

The Healthy Travel Charters



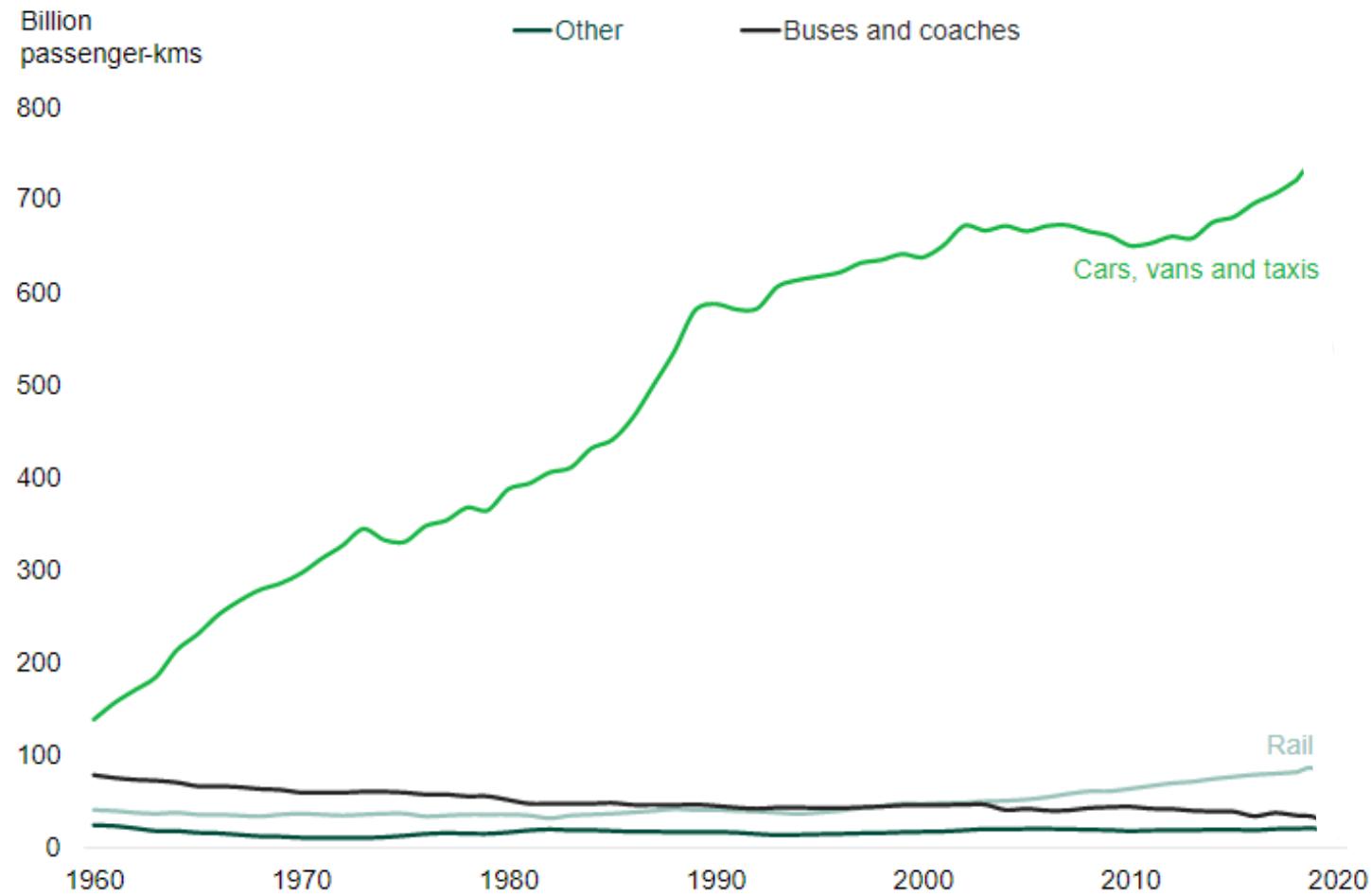
Dr Tom Porter
Consultant in Public Health Medicine
Cardiff and Vale UHB

Thu 27 Oct 2022

Background



How we get around has changed dramatically...



Source: Department for Transport (2021) Transport Statistics GB 2021



...and has changed our environment



Most housing and commercial developments over the last 50 years have been shaped by cars, not people



The impacts of how we travel...



Physical inactivity and sedentary lifestyles



Road traffic injuries and deaths



Reduction in green space



Climate change



Air pollution



Increase in loneliness and social isolation



Exacerbating health inequalities





5-14 yrs

The most common cause of death for children aged 5-14 years is being hit by a vehicle



78%

People who report sometimes or always being lonely in Wales



4x

Risk of child being hit by a car in most deprived wards compared with least deprived





7-8 months
population reduction in life expectancy in the UK due to air pollution



91%

Increase in risk of type 2 diabetes associated with sedentary lifestyle



Flood-related displacement of communities has been found in the UK to cause significant and enduring mental health issues



We must act now



UN News
Global perspective Human stories



IPCC report: 'Code red' for human driven global heating, warns UN chief

2021: "Code red"

2022: "Any further delay in concerted global action will miss a brief and rapidly closing window to secure a **liveable future**"

1.1°C

Global mean temperature rise in 2021 compared with pre-industrial era



2022 so far...

Storm Franklin: Almost 50 flood warnings and alerts issued for large parts of Wales

'Nothing left to burn': Wildfires blaze through the Arctic

More than a third of Pakistan is underwater.

Heatwave: Fires blaze after UK passes 40C for first time

Europe set for record wildfire destruction in 2022

UK government officially declares drought in parts of England



COP26 SPECIAL REPORT ON
CLIMATE CHANGE AND HEALTH

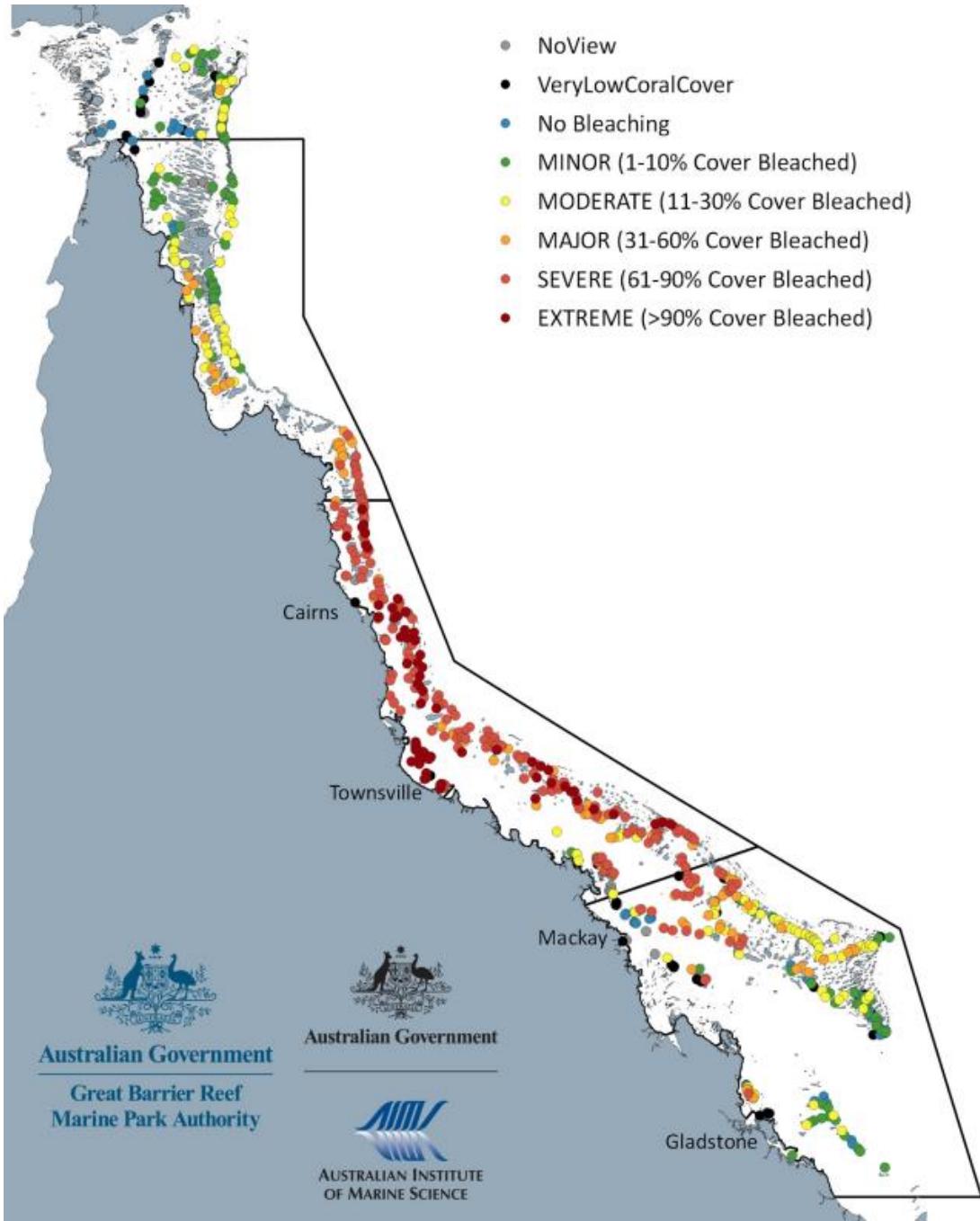
THE HEALTH ARGUMENT FOR CLIMATE ACTION



“Climate change is the
**single biggest health
threat** facing humanity”

World Health Organisation
October 2021





- NoView
- VeryLowCoralCover
- No Bleaching
- MINOR (1-10% Cover Bleached)
- Moderate (11-30% Cover Bleached)
- MAJOR (31-60% Cover Bleached)
- SEVERE (61-90% Cover Bleached)
- EXTREME (>90% Cover Bleached)

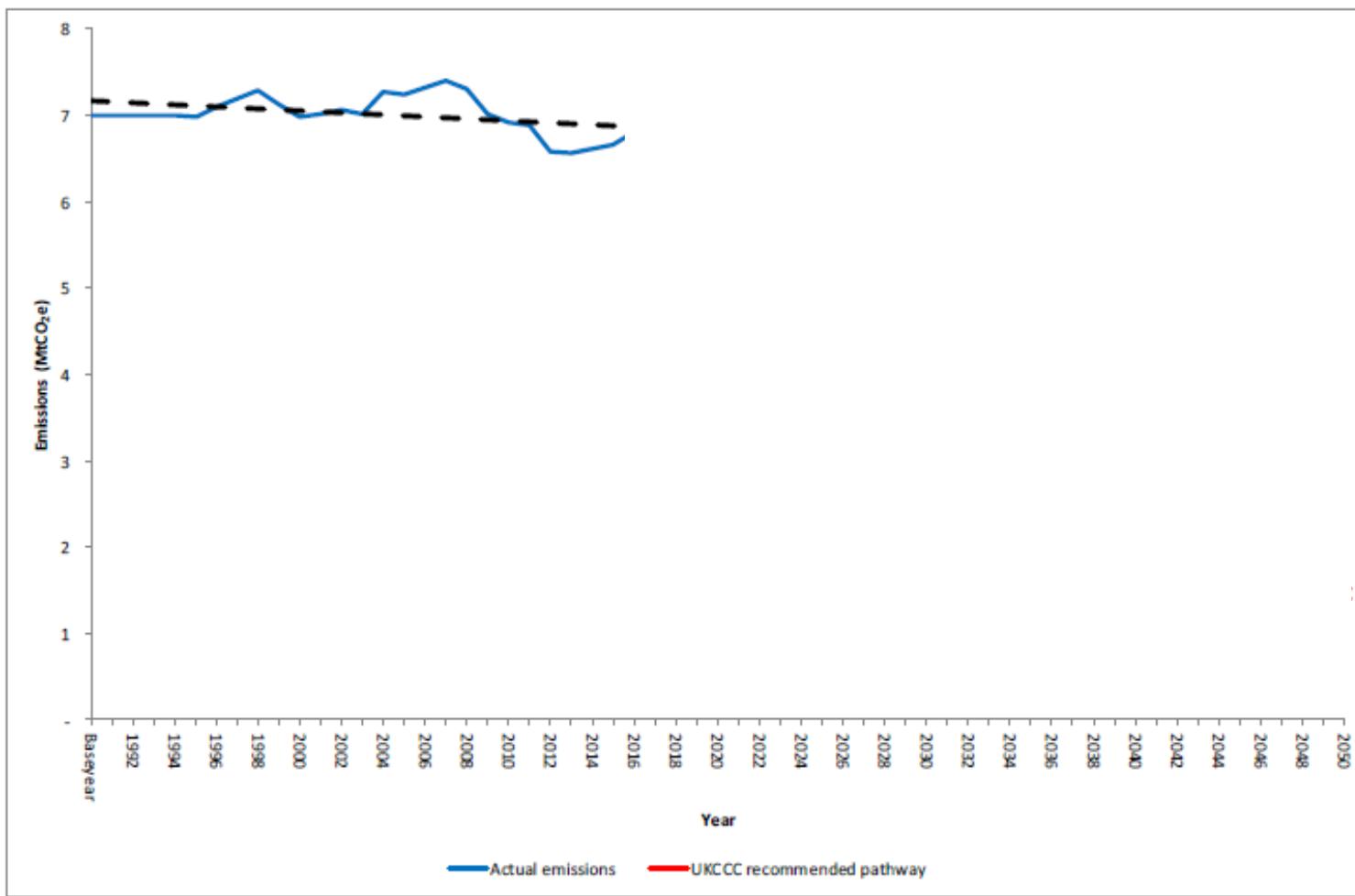
91%

of coral exhibited
some bleaching on
Great Barrier Reef in
2021

Source: Great Barrier Reef Marine Park
Authority



Graph and table: UKCCC modelling to show a possible route for transport sector emissions reduction as a contribution to an 80% reduction in all Welsh emissions in 2050⁵⁹



Source: Welsh Government/UKCCC



What we need to do



What we need to do



Support active travel and
public transport



Reduce air pollution and
carbon emissions



Design well-connected
and attractive
communities



Protect and enhance our
green space



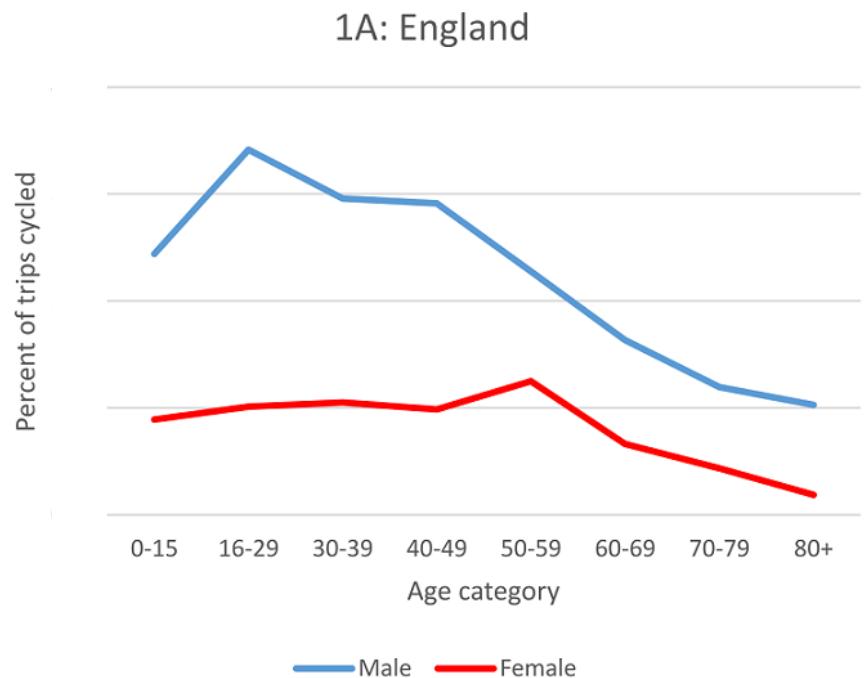
Provide leadership



Act on inequalities



We can be ambitious



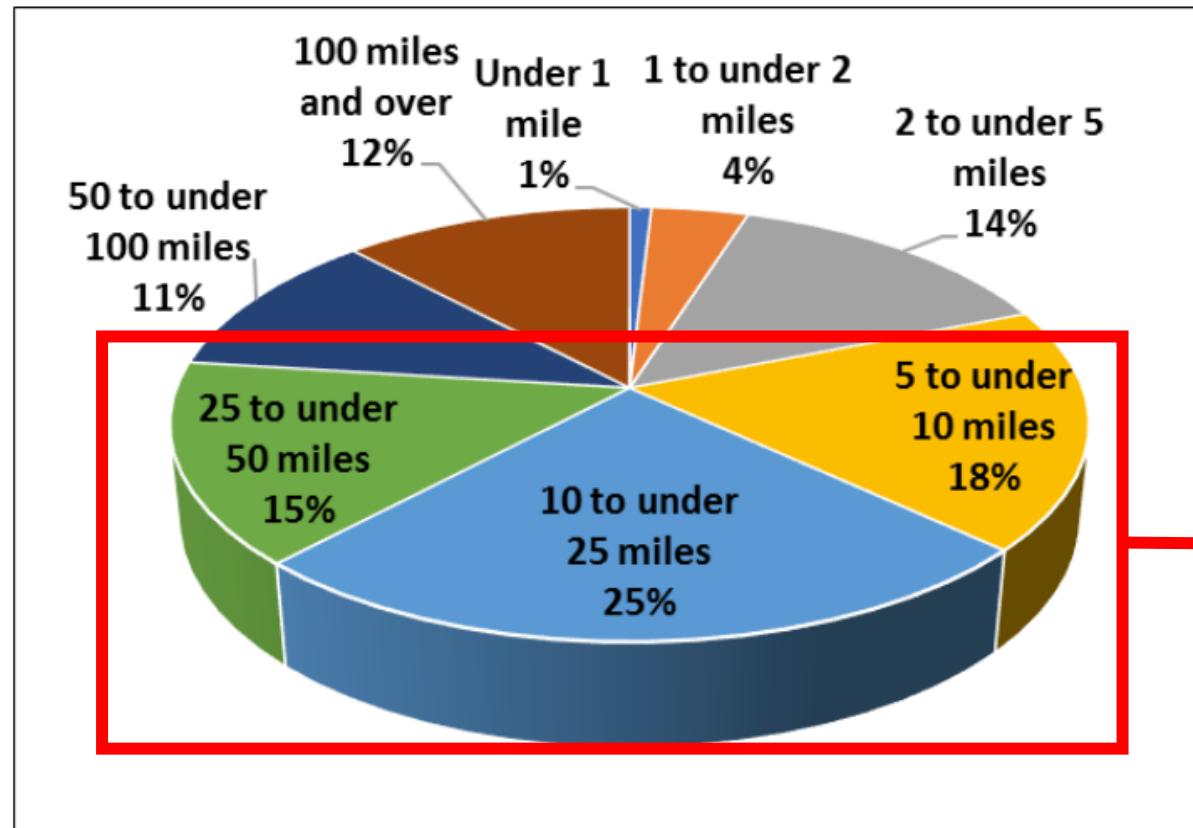
Source: Propensity to Cycle tool





Decent public transport is key

Figure 2: Estimated CO₂ emissions from cars by journey distance¹¹⁰



1 in 7 households don't have access to a car in Wales

58% CO₂ due to journeys by car 5-50 miles

Source: Hopkinson and Sloman (2018). More than electric cars; WG Llwybr Newydd (2021) supporting info estimates





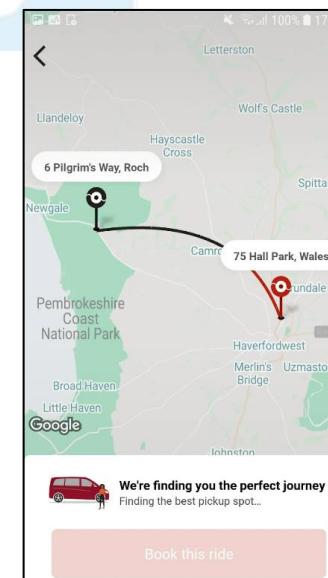
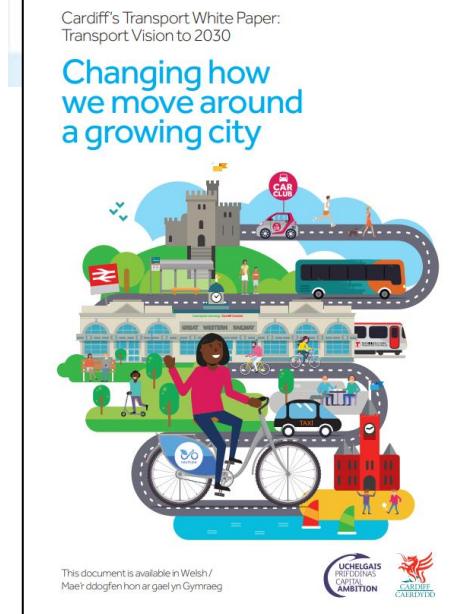
Rob Stewart
@Cllr_robstewart

I'm delighted to announce FREE bus travel will be available for everyone in Swansea every Friday Saturday Sunday and Monday this summer. #hereforSwansea #SwanseaLabour



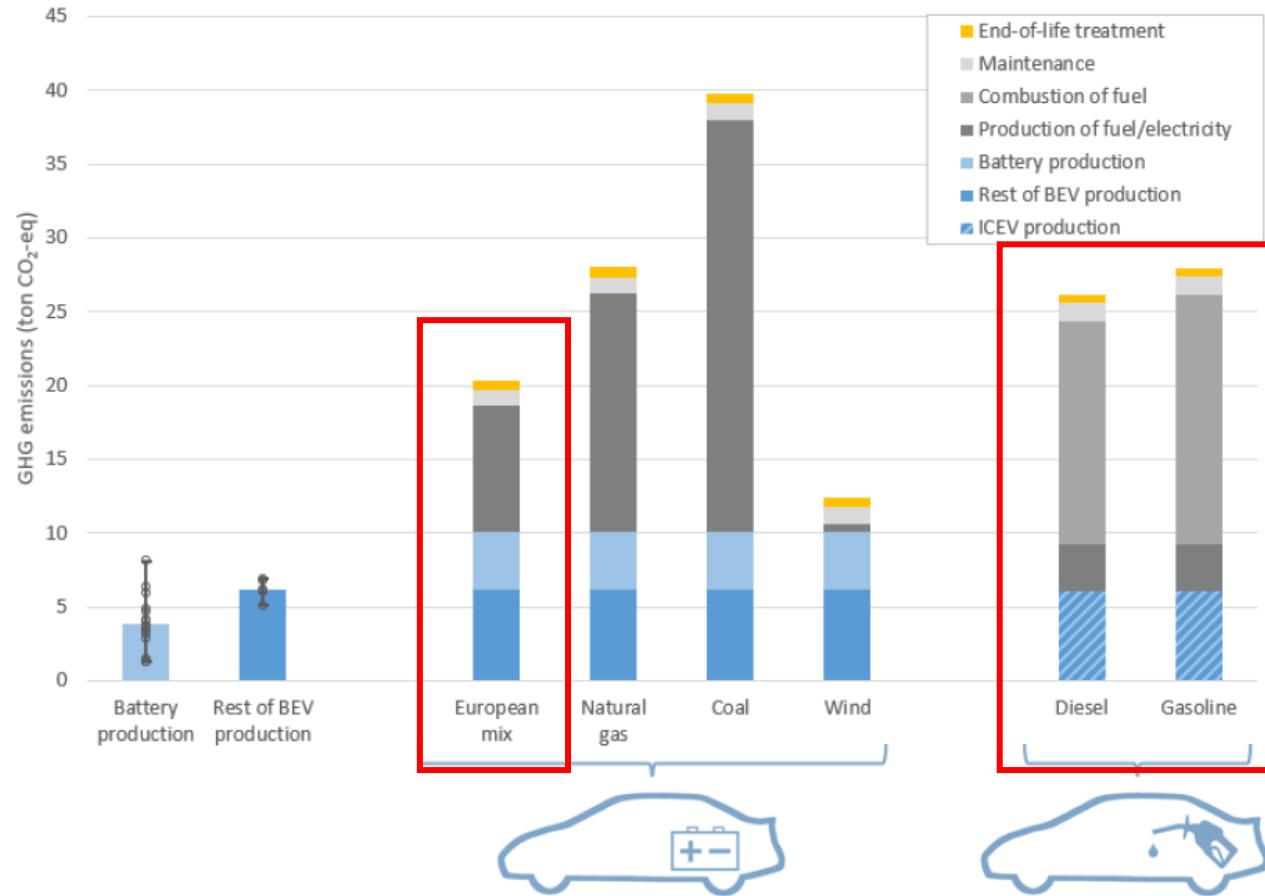
walesonline.co.uk

Bus travel will be free to all four-days-a-week in Swansea this summer
The initiative will run from July 30 to August 30, Friday-Monday



Beware shiny EVs

Figure E1: Lifecycle GHG emissions of mid-sized 24 kWh battery electric (left) and internal combustion engine (right) vehicles.



Source: European Parliament (2019)

Tyres produce far more particles than exhausts in modern cars

Milligrams of particles per kilometre of driving



Guardian graphic. Source: Emissions Analytics



Placemaking



Source: WG. PPW 11 (2021)

Planning Policy Wales
Edition 11 | February 2021

Uwysedd Cymru
Welsh Government

Creu Lleoedd Cymru
Placemaking Wales

Placemaking Wales Charter

The Placemaking Wales Charter has been developed in collaboration with the Placemaking Wales Partnership which is made up of stakeholders representing a wide range of interests. The Charter reflects the collective and individual commitment of these organisations to support the development of high-quality places across Wales for the benefit of communities.

In signing the Placemaking Wales Charter, my organisation agree to support placemaking in all

Facilitating Accessible and Healthy Environments

Accessible and high quality green space

Accessible by means of active travel and public transport

Not car dependent

Minimises the need to travel

Provides equality of access

Feels safe and inclusive

Supports a diverse population

Good connections

Convenient access to goods and services

Promotes physical and mental health and well-being

Creating healthier places and spaces for our present and future generations

GIG | Technydd Cyhoeddus NHS Wales Public Health Wales

Public realm
Streets and public spaces are well designed, welcoming and safe so they are accessible and adaptable with green infrastructure, drainage, well integrated cycle routes, and promote opportunities for social interaction and activities for all people.

Identity
The positive distinctiveness of local places is respected. The unique character and opportunities, including heritage, language, built or natural environment, and physical attributes are recognised and responded to.

Low levels of air pollution
Building design promotes health and well-being
Accessible and well-maintained green infrastructure, open green spaces and blue spaces
Local food growing and food retail environment enhances access to healthy food choices
Community, health and social care services provided from local facilities
Inclusive infrastructure prioritises walking and cycling, and improves road safety

A red arrow points from the text "Convenient access to goods and services" to the green text "= Design out private cars".



The importance of equality



Transport is often incorrectly considered to be 'gender neutral'. This does not account for women's unique travel needs.



Women are more likely to complete multi-purpose trips in contrast to direct commuting patterns. Limited off-peak services designed along radial commuter corridors mean these journey needs are not met.



Women are more exposed to issues of gender-based violence on public transport. Concerns over safety limits women's mobility and their independent use of public transport.



There is a huge gender imbalance in the transport industry with women only accounting for 21% of the overall workforce in the UK.



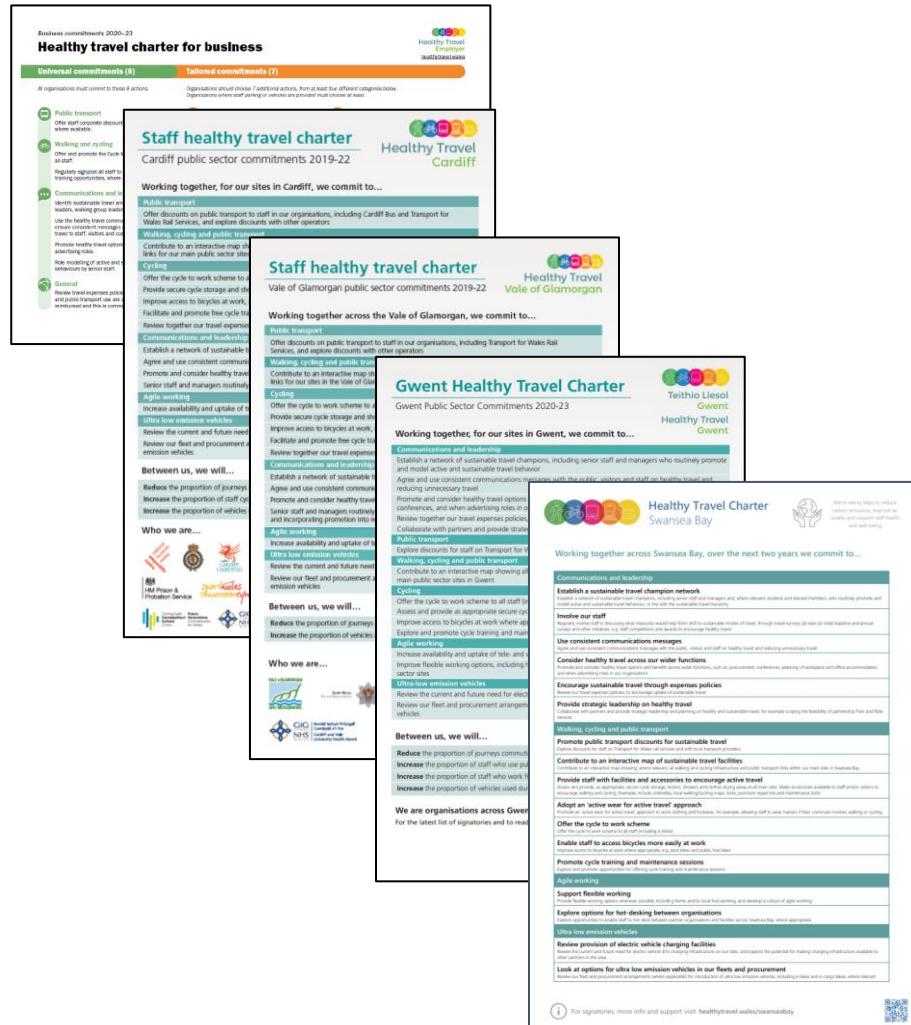
Provide leadership

30%

working adults
employed in
public sector in
Wales



The Healthy Travel Charters



14

Commitments over 3 years

Supporting...

- Walking and cycling
 - Public transport
 - Ultra low emission vehicle use
 - Agile working



Healthier,
happier, more
productive staff

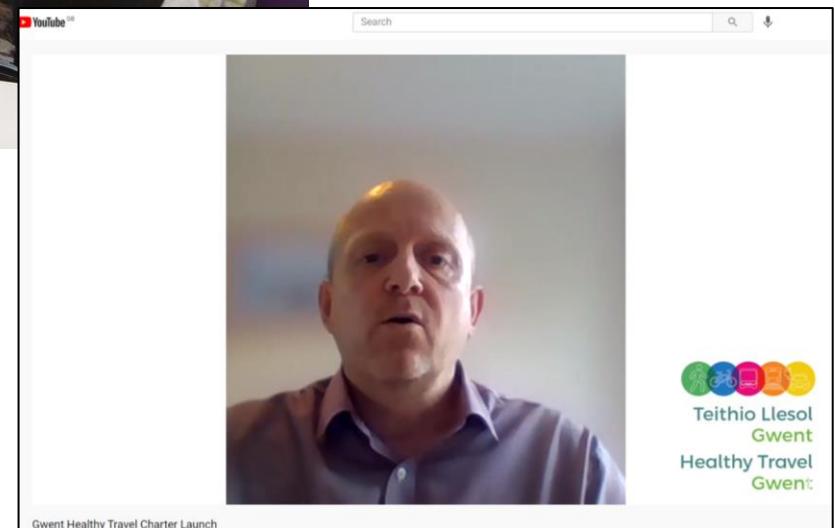
Reduced CO₂
emissions

Improved air
quality

Reduced health
inequalities



Visible senior leadership



Charter signatories to date

major organisations
signed to date

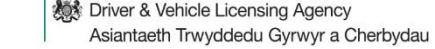
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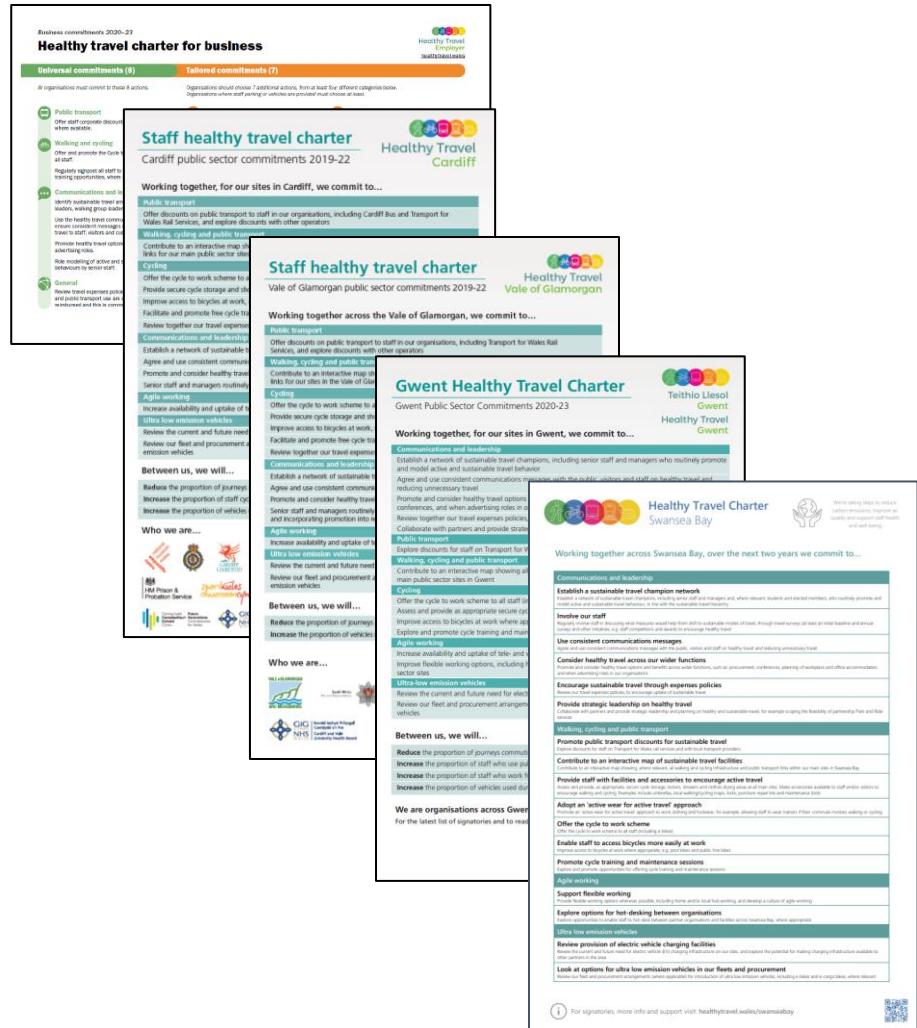
national
museum
wales
amgueddfa
cymru



SWANSEA COUNCIL FOR VOLUNTARY SERVICE
CYNGOR GWASANAETH GWIRFODDOL ABERTAWE



The Healthy Travel Charters



Co-produced

Achievable but stretching

Part of a wider set of actions required

- Progress
- Evaluation



Lessons learned

• Worked well

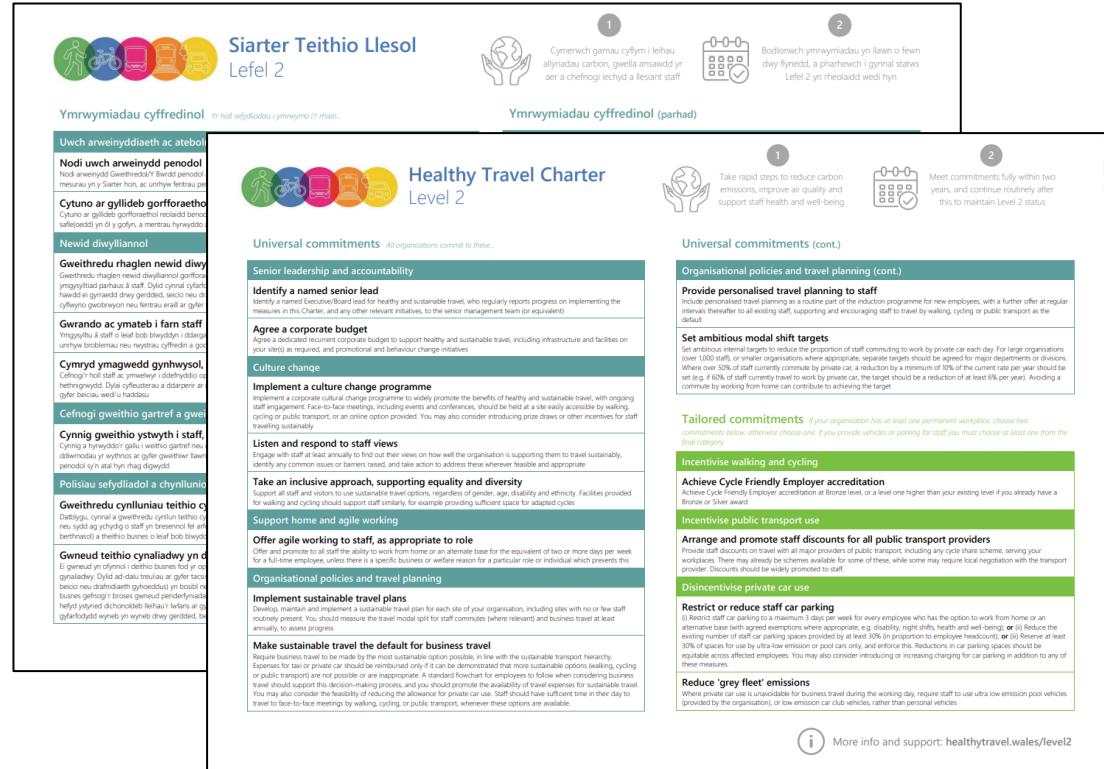
- Coproduction in each area, with local lead
- Engagement of senior as well as operational staff, via PSBs
- Sharing practice from each area, not starting from scratch
- Engagement between LAs and wider public sector partners – e.g. on transport plans
- ‘Collective bargaining’
- Broadening and maintaining interest in otherwise ‘niche’ topic
- Balance of governance – self assessment

• Challenges / learning

- Keeping momentum on implementation after first sign up
- Committing funding where required
- Evaluating – issues with staff surveys
- Covid-19
- Changeover of lead staff – explain and make case again
- Dedicated time to work with organisations – HT officer role has helped
- Other actions required too



Level 2 Charter



The image shows two side-by-side charter documents: 'Siarter Teithio Llesol Level 2' and 'Healthy Travel Charter Level 2'. Both documents have a header with icons for walking, cycling, public transport, and electric vehicles.

Siarter Teithio Llesol Level 2:

- Ymrwymiadau cyffredinol:** Includes icons for walking, cycling, bus, train, and car. Text: 'Yr holl sefydliodau i ymmygyd i'r rhain.'
- Uwch arweinwyd penodol:** Includes icons for walking, cycling, bus, train, and car. Text: 'Nodi uwch arweinwyd penodol Nodi arweinwyd Gwefreidiad yr holl penodol mesau yn Siarter Horw ac unhyw fentrau penodol.
- Cytuno ar gyllideb gorfforaweth:** Includes icons for walking, cycling, bus, train, and car. Text: 'Cytuno ar gyllideb gorfforaweth reolaidd bennig safesoedd yn ddi gofyn a mmentu hyrwyddo.'
- Newid diwyllianol:** Includes icons for walking, cycling, bus, train, and car. Text: 'Gweithredu rhaglen newid diwyllianol i ddarparu ymgyrchol panadd a staff. Dylid cynnal cyfarthau hawdd ei gyrraddi drwy gerddid, seiclo neu os cyfeirio gwchwrion newi fentrau eraill ar gylch.
- Gwando ac ymatebi i fam staff:** Includes icons for walking, cycling, bus, train, and car. Text: 'Ymgyrchiadau a staff a leiaf bob blwyddyn i ddarparu unhyw bodlemau newi neyratau cyffredin a gweithio uchod.'
- Cymryd ymgasweid gynhwysol:** Includes icons for walking, cycling, bus, train, and car. Text: 'Cymryd ymgasweid gynhwysol, gan gynnwys ymgyrchiadau a chyflwyno drwy hethnwydd. Dylid cyfeirio a ddatgarf ar gyfer beicio wedi u haddysg.'
- Cefnogi gwethio gartrif a gweithio i ddarparu ymgyrchiadau a gwasanaethau i staff:** Includes icons for walking, cycling, bus, train, and car. Text: 'Cymryd ymgyrchiadau a gwasanaethau i ddarparu ymgyrchiadau a gwasanaethau i staff yn atyniad i hyn mag iagdyd.'
- Polisiau sefydliadol a chynllunio:** Includes icons for walking, cycling, bus, train, and car. Text: 'Gweithredu cynlluniau teithio o destiolaeth, tymor a gwylmeliadau cynllunio seithio neu sydd ag ychydig o staff yn bresennol fel an berthnasol a theithio busnes a leiaf bob blwyddyn.'
- Gweudeud teithio cynaliadwy yn ddiogel:** Includes icons for walking, cycling, bus, train, and car. Text: 'El genned ym ddyfni i ddiethio busnes fod yr os gynaliadwy. Dylid ad-dalu mreulau ar gyfer tadau beicio a gwasanaethau i ddarparu ymgyrchiadau busnes grefog a broses gwened perdyniadau hefyd ystynnod dichonibol leithau'r llofnars ar gyfarfodwyr wneid yn wynhys drwy gerddid, sa.

Healthy Travel Charter Level 2:

- Ymrwymiadau cyffredinol (parhad):** Includes icons for walking, cycling, bus, train, and car. Text: 'Cymerwch gamau cyffym i leiau allyniedau carbon, gwella ansawdd y gradd a chefnogi leichyd a flesant staff.'
- Bodlonach ymrwymiadus yn llawn o fewn drwy fyneiddi, a pharhewch i gynnal statws Level 2 yn rheoliadu wedi hyn:** Includes icons for walking, cycling, bus, train, and car.
- Universal commitments:** All organisations commit to these.
 - Senior leadership and accountability:** Includes icons for walking, cycling, bus, train, and car. Text: 'Identify a named senior lead'
 - Agree a corporate budget:** Includes icons for walking, cycling, bus, train, and car. Text: 'Agree a dedicated recurrent corporate budget to support healthy and sustainable travel, including infrastructure and facilities on your site as required, and promotional and behaviour change initiatives.'
 - Culture change:** Includes icons for walking, cycling, bus, train, and car. Text: 'Implement a corporate culture change programme to widely promote the benefits of healthy and sustainable travel, with ongoing staff engagement. Face-to-face meetings, including events and conferences, should be held at a site easily accessible by walking, cycling or public transport, or an online option provided. You may also consider introducing prize draws or other incentives for staff traveling sustainably.'
 - List and respond to staff views:** Includes icons for walking, cycling, bus, train, and car. Text: 'Engage with staff at least annually to find out their views on how well the organisation is supporting them to travel sustainably, identify any common issues or barriers raised, and take action to address these wherever feasible and appropriate.'
 - Take an inclusive approach, supporting equality and diversity:** Includes icons for walking, cycling, bus, train, and car. Text: 'Support all staff and visitors to use sustainable travel options, regardless of gender, age, disability and ethnicity. Facilities provided for walking and cycling should support staff similarly, for example providing sufficient space for adapted cycles.'
 - Support home and agile working:** Includes icons for walking, cycling, bus, train, and car. Text: 'Offer and promote to all staff the ability to work from home or an alternative base for the equivalent of two or more days per week for a full-time employee, unless there is a specific business or welfare reason for a particular role or individual which prevents this.'
 - Organisational policies and travel planning (cont.):** Includes icons for walking, cycling, bus, train, and car. Text: 'Provide personalised travel planning as a key part of the induction programme for new employees, with a further offer at regular intervals thereafter to all existing staff, supporting and encouraging staff to travel by walking, cycling or public transport as the default.'
 - Set ambitious modal shift targets:** Includes icons for walking, cycling, bus, train, and car. Text: 'Provide staff discounts to reduce the proportion of staff commuting to work by private car each day. For large organisations, over 1000 staff, or smaller organisations where appropriate, separate targets should be agreed for major departments or divisions. Where over 50% of staff currently travel to work by private car, a reduction by a minimum of 10% of the current rate per year should be set (e.g. if 40% of staff currently travel to work by private car, the target should be a reduction of at least 6% per year). Avoiding a commute by working from home can contribute to achieving the target.'
 - Tailored commitments:** If your organisation has at least one permanent workplace, choose two. Otherwise, otherwise choose one. If you provide vehicles or parking for staff you must choose at least one from the final category.
 - Achieve Cycle Friendly Employer accreditation:** Includes icons for walking, cycling, bus, train, and car. Text: 'Achieve Cycle Friendly Employer accreditation at Bronze level, or a level one higher than your existing level if you already have a Bronze or Silver award.'
 - Incentivise public transport use:** Includes icons for walking, cycling, bus, train, and car. Text: 'Provide staff discounts on travel with all major providers of public transport, including any cycle share scheme, serving your workplace. There may already be schemes available for some of these, while some may require local negotiation with the transport provider. Discounts should be widely promoted to staff.'
 - Disincentivise private car use:** Includes icons for walking, cycling, bus, train, and car. Text: 'Restrict or reduce staff car parking'
 - (i) Restrict staff car parking to a maximum of 1 day per week to every employee who has the option to work from home or an alternative base, unless it is appropriate, e.g. shift-duty, night shifts, health and well-being; or
 - (ii) Reduce the existing number of staff car parking spaces provided by at least 30% (in proportion to employee headcount); or
 - (iii) Reserve at least 30% of spaces for use by ultra-low emission or pool cars only, and enforce this. Reductions in car parking spaces should be applied to all staff, including flexible employees. You may also consider introducing or increasing charging for car parking in addition to any of these measures.
 - Reduce 'grey fleet' emissions:** Includes icons for walking, cycling, bus, train, and car. Text: 'Where private car use is unavoidable for business travel during the working day, require staff to use ultra-low emission pool vehicles (provided by the organisation), or low emission car club vehicles, rather than personal vehicles.'

- Increasing our ambition
- Accelerating change
- Available for sign up now

healthytravel.wales/level2

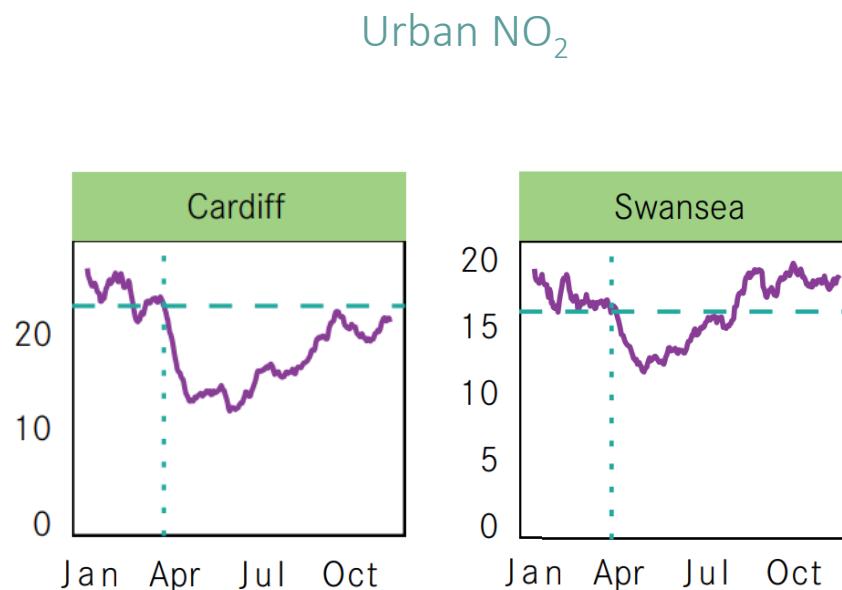
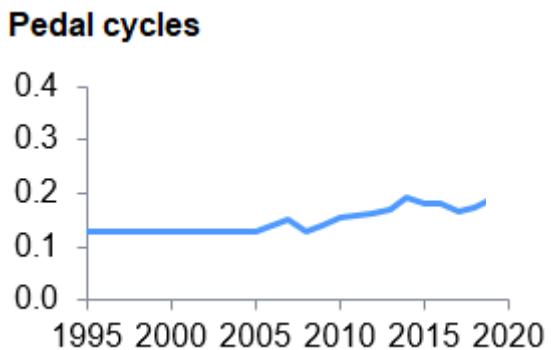
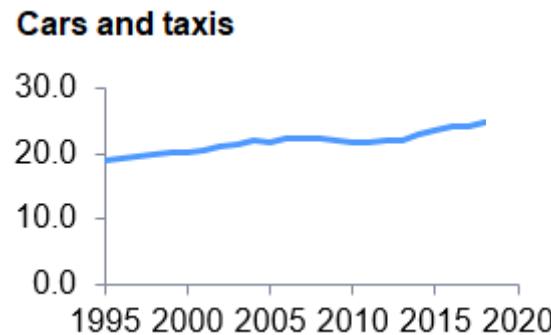


We know this is possible

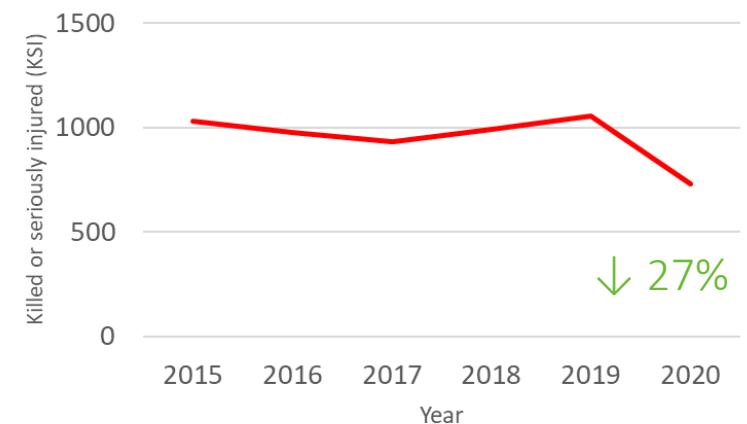


A natural experiment

Travel mode



People killed or seriously injured (KSI) on roads in Wales



Sources: Centre for Cities (Dec 2020), WG (2021), StatsWales (2021)



If we get this right...



Climate action brings clear health co-benefits

- Action on transport
 - ↑ Air quality
 - ↓ Respiratory disease
 - ↓ Cardiovascular disease
 - ↓ Colon and breast cancer
 - ↓ Obesity and diabetes
 - ↑ Mental wellbeing
 - ↓ Dementia
 - ↓ Injuries and deaths
 - ↓ Health inequalities
- (Oh, and ↓ CO₂ emissions)



= win / win





Making Wales better for
future generations

Diolch



Thank you

tom.porter@wales.nhs.uk

healthytravel.wales /
teithiollesol.cymru 