

The health and economic benefits of active commuting in Scotland



Our research found that...

Walking and cycling make up about 13-15% of commuting journeys in Scotland

Half of active commuters achieved 30 mins per day of activity through their commute

Annual health economic benefit of active commuting in Scotland is over £671 million

An estimated 200 deaths per year could be prevented by active commuting

This analysis contributes to the evidence base on the public health benefits of active commuting and adds further weight to the arguments that promoting active commuting represents extremely good value for money for both individual and public health

Active commuting...

Helps people incorporate physical activity into their everyday lives

Helps reduce carbon emissions and air pollution

Helps to create more attractive and sustainable living and working environments

Benefits local high streets from the extra footfall brought by active commuters

Search 'active commuting' at www.gcph.co.uk