livingstreets.org.uk/scotland