



PHYSICAL ACTIVITY THROUGH SUSTAINABLE TRANSPORT APPROACHES

→ Sedentary behaviour - the urban challenge

Europeans move too much without moving enough these days. Many rely on cars for the shortest of trips. This comes at a cost to our health and the public purse.

On average people spend about 80 minutes per day in transit. Half of all trips, less than 5km, are undertaken by car.

Physical inactivity is a leading risk factor for ill-health in the European Region; resulting in 1 million deaths per annum.



→ What are the benefits of active travel?

- BETTER FOR YOUR HEALTH
- SAVES YOU MONEY
- OFTEN IT'S QUICKER
- GIVES YOU FREEDOM

THE WORLD HEALTH ORGANIZATION (WHO) RECOMMENDS:

- 30 mins of physical activity 5 times a week
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- to improve citizen's health and make the city more livable

→ Is PASTA good for your health?

The EU-funded project PASTA - Physical Activity Through Sustainable Transport Approaches - aims to connect transport and health by promoting active mobility in cities (i.e. walking and cycling in combination with public transport use) as an innovative way of integrating physical activity into our everyday lives.



The project brings together a multi-disciplinary consortium of leading experts in policy, research and practice from across Europe.

Longitudinal survey on the impact of active travel (Nov 2014 - Jan 2017)

In the PASTA case study cities: Antwerp, Barcelona, London (Newham), Örebro, Rome, Vienna, Zürich.

Collecting indicators & good practice case studies

To have a common way to evaluate active mobility, and share good examples where transport & health are linked.

Interviews & workshops with health & transport practitioners

To explore examples of cooperation among diverse sectors and city departments in charge for health, urban planning and transport.



7 WORKSHOPS

61 INTERVIEWS

→ What we found:

Success factors identified in the interviews for the promotion of active mobility in cities

1. Political will, often tied with a powerful politician, is the most important driving factor for active mobility promotion.
2. Include health arguments explicitly in urban policy plans.
3. Cooperation between transport and health departments needs to be facilitated for favorable health outcomes.
4. Creating a safe and livable environment, with supporting transport infrastructure.
5. Dedicated budget allocation needed for active mobility infrastructure.
6. Support health literacy and awareness of health benefits of active mobility among citizens.

Results from the longitudinal study



On average regular cyclists weigh 4 kilos less than car drivers.



European data on cycling network length and mode share suggests that a designated cycling network is associated with a cycling mode share of up to 25%.



The health benefits of physical activity were detrimental to effects of traffic incidents and air pollution exposure for the actively traveling person.

→ Recipes for success: PASTA products for healthier cities

Good practice case study handbook from cities across Europe

A series of case studies collected via a systematic check of European projects and case study databases, and an open call through the 'Friends of PASTA'.

These cover 4 domains:

- Strategic policy;
- Social environment;
- Physical environment and Infrastructure;
- Regulation and legislation.

Summary series

A series of short summaries highlighting the key findings from the PASTA project, accompanied by the longer reports. This includes:

- Interview findings;
- Survey findings;
- Case study city active mobility measures.

The Health Impact Assessment Tool (HEAT)

The HEAT tool calculates the health and economic benefits of walking or cycling. It is designed to support urban planners, transport and health practitioners in making the case for new investment in active mobility.

PASTA has produced an updated version of the WHO's original tool incorporating new factors like pollution levels.

Free training workshops are available for practitioners: www.heatwalkingcycling.org

Journal articles

All journal articles can be found on www.researchgate.net/project/PASTA-project

Policy notes (national & EU level)

Policy briefs from each case study city and an EU level brief also feature in the compendium.

Glossary of terms

A glossary of terms providing a common understanding of active mobility measures used in the PASTA project.

www.pastaproject.eu/publications



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