



Opportunities for Walking and Path Networks to Deliver on National Indicators & Outcomes – SOA Supporting Evidence - 2010

Opportunities for Delivery on National Indicators & Outcomes – SOA Supporting Evidence - 2010

Paths for All

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Background

Paths for All is the national charity promoting walking for health and the development of multi-use path networks in Scotland. Paths for All plays a critical role in getting more people outdoors and active in Scotland and is successful in pushing this agenda with local and national government and in communities. Through our work and provision of advice, resources and support to others, we are leading the way to our vision of, *'a happier, healthier, greener, more active Scotland.'*

In delivering this vision, Paths for All is working towards two equally important and interlinked long term outcomes:

- Reducing the proportion of the population who are physically inactive, through the delivery of a national walking programme. In particular, through volunteer led walks, workplace walking and innovative approaches to promoting walking and capacity building with key stakeholders.
- Increasing the number, quality, accessibility and multi-use of paths. In particular through advocacy, advice and support on delivery of path networks, a technical programme, community paths support programme and an active travel agenda.

In general terms Paths for All's activities, and those that it supports, assist in the delivery of a wide range of national and Government policies including: health and well-being, sustainable transport, environment and climate change, community development and volunteering and sustainable economic growth.

The supporting evidence in this document is based around the areas of PFA's work outlined above which contribute to the Scottish Government's Strategic Objectives, National Outcomes and National Indicators as well as the delivery of the individual local authority Single Outcome Agreements. However this evidence is not restricted to use with SOAs it can also be used as supporting evidence for funding applications and as supporting evidence when developing projects at a community level as well as a local authority level

In terms of the Scottish Government's National Performance Framework (NPF), highlighted below are the elements of the NPF to which PFA's activities contribute:

Strategic Objectives

- Healthier
- Greener
- Safer and Stronger

National Outcomes

- We live longer, **healthier lives**
- We have tackled the significant **inequalities** in Scottish society (especially health inequalities)
- We live in well-designed, **sustainable places** where we are able to access the amenities and services we need
- We reduce the local and global **environmental impact** of our consumption and production
- We have strong, resilient and supportive **communities** where people take responsibility for their own actions and how they affect others
- We value and enjoy our built and natural **environment** and protect and enhance it for future generations

How Scotland Performs

The Scottish Government has a single Purpose - to create a more successful country where all of Scotland can flourish through increasing sustainable economic growth. The [Government Economic Strategy](#) sets out the approach to delivering our Purpose to ensure that all of the Government's resources and policies are focused on its achievement.

We want to live in a successful Scotland: a healthy, safe, well-educated country, with a vibrant economy and opportunities for all. We want Scotland to be fair, tolerant and green. Put simply, we want a Scotland to be proud of.

Over time, [Scotland Performs](#) will tell us just how Scotland is doing in our pursuit of these aims. It describes the outcomes we want to achieve and how well Scotland is progressing in key areas: health and wellbeing; justice and communities; the environment; the economy; and education and skills.

Our vision for success for Scotland is described and measured in four parts which support and reinforce each other:

- The Government's [Purpose](#) and its associated targets
- Five [Strategic Objectives](#) that describe where we will focus our actions
- 15 [National Outcomes](#) that describe what the Government wants to achieve
- 45 [National Indicators](#) that enable us to track progress

Further information and details on the monitoring of the National Performance Framework go to:
<http://www.scotland.gov.uk/About/scotPerforms>

This relationship is formalised through a Concordat, a key component of which is the establishment of a Single Outcome Agreement (SOA) between each local authority and the Scottish Government. The SOA is underpinned by five principles:

- A bond between local and national government of joint accountability, and an understanding that it is not the role of national government to impose its will on local government.

- A significant change in the way in which accountability works. Namely that Parliament and national government will concentrate on outcomes rather than outputs.
- All of the Scottish public sector is signed up to the same set of limited priorities.
- Each SOA outlines how local government will use services to contribute to the achievement of agreed national outcomes, and what indicators it will use to measure progress towards its outcomes.
- Recognition that each SOA will be different to account for differing local priorities.

Single Outcome Agreements have now been in place since 2008 and the first reporting phase is due in the autumn of 2010.

From 2009 onwards, SOA's include not only local authorities, but also their community planning partners. The current SOA's (2009 onwards) for each authority are available from:

<http://www.improvementservice.org.uk/library/577-single-outcome-agreements/681-phase-2-single-outcome-agreements-2009-onwards/view-category/>

Using National Indicators and Outcomes to Make the Case for Walking and Path Networks

This document is intended to be used as a resource for a wide range of users involved in various policy areas such as: outdoor access, transport, health, scheme coordinators, and social regeneration or community groups. The evidence included in the tables can not only be used in developing Single Outcome Agreements but for supporting evidence in project development or in funding applications.

The tables below set out the various national indicators, national outcomes and the strategic objective areas; the evidence in support of these; and the contribution that walking and path networks can make. The text relating to evidence, policy/guidance and walking and path network contributions has been extracted directly from the relevant documents, with references shown directly beneath the extracts. Depending on your use for this document you may wish to either focus on the strategic objective areas (policy areas) or the more specific national indicators.

Summary of Relevant Strategic Objectives, Indicators and Outcomes

National Indicators	National Outcomes	Strategic Objective Areas
Reduce the proportion of driver journeys delayed due to traffic congestion	We live in a Scotland that is the most attractive place for doing business in Europe	Wealthier & Fairer
Reduce the rate of increase in the proportion of children with their Body Mass Index outwith a healthy range by 2018	We live longer, healthier lives	Healthier
	We have tackled the significant inequalities in Scottish society	Healthier
	We have improved the life chances for children, young people and families at risk	Healthier Smarter
	Our children have the best start in life and are ready to succeed	Healthier Smarter
	Our young people are successful learners, confident individuals, effective contributors and responsible citizens	Smarter
Increase the average score of adults on the Warwick-Edinburgh Mental Wellbeing Scale by 2011	We live longer, healthier lives	Healthier
	We have tackled the significant inequalities in Scottish society	Healthier
Reduce the proportion of people aged 65 and over admitted as emergency inpatients 2 or more times in a single year	We live longer, healthier lives	Healthier
Reduce mortality from coronary heart disease among the under 75s in deprived areas	We live longer, healthier lives	Healthier
	We have tackled the significant inequalities in Scottish society	Healthier
Increase the percentage of adults who rate their neighbourhood as a good place to live	We live our lives safe from crime, disorder and danger	Safer & Stronger
	We live in well designed, sustainable places where we are able to access the amenities and services we need	Greener Healthier Safer & Stronger

	We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others	Safer & Stronger
Increase positive public perception of the general crime rate in local area	We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others	Safer & Stronger
	We live our lives safe from crime, disorder and danger	Safer & Stronger
Reduce overall ecological footprint	We value and enjoy our built and natural environment and protect it and enhance it for future generations	Greener
	We reduce the local and global environmental impact of our consumption and production	Greener
	We live in well-designed, sustainable places where we are able to access the services we need	Greener Healthier Safer & Stronger
Increase the proportion of journeys to work made by public or active travel	We live in well-designed, sustainable places where we are able to access the amenities and services we need	Greener Healthier Safer & Stronger
	We reduce the local and global environmental impact of our consumption and production	Greener
Increase the proportion of adults making one or more visits to the outdoors per week	We live longer, healthier lives	Healthier
	We value and enjoy our built and natural environment and protect it and enhance it for future generations	Greener
	We take pride in a strong, fair and inclusive national identity	Wealthier & Fairer

Tables of Evidence (access, evidence and policy/guidance)

National Indicator

Reduce the proportion of driver journeys delayed due to traffic congestion

National Outcomes

We live in a Scotland that is the most attractive place for doing business

Strategic Objective Areas

Wealthier & Fairer

Walking & Path Network Contribution

Traffic congestion can be reduced by encouraging more people to walk and cycle for shorter journeys.

Evidence

Nearly two thirds of all car journeys in Scotland (62%) are less than two miles in length, which is equivalent of 30-50 minutes brisk walking.

Paths for All / Living Streets, 2009, Walkipedia: A Literature Review of Walking in Scotland

www.pathsforall.org.uk/about/article.asp?id=816&news=1

More people walking and cycling for short journeys instead of taking the car will reduce congestion.

Scottish Executive, 2006, Scotland's National Transport Strategy

www.scotland.gov.uk/Publications/2006/12/04104414/0

The annual cost of road traffic congestion to the UK economy will increase from £20 billion to £30 billion by 2010.

Goodwin, P. 2004, The economic costs of road traffic congestion. Discussion paper. The Rail Freight Group, London, UK

http://eprints.ucl.ac.uk/1259/1/2004_25.pdf

A lack of alternative options is the reason most commonly cited in relation to travel behaviour and specifically: driving to work (18% said there is no direct public transport); driving to do grocery shopping (13% said there is no direct public transport); driving children to school

(24% said there are no practical alternative.

Scottish Government. 2009. SEABS'08: The Scottish Environmental Attitudes and Behaviours Survey 2008. Edinburgh

www.scotland.gov.uk/Publications/2009/03/05145056/0

Policy/Guidance

Delivering carbon savings is a central feature of Scotland's National Transport Strategy. Our vision is to increase the proportion of short journeys made on foot and on bicycles which has the effect of reducing carbon emissions, improving air quality, reducing congestion, and contributing to the achievement of a healthier Scotland.

Scottish Executive, 2006, Scotland's National Transport Strategy

www.scotland.gov.uk/Publications/2006/12/04104414/0

The Scottish Ministers must ensure that the net Scottish emissions account for the year 2050 is at least 80% lower than the baseline.

Scottish Parliament.2008. Climate Change (Scotland) Bill. December 5, 2008

www.scottish.parliament.uk/s3/bills/17-ClimateChange/b17s3-introd.pdf

Within an approach to integrated land use and transport planning, the mode of personal travel should be prioritised according to the following principles:

- walking: the most sustainable form of travel, capable of substituting for the car over short distances with very significant health benefits and environmental gains;
- cycling: a sustainable form of transport with significant health benefits and environmental gains, promoted through the National Cycling Strategy, capable of being used in conjunction with public transport for medium and longer distances, and capable of substituting for the car over shorter distances;
- public transport;
- motorised modes.

SPP17 Planning for Transport

www.scotland.gov.uk/Publications/2005/08/16154406/44078

Walking is the most sustainable mode [of transport] and requires relatively little investment to make it attractive, particularly if planned

and designed into a new development from the outset. Planning can encourage walking to become the prime mode for shorter journeys through arranging land uses, by utilising urban design and encouraging specific schemes, such as Safer Routes to Schools. Local pedestrian networks should be analysed to provide the basis for network-wide improvement programmes.

The aim is to provide and maintain a safe, convenient and attractive cycle network for users. Consideration, if relevant, should be given to the local authority's cycle strategy and thought should be given to the encouragement of:

- Cycle lanes and networks, especially those radiating direct from proposals;
- Cycle crossing points being provided;
- Covered, secure and well located cycle parking;
- Changing facilities;
- Utilisation of areas free from motorised traffic, such as former railways, canal paths and bridleways; and
- Suitable maintenance regimes.

PAN 75 Planning for Transport

www.scotland.gov.uk/Publications/2005/08/16154453/44538

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National Indicator

Reduce the rate of increase in the proportion of children with their Body Mass Index outwith a healthy range by 2018

National Outcomes

We live longer, healthier lives

We have tackled the significant inequalities in Scottish society

We have improved the life chances for children, young people and families at risk

Our children have the best start in life and are ready to succeed

Our young people are successful learners, confident individuals, effective contributors and responsible citizens

Strategic Objective Areas

Healthier

Smarter

Walking & Path Network Contribution

By providing safe routes for walking and cycling for everyday journeys local authorities can contribute to reducing obesity in children.

Evidence

Evidence demonstrates that the physical fitness and health of children and young are substantially enhanced by frequent physical activity.

The British Heart Foundation, 2009, Couch Kids: the nation's future...

www.bhfactive.org.uk/downloads/New_Couch_Kids.pdf

Children who have better access to safe green and open places are more likely to be physically active and less likely to be overweight than those living in neighbourhoods with reduced access to such facilities. Access to green space is also associated with greater life expectancy in older people.

The Scottish Government, 2008, Equally Well: Report of the Ministerial Task Force on Health Inequalities

www.scotland.gov.uk/Publications/2008/06/25104032/16

Outdoor play is an excellent way for children to burn calories and to achieve the recommended 60 minutes of physical activity per day.

Walking and cycling provide excellent play experiences in themselves as well as allowing children and young people to get to play spaces and recreational facilities under their own steam.

Sustrans, 2009, Routes to Play, A Guide for Local Authorities, How to ensure children and young people can get to play spaces actively and independently

www.sustrans.org.uk/assets/files/AT/APTTO/Routes_to_play.pdf

Obesity in children may be prevented and treated by making lifestyle changes such as increasing physical activity.

SIGN Guideline No 69, 2003, Management of Obesity in Children and Young People

www.sign.ac.uk/guidelines/fulltext/69/index.html

In children and young people, walking can be promoted as part of the daily journey to and from school and leisure activities and walking:

- reduces the risk of obesity and associated health risks
- provides opportunities for socialising
- develops personal independence and self-esteem
- maximises bone density
- forms a positive life-long habit

Paths for All / Living Streets, 2009, Walkipedia: A Literature Review of Walking in Scotland

www.pathsforall.org.uk/about/article.asp?id=816&news=1

Walking and cycling in the course of daily life are an important component of population activity levels. Where pedestrians and cyclists have little fear of collision or injury to themselves and their children they are found to be more active.

Office of Science and Technology, 2007, Trends and Drivers of Obesity: a literature review for the Foresight project on obesity

www.foresight.gov.uk/OurWork/ActiveProjects/Obesity/KeyInfo/Index.asp

Policy / Guidance

The early years offer the best opportunity to put in place healthy behaviours around food and physical activity which will be sustained into adulthood. Central to this is the involvement of families, and every opportunity must be taken by all involved to shape and deliver services using health professionals and the Third Sector in a way which best provide support.

The Scottish Government, 2010, Preventing Overweight & Obesity in Scotland – A Route Map Towards Healthy Weight

www.scotland.gov.uk/Resource/Doc/302783/0094795.pdf

Physical environments that promote healthy lifestyles for children, including opportunities for play, physical activity and healthy eating, should be a priority for local authorities and other public services. The Government should support the Third Sector to increase opportunities for play, through investing in an Inspiring Scotland theme, subject to current discussions.

The Scottish Government, 2008, Equally Well: Report of the Ministerial Task Force on Health Inequalities

www.scotland.gov.uk/Publications/2008/06/25104032/16

Local Play Strategies and Green Infrastructure Strategies should take walking and cycling into account as the best way for children and young people to reach play spaces and opportunities independently and play freely in their local neighbourhoods. Monitoring the routes

in and out of parks and gathering information on how children travel to them may provide useful evidence to support walking, cycling and wheelchair access improvements.

Sustrans, 2009, Routes to Play, A Guide for Local Authorities, How to ensure children and young people can get to play spaces actively and independently

www.sustrans.org.uk/assets/files/AT/APTTO/Routes_to_play.pdf

Outdoor play in particular can also be a major contributor to outcomes around physical activity and healthy weight. Developing play spaces, and play opportunities for children and removing barriers to play is therefore a priority. This has wider implications for development planning and particularly provision of open spaces and green space.

Scottish Government, 2008, The Early Years Framework

www.scotland.gov.uk/Publications/2009/01/13095148/2

Local authorities should work with local partners, such as industry and voluntary organisations, to create and manage more safe spaces for incidental and planned physical activity, addressing as a priority any concerns about safety, crime and inclusion, by:

- Providing facilities and schemes such as cycling and walking routes, cycle parking, area maps and safe play areas
- Making streets cleaner and safer, through measures such as traffic calming, congestion charging, pedestrian crossings, cycle routes, lighting and walking schemes
- Ensuring buildings and spaces are designed to encourage people to be more physically active (for example, through positioning and signing of stairs, entrances and walkways)
- Considering in particular people who require tailored information and support, especially inactive, vulnerable groups.

NICE Clinical Guideline 43, 2006, Obesity: guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children

www.nice.org.uk/guidance/CG43/guidance

Access to good quality open spaces and facilities which encourage people to play sports and to walk, run, cycle or ride horses are an essential component in the drive to get more of the population physically active, and can contribute to the Scottish Government's objective of a Healthier Scotland.

SPP11 Open Space and Physical Activity

www.scotland.gov.uk/Resource/Doc/203046/0054103.pdf

Open space provides opportunities for sport and recreation, helping to promote active and healthy lifestyles.

PAN 65 Planning and Open Space

www.scotland.gov.uk/Publications/2008/05/30100623/0

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National Indicator

Increase the average score of adults on the Warwick-Edinburgh Mental Wellbeing Scale by 2011

National Outcome

We live longer, healthier lives

We have tackled the significant inequalities in Scottish society

Strategic Objective Areas

Healthier

Walking & Path Network Contribution

Access to quality green space supports positive mental health and wellbeing across communities across communities, and can play a valuable part in improving the mental wellbeing of people with diagnosed mental illness. The local authority can contribute to this by improving quality green spaces and links to these spaces.

Evidence

Exercise has been associated with reduced anxiety, decreased depression, enhanced mood, improved self-worth and body image, and improved cognitive functioning. However, these benefits have been less widely reported, and are less well-understood and accepted, either by health professionals or the public. Research shows that a supervised programme of exercise can be as effective as antidepressants in treating mild or moderate depression.

Paths for All / Living Streets, 2009, Walkipedia: A Literature Review of Walking in Scotland

www.pathsforall.org.uk/about/article.asp?id=816&news=1

The quality of the physical environment, proper access to nature and green space and access to cultural experiences have an important role to play in shaping the mental state of individuals.

Scottish Government, 2009 Towards a Mentally Flourishing Scotland, Policy and Action Plan 2009-2011

www.scotland.gov.uk/Resource/Doc/271822/0081031.pdf

People's physical environment can have a really positive impact on their health and wellbeing. But poor quality surroundings can have the opposite effect.

Scottish Government, 2009, Equally Well: Report of the Ministerial Task Force on Health Inequalities

www.scotland.gov.uk/Publications/2008/06/25104032/16

People who lead an active lifestyle over several years have a reduced risk of suffering symptoms of clinical depression. A supervised programme of exercise can be as effective as antidepressants in treating mild or moderate depression.

The Mental Health Foundation, 2005, Up and Running? London

www.library.nhs.uk/mentalHealth/ViewResource.aspx?resID=105516

Older people are particularly at risk from poor mental health due to social isolation. Walking provides an opportunity for social contact for people at risk of social isolation

Walking the Way to Health Initiative, 2006, National Evaluation of Health Walk Schemes, WHI

www.whi.org.uk/uploads/documents/2335/National%20evaluation%20-%20THE%20FULL%20THING.pdf

An extensive body of evidence exists that links the simple viewing of 'natural' scenes such as woodlands and relief from stress and feelings of well-being. This association has been extended to encompass actual engagement with natural spaces and that there are major psychological benefits to be gained from engagements with what have been termed 'therapeutic landscapes'.

Physical Activity and Health Alliance, 2007, Woodlands & Greenspace and the Promotion of Health & Physical Activity

www.healthscotland.com/documents/2261.aspx

Woodlands are a naturally therapeutic environment, and have a positive effect on anxiety and depression by reducing stress and mental fatigue. They are an excellent setting to help people with behavioural and mental health problems.

Forestry Commission Scotland, 2006, Scottish Forestry Strategy

[www.forestry.gov.uk/pdf/SFS2006fcdc101.pdf/\\$FILE/SFS2006fcdc101.pdf](http://www.forestry.gov.uk/pdf/SFS2006fcdc101.pdf/$FILE/SFS2006fcdc101.pdf)

Policy / guidance

Access to green space and natural areas has a positive influence on physical and mental health. Four mechanisms are thought to be

evident:

- Direct promotion from environmental exposure (e.g. air pollution, flooding);
- Promotion of restoration, relaxation and reduction in stress
- Promotion of physical activity
- Promotion of social interaction and cohesion

The Royal Town Planning Institute, 2009, Good Practice Note 5, Delivering Healthy Communities

www.rtpi.org.uk/download/6443/GPN5_final.pdf

The Mental Health Foundation is calling for patients with depression to be offered exercise on prescription. The Foundation is running a campaign and wants to:

- Increase the use of exercise referral schemes in treating mild to moderate depression
- Raise awareness that physical exercise is one of the most effective ways to look after and improve your mental health
- Raise awareness about the importance of finding and using effective ways of treating depression

Mental Health Foundation. 2005. Up and Running: Exercise therapy and the treatment of mild or moderate depression in primary care. London

www.mentalhealth.org.uk/

Most council services, including education, community care, employment and social inclusion, are directly relevant to mental health improvement. The key roles of local government in this area are to:

- Give local leadership to mental health improvement agenda;
- Develop, with Community Planning Partners and Community Health Partnerships, local plans for delivery;
- Develop and implement local interventions and approaches'
- Embed mental health improvement approaches into other services, building on the learning from implementing the Mental Health (Care and Treatment) Scotland Act 2003 and the guidance in With Inclusion in Mind.

Scottish Government, 2009, Towards a Mentally Flourishing Scotland: Policy and Action Plan 2009-2011

www.scotland.gov.uk/Resource/Doc/271822/0081031.pdf

Improvement in mental health comes about through many environmental and social interventions that may not refer explicitly to mental health promotion, but which nevertheless result in positive outcomes for mental health and well being. Such protective interventions can be summarised as:

- Strengthening psychosocial, life and coping skills of individuals, e.g. increasing a sense of self-esteem and autonomy
- Increasing social support as a buffer against adverse life events, e.g. self-help groups, someone to talk to
- Increasing access to services and resources which protect mental well being, increasing benefit uptake and increasing opportunities for physical, creative and learning opportunities.

Scottish Government, 2007, Resource Paper for Community Health Partnerships: Promoting mental health, Preventing common mental health problems

www.scotland.gov.uk/Topics/Health/health/mental-health/section25-31/CHPguidance

Physical activity can improve mental health and wellbeing and the presence of tranquil green spaces close to where people live and work can encourage relaxation.

SPP11 Open Space and Physical Activity

www.scotland.gov.uk/Resource/Doc/203046/0054103.pdf

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National Indicator

Reduce the proportion of people aged 65 and over admitted as emergency inpatients 2 or more times in a single year

National Outcome

We live longer, healthier lives

Strategic Objective Areas

Healthier

Walking & Path Network Contribution

If current levels of inactivity in older people persist there will be significant implications for health and caring services and resources in the future. Walking is perhaps the easiest form of activity for older people. By providing outdoor access infrastructure and encouraging older people to use it, local authorities will be contributing to the reduction of emergency hospital admissions in people over 65.

Evidence

Remaining physically active is critical to continued good physical and mental health in older life. It is clear from a wide range of evidence and reviews that physical activity in people in later life is effective in dealing with many health problems as well as providing an opportunity to meet new people and remain mentally active. In particular, physical activity develops and maintains strength, develops and maintains good balance and is effective in preventing and treating depression and mood disorders. Even among frail and very old people, trials show positive results for people who become more active.

Scottish Executive, 2007 All Our Futures: Planning for a Scotland with an Ageing Population: 2

www.scotland.gov.uk/Publications/2007/03/08143924/0

Physically active people have 20–30% reduced risk of premature death and can cut the risk of developing a major chronic disease such as coronary heart disease, stroke, diabetes and some types of cancer by up to a half.

Individuals who are active are 1.9 times less likely to have a heart attack than their inactive contemporaries

Blair et al, 1992, How much physical activity is good for health? Annual Review of Public Health, 13, 99-126

Levels of physical activity decline with increasing age. In the 65 – 74 age group, only 15% of women, and 18% of men reach the recommended level of daily physical activity.

Scottish Executive Physical Activity Task Force, 2003, Lets Make Scotland More Active: a strategy for physical activity

www.scotland.gov.uk/Publications/2003/02/16324/17895

In older-age, walking is the most important physical activity for everyday trips or leisure and walking:

- reduces all-cause mortality and hospital admissions for elderly people who start
- being vigorously active (brisk/fast walking)

- adds to active years of life by improving muscle bulk, and strength
- preserves daily living activities and helps avoid isolation or institutionalisation

Paths for All / Living Streets, 2009, Walkipedia: A Literature Review of Walking in Scotland

www.pathsforall.org.uk/about/article.asp?id=816&news=1

By 2031 the number of people aged 50+ is projected to rise by 28% and the number aged 75+ is projected to increase by 75%.

Scottish Executive, 2007, All our futures: Planning for a Scotland with an Ageing Population

www.scotland.gov.uk/Topics/People/Equality/18501/Experience

“I joined Kilwinning Walking Group mainly for health reasons. I suffered a series of mini-strokes several years ago and I wanted to maintain good health and physical activity. The most worthwhile aspect of the walking group has to be the social network between the walkers.”

John, Health Walk participant –

www.pathsforall.org.uk/pathstohealth/walkersstories_detail.asp?id=458

Policy / guidance

We are committed to continuing to achieve significant improvement in the health – and healthy life expectancy – of all older people in Scotland through the implementation of *Delivering for Health* (a programme of action for the NHS). Work is already underway on improving health through a number of programmes including the ban on smoking in public places, a range of physical activity programmes for older people which promote the health and well-being benefits of being active, interventions designed to promote walking, such as Paths to Health, and supporting falls prevention work to enable older people to live independent lives for as long as possible.

We will continue to promote health improvement for older people, focussing on mental health and well-being, physical activity, smoking prevention, better diet and a sensible approach to alcohol.

We invite public, private, voluntary, community and older people’s organisations to work together to develop clear plans for continuous improvement in the health and quality of life for older people in their areas.

Scottish Executive, 2007, All our futures: Planning for a Scotland with an Ageing Population

www.scotland.gov.uk/Topics/People/Equality/18501/Experience

Access to good quality open spaces and facilities which encourage people to play sports and to walk, run, cycle or ride horses are an essential component in the drive to get more of the population physically active, and can contribute to the Scottish Government's objective of a Healthier Scotland.

SPP11 Open Space and Physical Activity

www.scotland.gov.uk/Resource/Doc/203046/0054103.pdf

Open space provides opportunities for sport and recreation, helping to promote active and healthy lifestyles.

PAN 65 Planning and Open Space

www.scotland.gov.uk/Publications/2008/05/30100623/0

Physical activity extends life, improves quality of life and reduces the risk of many diseases. In order to achieve the greatest beneficial impact on the quality of life of older people, we need to create the conditions for everyone to be physically active throughout the life course, and support people in an active lifestyle. We should also ensure that people who wish to become active in later life are able to do so.

Sustrans, 2007, Active Travel and Healthy Ageing

<http://www.sustrans.org.uk/assets/files/AT/Publications/FH08%20Active%20travel%20and%20healthy%20ageing.pdf>

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National Indicator

Reduce mortality from coronary heart disease among the under 75s in deprived areas

National Outcome

We live longer, healthier lives

We have tackled the significant inequalities in Scottish society

Strategic Objective Areas

Healthier

Walking & Path Network Contribution

Walking and cycling, for functional as well as recreational purposes, are cheap and accessible forms of activity. By providing access infrastructure and encouraging people to use it, local authorities will be contributing to the reduction in mortality from coronary heart disease among the under 75s in deprived areas.

Evidence

Deprived populations have considerably higher levels of mortality from coronary heart disease (CHD). This relationship is evident for all ages, but is strongest in those aged under 75 years for whom mortality rates from CHD in the 10% most deprived areas are 3.5 times higher than in the 10% least deprived areas.

Scottish Government, 2008, *Equally Well: Report of the Ministerial Task Force on Health Inequalities*

www.scotland.gov.uk/Publications/2008/06/25104032/16

Physical inactivity places individuals at greater risk of many health problems, including coronary heart disease, certain cancers, diabetes, obesity, osteoporosis, disability and poor mental health. To gain health benefits, adults in Scotland are currently advised to accumulate at least 30 minutes of moderate intensity on most days of the week (five or more).

NHS Health Scotland, 2009, *Are People In Scotland Becoming More Active, Combined Results from Scotland's Routine National Surveys*

www.scotpho.org.uk/nmsruntime/saveasdialog.asp?IID=5437&sID=4579

Cardiac rehabilitation patients are often referred onto local health walk schemes.

People who are regularly active can reduce their risk of developing CHD by up to 40%.

Individuals who are active are 1.9 times less likely to have a heart attack than their inactive contemporaries.

Blair et al, 1992, *How much physical activity is good for health? Annual Review of Public Health, 13, 99-126*

Living in a neighbourhood with greenery and good quality, accessible parks can contribute to a healthy and physically active life reducing stress, obesity, and other cardio-diseases.

The Royal Town Planning Institute, 2009, *Good Practice Note 5, Delivering Healthy Communities*

www.rtpi.org.uk/download/6443/GPN5_final.pdf

“It’s never too late to start and being active doesn’t mean you have to join a gym or an exercise class, but it could include fitting some activity such as walking into your daily routine.”

British Heart Foundation

www.bhf.org.uk

Most people who use the local path networks do so for regular exercise. A quarter of all respondents report walking on their own more than 3 times a week. 60% of respondents indicated that they took part in family walks on a regular basis.

Paths for All Partnership & Highlands and Island Enterprise, 2007, Socio-economic Impacts of Community Local Access Networks

www.pathsforall.org.uk/outdooraccess/article.asp?id=593

Policy / guidance

The Action Plan refers to: creating, improving and maintaining the supply of natural and built environments to encourage more active lifestyles (including opportunities for walking and cycling, and informal recreation spaces as well as formal leisure centres, sports fields or swimming pools); developing, increasing and maintaining capacity in a wide range of settings and sectors to support people to become more active; and stimulating interest in and demand for increased participation in physical activity by raising awareness in the general population and relevant professional groups about the health and wellbeing benefits and the recommended guidelines for achieving these.

Scottish Government, 2008, Healthy Eating, Active Living: An action plan to improve diet, increase physical activity and tackle obesity (2008-2011)

www.scotland.gov.uk/publications/2008/06/20155902/0

We are committed to continuing to achieve significant improvement in the health – and healthy life expectancy – of all older people in Scotland through the implementation of *Delivering for Health* (a programme of action for the NHS). Work is already underway on improving health through a number of programmes including the ban on smoking in public places, a range of physical activity programmes for older people which promote the health and well-being benefits of being active, interventions designed to promote walking, such as Paths to Health, and supporting falls prevention work to enable older people to live independent lives for as long as possible.

We will continue to promote health improvement for older people, focussing on mental health and well-being, physical activity, smoking

prevention, better diet and a sensible approach to alcohol.

We invite public, private, voluntary, community and older people's organisations to work together to develop clear plans for continuous improvement in the health and quality of life for older people in their areas.

Scottish Executive, 2007, *All our futures: Planning for a Scotland with an Ageing Population*

www.scotland.gov.uk/Topics/People/Equality/18501/Experience

The [social marketing] approach aims to empower and enable people to make achievable and lasting changes in their lives; and is explicit about real health benefits of behaviour change in terms of preventing serious chronic conditions such as obesity, heart disease, cancer and diabetes.

One of the broad objectives of the current physical activity and diet strategies is to create, improve and maintain the supply of natural and built environments encouraging more active lifestyles (this includes opportunities for walking, cycling and informal recreation space as well as formal leisure centres, sports fields or swimming pools).

Scottish Government, 2008, *Healthy Eating, Active Living: An action plan to improve diet, increase physical activity and tackle obesity (2008-2011)*

www.scotland.gov.uk/Publications/2008/06/20155902/0

Access to good quality open spaces and facilities which encourage people to play sports and to walk, run, cycle or ride horses are an essential component in the drive to get more of the population physically active, and can contribute to the Scottish Government's objective of a Healthier Scotland.

SPP11 *Open Space and Physical Activity*

www.scotland.gov.uk/Resource/Doc/203046/0054103.pdf

Open space provides opportunities for sport and recreation, helping to promote active and healthy lifestyles.

PAN 65 *Planning and Open Space*

www.scotland.gov.uk/Publications/2008/05/30100623/0

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National Indicator

Increase the percentage of adults who rate their neighbourhood as a good place to live

National Outcomes

We live our lives safe from crime, disorder and danger

We live in well designed, sustainable places where we are able to access the amenities and services we need

We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others

Strategic Objective Areas

Greener

Healthier

Safer and Stronger

Walking & Path Network Contribution

Well used, fit for purpose path networks will help to make communities vibrant, pleasant places to live. They will contribute to social inclusion and cohesion.

Evidence

In the 15% most deprived areas, people saying that their neighbourhood is a very good place to live (26%) is less than half that in the rest of Scotland.

Aspects of neighbourhood particularly disliked were unpleasant environment (29%), lack of sense of community and problem residents (23%), poor amenities (10%) and with 43% reporting none.

Scottish Government. 2008. Scottish Household Survey: Annual Report - Results from 2007. Edinburgh: A National Statistics Publication for Scotland

www.scotland.gov.uk/Publications/2008/08/07100738/0

Parks and greenspaces within our communities make an important contribution to physical health by providing places for walking, play and sport, and to mental health by offering 'breathing spaces' away from the stresses of modern life. They help to make neighbourhoods attractive places where people want to live and work and provide for biodiversity and opportunities for people to learn about nature and our cultural heritage.

Scottish Government, 2005, Choosing our future: Scotland's sustainable development strategy

www.scotland.gov.uk/Publications/2005/12/1493902/39032

The existence of path networks clearly underpins the development of social capital and the building of social relationships. Over 80% of respondents indicated that their use of the path network allows them to meet people and feel part of the wider community.

Paths for All Partnership & Highlands and Island Enterprise, 2007, Socio-economic Impacts of Community Local Access Networks

www.pathsforall.org.uk/outdooraccess/article.asp?id=593

Well designed public spaces that encourage increased use have a self-policing effect.

Commission for Architecture and the Built Environment

www.cabe.org.uk

People's physical environment can have a really positive impact on their health and wellbeing. But poor quality surroundings can have the opposite effect.

Scottish Government, 2009, Equally Well: Report of the Ministerial Task Force on Health Inequalities

www.scotland.gov.uk/Publications/2008/06/25104032/16

People do walk as part of their daily routine when using public transport or doing their shopping. This must also be taken into account in town planning as a better supported and maintained path network linking local services will be key to the success of efforts to increase walking.

From the public opinion survey it is clear that there are a number of areas of improvement and development that would encourage people to walk more. Naturally the improvements are relative to the age of the respondents and the area they come from but the following improvements came through as the most important.

1. 69% want more seating and public toilets
2. 66% want better maintenance of paths, streets and public spaces. This figure increased to 81% in the most deprived areas.
3. 65% want information about walking and places to walk for example, easily accessible walk and route information.
4. 60% want safe places to cross roads.

5. 59% want a 20 mph speed limit, increasing to 66% for people who live in villages.

Other important factors included better lighting and more and better signage on paths. In general, women were more concerned with issues relating to safety, such as speed limits, safe places to cross, and street lighting than men were.

Paths for All/Living Streets, 2009, Walking and Public Space – Public Opinion Survey

www.pathsforall.org.uk/about/article.asp?id=817&news=1

Well designed, well managed woodlands can transform degraded surroundings and brownfield sites into community assets by “greening and screening”, improving environmental quality, increasing attractiveness to inward investment, and providing a landscape framework for new development. Woodlands and trees, and their local and historic associations, contribute to providing a strong sense of place and cultural identity.

Forestry Commission Scotland, 2006, Scottish Forestry Strategy

[www.forestry.gov.uk/pdf/SFS2006fcfc101.pdf/\\$FILE/SFS2006fcfc101.pdf](http://www.forestry.gov.uk/pdf/SFS2006fcfc101.pdf/$FILE/SFS2006fcfc101.pdf)

Policy / guidance

Ensure public open spaces and public paths are maintained to a high standard. They should be safe, attractive and welcoming to everyone.

NICE Public Health Guidance 8, 2008, Promoting and Creating Built or Natural Environments that Encourage and Support Physical Activity

<http://guidance.nice.org.uk/PH8>

Local authorities and others should foster greater public responsibility for maintaining local environments.

The Scottish Government, 2008, Equally Well: Report of the Ministerial Task Force on Health Inequalities

www.scotland.gov.uk/Publications/2008/06/25104032/16

The natural heritage is enjoyed both for its intrinsic value and as a setting for open-air recreational and educational activities which depend on its qualities. Many of the direct benefits which accrue to rural communities from the natural heritage come from economic activities dependent on day-trip visitors or tourism. Good provision for open-air recreation and access to the natural heritage also benefits the nation indirectly through less quantifiable benefits in terms of health and quality of life.

NPPG 14 Natural Heritage

www.scotland.gov.uk/Publications/1999/01/nppg14

Civic open spaces, whether providing pleasant places to meet or through enhancing the streetscene, can help to create well designed places for people.

An environment which contains good quality, well-maintained open space is more attractive to investors, helping create a Wealthier and Fairer Scotland. Improving the open spaces within a community can help reverse patterns of decline, generate civic pride and help to establish cultural identity, all contributing towards a Safer and Stronger Scotland.

SPP11 Open Space and Physical Activity

www.scotland.gov.uk/Resource/Doc/203046/0054103.pdf

Well-managed and maintained spaces can create opportunities for all sections of the community to interact. They can promote a sense of place and be a source of community pride, and also offer opportunities for people to play an active part in caring for the local environment. Well-designed spaces can reduce opportunities for crime and the fear of crime. Open space provides opportunities for sport and recreation, helping to promote active and healthy lifestyles, and can open up opportunities for environmental education for local groups, schools and individuals.

The quality of civic spaces undoubtedly helps define the identity of towns and cities, which can enhance their attraction for living, working, investment and tourism.

Local authorities should aim to maintain or form networks of green and civic spaces which:

- contribute to the framework for development;
- maintain and enhance environmental qualities;
- provide a range of opportunities for recreation and leisure;
- link and create wildlife habitats; and
- encourage walking and cycling and reduce car use, in line with local transport strategies and Core Paths Plans.

PAN 65 Planning and Open Space

www.scotland.gov.uk/Publications/2008/05/30100623/0

Planning has a positive role in helping to create attractive, well-managed environments which help to discourage antisocial and criminal behaviour. New development can be located and designed in a way that deters such behaviour. It is important that we do not create places that are desolate. Poorly designed surroundings can create feelings of hostility, anonymity and alienation and can have significant social, economic and environmental costs.

PAN 77 Designing Safer Streets

www.scotland.gov.uk/Publications/2006/03/08094923/0

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National Indicator

Increase positive public perception of the general crime rate in local area

National Outcomes

We have strong, resilient and supportive communities where people take responsibility for their own actions and how they affect others
We live our lives safe from crime, disorder and danger

Strategic Objective Areas

Safer and Stronger

Walking & Path Network Contribution

Well used path networks are safer path networks. They will help to make communities vibrant and will engender a sense of place.

Evidence

One of the main purposes of the Scottish Crime and Justice Survey (SCJS) 2008/09 was to provide an estimate of the extent of crime among the adult population living in private households in Scotland. The estimate produced was of 1.04 million crimes as measured by the SCJS in 2008/09, including:

- 0.73 million property crimes (70% of all crime measured by the SCJS in 2008/09) involving theft or damage to personal or household property (including vehicles);
- 0.32 million violent crimes of assault or robbery (30% of all SCJS crime).

Breaking down the proportions of property crime and violent crime further:

- 34% of crime measured by the SCJS in 2008/09 was vandalism; 17% was other household theft (including bicycle theft); nine per cent was personal theft (excluding robbery); seven per cent was all motor vehicle theft and two per cent was housebreaking;
- 28% of crime measured by the SCJS in 2008/09 was assault (including two per cent which was serious assault) and two per cent was robbery.

The SCJS 2008/09 estimates that one in five (20.4%) adults aged 16 or over was the victim of at least one crime as measured by the SCJS.

Scottish Government Social Research, 2009, 2008/09 Scottish Crime and Justice Survey: First Findings

www.scotland.gov.uk/Publications/2009/10/26114015/0

The design and maintenance of the walking environment can have an impact on people's perception of safety and are important in a pedestrian context:

- Lighting
- Signage
- Design of buildings
- Security Measures and CCTV
- Open aspect pedestrian routes

Scottish Government. 2006. Planning Advice Note 77: Designing Safer Places

www.scotland.gov.uk/Publications/2006/03/08094923/0

Well designed public spaces that encourage increased use have a self-policing effect.

Commission for Architecture and the Built Environment

www.cabe.org.uk

Policy / guidance

Security indicators for introduction to new and proposed walking and cycling schemes have been identified by Transport Scotland:

- Clearly marked and signed routes with secure rest facilities
- CCTV
- Informal surveillance of routes by the public in buildings and outdoors
- Landscaping with clear sight lines
- Well lit areas and signposts
- Well located emergency call facilities

Transport Scotland, 2008, Scottish Transport Appraisal Guidance

www.transportscotland.gov.uk/stag/home

Ensure public open spaces and public paths are maintained to a high standard. They should be safe, attractive and welcoming to everyone.

NICE Public Health Guidance 8, 2008, Promoting and Creating Built or Natural Environments that Encourage and Support Physical Activity

<http://guidance.nice.org.uk/PH8>

Civic open spaces, whether providing pleasant places to meet or through enhancing the streetscene, can help to create well designed places for people.

An environment which contains good quality, well-maintained open space is more attractive to investors, helping create a Wealthier and Fairer Scotland. Improving the open spaces within a community can help reverse patterns of decline, generate civic pride and help to establish cultural identity, all contributing towards a Safer and Stronger Scotland.

SPP11 Open Space and Physical Activity

www.scotland.gov.uk/Resource/Doc/203046/0054103.pdf

Well-designed spaces can reduce opportunities for crime and the fear of crime.

Pan 65 Planning and Open Space

www.scotland.gov.uk/Publications/2008/05/30100623/0

Planning has a positive role in helping to create attractive, well-managed environments which help to discourage antisocial and criminal

behaviour. New development can be located and designed in a way that deters such behaviour. It is important that we do not create places that are desolate. Poorly designed surroundings can create feelings of hostility, anonymity and alienation and can have significant social, economic and environmental costs.

PAN 77 Designing Safer Streets

www.scotland.gov.uk/Publications/2006/03/08094923/0

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National Indicator

Reduce overall ecological footprint

National Outcomes

We value and enjoy our built and natural environment and protect it and enhance it for future generations

We reduce the local and global environmental impact of our consumption and production

We live in well-designed, sustainable places where we are able to access the services we need

Strategic Objectives

Greener

Healthier

Safer and Stronger

Walking & Path Network Contribution

Local authorities can help influence travel behaviour towards more sustainable modes such as walking and cycling.

Evidence

Carbon Dioxide (CO₂) accounts for roughly 80% of Scotland's greenhouse gas emissions

Scottish Government. 2008. Climate Change: Consultation on Proposals for a Scottish Climate Change Bill

www.scotland.gov.uk/Publications/2008/01/28100005/0

- Road transport is the largest Scottish source of CO₂ after power generation and comprises around 17% of the total. This is an 8% contribution to UK emissions which is commensurate with Scottish population

- Road transport emissions are increasing faster in Scotland over the period 1990 to 2006, with an 11% rise compared with 10% in UK
- Road transport is also a significant contributor to N₂O emissions in Scotland (9%)

AEA. 2008. Greenhouse Gas Inventories for England, Scotland, Wales and Northern Ireland: 1990-2006

www.airquality.co.uk/.../0809291432_DA_GHGI_report_2006_main_text_Issue_1r.pdf

The science is now overwhelming: climate change is a serious global threat, and it demands an urgent global response. If no action is taken to reduce emissions in the atmosphere, the concentration of greenhouse gases could reach double its pre-industrial level as early as 2035, virtually committing us to a global average temperature rise of 2⁰C.

Emissions can be cut through increased energy efficiency, changes in demand, and through adoption of clean power, heat and transport technologies. The power sector around the world would need to be at least 60% decarbonised by 2050 for atmospheric concentrations to stabilise at or below 550ppm CO_{2e}, and deep emissions cuts will also be required in the transport sector.

In 2002 transport accounted for 14% of the world's greenhouse gas emissions.

HM Treasury, 2007, Stern Review on the Economics of Climate Change

www.hm-treasury.gov.uk/independent_reviews/stern_review_economics_climate_change/stern_review_Report.cfm

Substituting a short car journey to school with walking or a cycle ride will reduce your footprint. Walking or cycling to school could reduce the transport footprint by 4%

Schools' Global Footprint

www.ecoschoolsscotland.org/documents/Global%20footprint.pdf

Local authorities are uniquely placed to influence travel behaviour towards more sustainable modes such as walking and cycling.

CO₂ Costs of Different Forms of Transport

Mode	Grams CO ₂ /passenger mile
Walking/cycling	Small amounts used in making shoes, bicycles, waterproof gear, etc.
Long distance bus	80
Rail	100
Local bus/underground	170
Small car (under 1.4 litres)	280
Medium car	360
Large car	430

Cambridge Carbon Footprint

www.cambridgecarbonfootprint.org.uk

Walking or cycling for short journeys could reduce your footprint by about 4%

Leaving less Impact

www.sepa.org.uk/publications/sepaview/html/24/lessimpact.htm

Policy / guidance

Climate change is one of the greatest challenges to life, across the world. It threatens human life through its impacts not just on ambient temperature, but also on the natural resources essential to life including fresh water supplies and our ability to produce food.

Scotland aims to become a leading nation in developing a sustainable way of life, reducing the impact its people have on the local and global environment.

The Climate Change (Scotland) Bill sets a target of an 80% reduction in emissions by 2050 and an interim target for 2020.

Scottish Government, 2009, Climate Change Delivery Plan: Meeting Scotland's Statutory Climate Change Targets

www.scotland.gov.uk/Publications/2009/06/18103720/11

We recognise the important role that promoting cycling and walking can have both in reducing emissions, improving air quality and

contributing to improved health by increasing physical activity levels. Within the Scottish Government itself, we have created a Sustainable Transport Team, bringing together for the first time policy on cycling and walking with our wider sustainable transport agenda. We aim to further increase funding for cycling and walking overall and will place more emphasis on the promotion of them as sustainable forms of transport especially for short journeys – focussing on the safety, quality and location of routes, secure and practical facilities at departure and destination points including tenement blocks, transport hubs, public buildings and shopping centres, and the carrying of bicycles on public transport.

Scottish Executive, 2006, Scotland's National Transport Strategy

www.scotland.gov.uk/Publications/2006/12/04104414/0

The planning system is a key mechanism for integration [land use, economic development, environmental issues and transport planning] through:

- enabling people to access local facilities by walking and cycling.

SPP17 Planning for Transport

www.scotland.gov.uk/Publications/2005/08/16154406/44096#17

Well designed networks of spaces help to encourage people to travel safely by foot or bicycle.

PAN 65 Planning and Open Space

www.scotland.gov.uk/Publications/2008/05/30100623/0

Walking is the most sustainable mode [of transport] and requires relatively little investment to make it attractive, particularly if planned and designed into a new development from the outset. Planning can encourage walking to become the prime mode for shorter journeys through arranging land uses, by utilising urban design and encouraging specific schemes, such as Safer Routes to Schools. Local pedestrian networks should be analysed to provide the basis for network-wide improvement programmes.

The aim is to provide and maintain a safe, convenient and attractive cycle network for users. Consideration, if relevant, should be given to the local authority's cycle strategy and thought should be given to the encouragement of:

- Cycle lanes and networks, especially those radiating direct from proposals;
- Cycle crossing points being provided;
- Covered, secure and well located cycle parking;

- Changing facilities;
- Utilisation of areas free from motorised traffic, such as former railways, canal paths and bridleways; and
- Suitable maintenance regimes.

PAN 75 Planning for Transport

www.scotland.gov.uk/Publications/2005/08/16154453/44538

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National Indicator

Increase the proportion of journeys to work made by public or active travel

National Outcomes

We live in well-designed, sustainable places where we are able to access the amenities and services we need
 We reduce the local and global environmental impact of our consumption and production

Strategic Objectives

Healthier
 Greener
 Safer & Stronger

Walking & Path Network Contribution

Local authorities can help influence travel behaviour towards more sustainable modes such as walking and cycling.

Evidence

Transport emissions in Scotland (excluding aviation) were 14.5 MtCO_{2e} in 2006. Emissions need to be reduced in 2020 by 3.3 MtCO_{2e} (34% Scottish target) or by 4.6 MtCO_{2e} (42% Scottish target) against 2006 levels.

A number of key policy levers for the transport sector sit at the **UK** or **EU** level. Scotland has powers over measures such as:

Prioritising integrated public transport and maximising active travel

Scottish Government, 2009, Climate Change Delivery Plan: Meeting Scotland's Statutory Climate Change Targets

www.scotland.gov.uk/Publications/2009/06/18103720/11

Just over half of all journeys in 2007/2008 were as a driver and over a third were by sustainable modes of transport, which includes walking and public transport.

The majority of all commuting journeys had only one occupant in the car.

Scottish Household Survey: Travel Diary 2007/2008

www.scotland.gov.uk/Publications/2009/09/11094846/0

In 2008, about two-thirds of commuters said that they travelled to work by car or van (60% as a driver; 6% as a passenger), 13 per cent walked, 12 per cent went by bus, 4 per cent took a train and 2 per cent cycled. Those driving to work has risen 5 percentage points whilst those receiving a lift has fallen 6 percentage points since 1998.

Statistical Bulletin Transport Series Trn/2009/3: Main Transport Trends 2009

www.scotland.gov.uk/Publications/2009/08/26091723/0

Walking and cycling accounted for 15 per cent and public transport 16 per cent of all journeys to work in 2008.

Statistical Bulletin Household Transport in 2008

www.scotland.gov.uk/Publications/2009/11/06111040/0

In England the Sustainable Travel Demonstration Towns project has shown what can be done to improve the environment and health as well as reduce road traffic congestion. In Darlington a programme of individualised travel marketing resulted (by the end of 2006) in a decrease of car driver trips of 6.6%, and an increase in walking and cycling trips of 8.3% and 54% respectively.

Department for Transport, 2007, Letter to Chief Executives on the Success of the Sustainable Travel Towns

www.dft.gov.uk/pgr/sustainable/demonstrationtowns/

Examples of what can be achieved through proactive promotion of active travel can be drawn from our European neighbours. In Copenhagen in 2003 36% of people cycled to work, whereas only 27% drove to work.

Some 32 per cent of workers cycle to work, a figure that traffic planners want to increase to 40 per cent.

Copenhagen City Council, 2004, Copenhagen City Cyclists Bicycle Account

www.sfbike.org/download/copenhagen/bicycle_account_2004.pdf

Cycling in European cities. These figures are for % modal use by bike:

Muenster, Germany 35%

Amsterdam, Netherlands 35%

Groningen, Netherlands 40%

Pucher J, Buehler R, 2007, At the Frontiers of Cycling: policy interventions in the Netherlands, Denmark and Germany, World Transport Policy and Practice, Vol 13, No 3

www.eco-logica.co.uk/pdf/wtpp13.3.pdf

Walking is the least polluting form of transport and there are major opportunities to promote walking as a replacement for short distance car trips of two kilometres or less, which are the least fuel efficient and create the most pollution per mile travelled. These problems are particularly acute in urban areas where vehicle numbers lead to congestion and air pollution.

Paths for All / Living Streets, 2009, Walkipedia: A Literature Review of Walking in Scotland

www.pathsforall.org.uk/about/article.asp?id=816&news=1

People can be encouraged to switch from car use to walking, cycling and public transport with well planned and managed path networks, better travel information, marketing and traditional local transport programmes

Department for Transport, 2007, Letter to Chief Executives on the Success of the Sustainable Travel Towns

www.dft.gov.uk/pgr/sustainable/demonstrationtowns/

The Scottish Transport Appraisal Guidance can provide a useful tool in persuading transport planners of the value and benefits of developing walking and cycling infrastructure. It can be used to demonstrate that capital expenditure on such active modes of transport is money well spent.

Paths for All Partnership, 2008, Using Scottish Transport Appraisal Guidance to Evaluate Sustainable Travel Projects

www.pathsforall.org.uk/cms_uploads/STAGPracticeNoteFINAL.pdf

Policy / guidance

A key objective is the reduction of emissions from transport sources. This will involve measures to improve accessibility to education, employment and services and to encourage a shift to more sustainable modes of transport. For people, this means a shift from car-

based travel to walking, cycling and public transport.

The challenges in moving towards more sustainable forms of travel are to create urban environments which facilitate walking and cycling, to ensure that new residential development is well related to existing public transport networks and designed to accommodate the extension of public transport services, to concentrate business and retail activity at locations which minimise reliance on the private car, and to promote water-based distribution of freight.

The promotion of compact settlements, mixed use development, effective active travel networks and efficient public transport systems can play an important part in reducing the need for car based commuting.

National Planning Framework 2, 2009, Scottish Government

www.scotland.gov.uk/Resource/Doc/278232/0083591.pdf

The Government's National Transport and Physical Activity Strategies aim to increase the proportion of short journeys made on foot and on bikes, to improve individual health and also to reduce carbon emissions and improve air quality.

Equally Well: Report of the Ministerial Task Force on Health Inequalities

www.scotland.gov.uk/Publications/2008/06/25104032/16

A group of 94 NGOs and other organisations have signed up to a UK Active Travel Charter which calls on decision makers at all levels to act now to bring about a population-wide shift from sedentary travel to walking and cycling, by:

- Committing 10% of transport budgets to cycling and walking initiatives
- A 20 mph speed limit to be made the norm in residential areas
- A coherent high quality network of walking and cycling routes that link everyday destinations
- Improved driver training and better enforced traffic laws
- Ambitious official targets to be set for increases in walking and cycling

Take Action on Active Travel, 2008, Why a shift from car dominated transport policy would benefit public health

www.adph.org.uk/downloads/policies/Take_action_on_active_travel.pdf

We aim to further increase funding for cycling and walking overall and will place more emphasis on the promotion of them as sustainable forms of transport especially for short journeys – focussing on the safety, quality and location of routes, secure and practical

facilities at departure and destination points including tenement blocks, transport hubs, public buildings and shopping centres, and the carrying of bicycles on public transport.

Scottish Executive, 2006, Scotland's National Transport Strategy

www.scotland.gov.uk/Publications/2006/12/04104414/0

Within an approach to integrated land use and transport planning, mode of personal travel should be prioritised according to the following principles:

- walking: the most sustainable form of travel, capable of substituting for the car over short distances with very significant health benefits and environmental gains;
- cycling: a sustainable form of transport with significant health benefits and environmental gains, promoted through the National Cycling Strategy, capable of being used in conjunction with public transport for medium and longer distances, and capable of substituting for the car over shorter distances;
- public transport;
- motorised modes.

SPP17 Planning for Transport

www.scotland.gov.uk/Publications/2005/08/16154406/44078

Walking is the most sustainable mode and requires relatively little investment to make it attractive, particularly if planned and designed into a new development from the outset. Planning can encourage walking to become the prime mode for shorter journeys through arranging land uses, by utilising urban design and encouraging specific schemes, such as Safer Routes to Schools. Local pedestrian networks should be analysed to provide the basis for network-wide improvement programmes.

The aim is to provide and maintain a safe, convenient and attractive cycle network for users. Consideration, if relevant, should be given to the local authority's cycle strategy and thought should be given to the encouragement of:

- Cycle lanes and networks, especially those radiating direct from proposals;
- Cycle crossing points being provided;
- Covered, secure and well located cycle parking;

- Changing facilities;
- Utilisation of areas free from motorised traffic, such as former railways, canal paths and bridleways; and
- Suitable maintenance regimes.

PAN 75 Planning for Transport

www.scotland.gov.uk/Publications/2005/08/16154453/44538

Well designed networks of spaces help to encourage people to travel safely by foot or bicycle.

PAN 65 Planning and Open Space

www.scotland.gov.uk/Publications/2008/05/30100623/0

Increasing employee’s physical activity levels may help reduce some illnesses and conditions that are important causes of sickness absence, resulting in improved productivity and reduced costs for employers.

National Institute for Health & Clinical Excellence, 2008, Workplace health promotion: how to encourage employees to be physically active

www.bhfactive.org.uk/downloads/NICE_2008_PA_workplace.pdf

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National Indicator

Increase the proportion of adults making one or more visits to the outdoors per week

National Outcome

We value and enjoy our built and natural environment and protect it and enhance it for future generations

We take pride in a strong, fair and inclusive national identity

We live longer, healthier lives

Strategic Objectives

Greener

Healthier

Wealthier & Fairer

Walking & Path Network Contribution

By providing path networks and encouraging people to use them, local authorities can make a valuable contribution to increasing the proportion of adults visiting the outdoors regularly.

Evidence

Key headlines obtained for the 2007 calendar year period indicate four-fifths (80%) of the adult population claimed to have made at least one trip to the outdoors in the previous 12 months. This equates to around 336.7million visits to the outdoors in Scotland during 2007, a 3% increase on the estimate for 2006. The total value of expenditure during these trips was estimated at around £3.1billion.

One key trend observed since 2004 relates to the year on year increase in the number of shorter duration visits made closer to home, with an average distance travelled in 2007 of 18km (19km in 2006, 24km in 2005 and 26km in 2004). Also, since 2004, the proportion of visits taken on foot has increased from 50% to 61% in 2007, while the proportion of visits taken by car has fallen from 43% to 31% over the same period of time.

In terms of the destination of visits to the outdoors, the distribution between the three main types of locations was estimated to be as follows for the 12 months' period:

- Town or city – 118.4 million;
- Countryside – 176.4 million;
- Seaside – 41.7 million.

SNH, 2009, *Scottish Recreation Survey: annual summary report 2007*

www.snh.org.uk/pdfs/publications/commissioned_reports/321.pdf

The quantity, quality, and variety of open spaces are important for health. In addition, the quality of the places where we live, work, learn and play is a major determinant of how active we are. Research has shown that lower quality open spaces is detrimental to people's wellbeing, often because it is compromised by graffiti, litter and vandalism.

Royal Town Planning Institute, 2009, *Good Practice Note 5, Delivering Healthy Communities*

www.rtpi.org.uk/item/1795/23/5/3

The majority of visits to the outdoors involved the use of a path or a network of paths during their most recent visit (74%). More specifically, 49% of visits involved the use of paths with signposting or waymarkings.

SNH, 2009, Scottish Recreation Survey: annual summary report 2007

www.snh.org.uk/pdfs/publications/commissioned_reports/321.pdf

Woodlands can provide a sense of wonder and enjoyment for all. The historic environment and cultural setting of woodlands helps create a link between people and the past, ancient trees and woodlands capture public imagination, and biodiversity and geodiversity can help stimulate interest in environmental matters.

Forestry Commission Scotland, 2006, Scottish Forestry Strategy

[www.forestry.gov.uk/pdf/SFS2006fcfc101.pdf/\\$FILE/SFS2006fcfc101.pdf](http://www.forestry.gov.uk/pdf/SFS2006fcfc101.pdf/$FILE/SFS2006fcfc101.pdf)

Policy / guidance

Enjoying the outdoors is important in its own right. It can also help deliver many social, economic and environmental benefits, from more sustainable travel and increased tourism to better health and quality of life. Encouraging participation, promoting responsible outdoor access and supporting sustainable development are key to realising these benefits.

Scottish Natural Heritage, 2007, Enjoying the Outdoors

www.snh.org.uk/pdfs/publications/access/enjoyingtheoutdoors.pdf

Rural areas support outdoor recreation in a wide range of settings including hills, forests, coasts and inland water. These places enable people to enjoy Scotland's natural heritage at first hand, and can provide rich experiences which greatly enhance quality of life. Outdoor recreation is often of considerable importance to the rural economy. Rural communities also require accessible path networks, open space and facilities for sport and recreation. Regional and country parks and some local nature reserves provide important destinations for various types of recreation close to larger centres of population.

SPP11 Open Space and Physical Activity

www.scotland.gov.uk/Resource/Doc/203046/0054103.pdf

Well managed and maintained spaces can promote a sense of place and be a source of community pride, and also offer opportunities for people to play an active part in caring for the local environment.

PAN 65 Planning and Open Space

www.scotland.gov.uk/Publications/2008/05/30100623/0

The built environment should be designed, created and managed with the encouragement of healthy lifestyles – for all the people who live in or use it – as a central objective. Active travel is a core part of this healthy lifestyle.

Sustrans, 2007, Creating the environment for active travel

www.sustrans.org.uk/assets/files/AT/Publications/PDFs/Creating%20the%20environment%20for%20active%20travel2.pdf

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Summary of Key Evidence Documents

National Planning Framework 2, 2009, Scottish Government

<http://www.scotland.gov.uk/Resource/Doc/278232/0083591.pdf>

Scottish Executive, 2006, Scotland's National Transport Strategy

www.scotland.gov.uk/Publications/2006/12/04104414/0

PAN 75 Planning for Transport

www.scotland.gov.uk/Publications/2005/08/16154453/44538

Statistical Bulletin Transport Series Trn/2009/3: Main Transport Trends 2009

<http://www.scotland.gov.uk/Publications/2009/08/26091723/0>

Scottish Government, 2009, Scottish Household Survey 2007/08

www.scotland.gov.uk/Publications/2009/08/26090221/0

Paths for All / Living Streets, 2009, Walkipedia - A Literature of Walking in Scotland

<http://www.pathsforall.org.uk/about/article.asp?id=816&news=1>

Scottish Natural Heritage, 2007, Enjoying the Outdoors

www.snh.org.uk/pdfs/publications/access/enjoyingtheoutdoors.pdf

Scotland – A Route Map Towards Healthy Weight

<http://www.scotland.gov.uk/Resource/Doc/302783/0094795.pdf>

Scottish Government, 2009, Scottish Health Survey

<http://www.scotland.gov.uk/Publications/2009/09/28102003/0>

Scottish Government, 2008, The Early Years Framework

<http://www.scotland.gov.uk/Publications/2009/01/13095148/2>

SPP11 Open Space and Physical Activity

www.scotland.gov.uk/Resource/Doc/203046/0054103.pdf

PAN 65 Planning and Open Space

www.scotland.gov.uk/Publications/2008/05/30100623/0

Scottish Parliament.2008. Climate Change (Scotland) Bill. December 5, 2008

<http://www.scottish.parliament.uk/s3/bills/17-ClimateChange/b17s3-introd.pdf>

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