



Active Travel:

Evidence on interventions for increasing active travel for a purposeful journey

Active travel describes walking and cycling for purposeful journeys to a destination. Our recent rapid review summarises the evidence for interventions to increase active travel or bring about a modal shift in transport use in the general population.

Population-level interventions:

- ✓ **Multicomponent town or region-wide initiatives to increase cycling** are supported by moderate quality evidence of effectiveness [three studies].
- ? **Multicomponent interventions that combine enhancing public transport routes, infrastructure and walking/cycling links** also look to be effective, but the quality of the evidence is poor. Further research is needed.
- ✓ **Behavioural interventions using education and promotion** are supported by largely good/moderate quality evidence of effectiveness [nine studies].

School settings:

- ✓ **'Walking school bus' interventions** are supported by largely good/moderate quality evidence of effectiveness [seven studies].
- ? The evidence for some other interventions suggests they may also be effective, but the quality of the evidence is poor. Further research is needed. These interventions include:
 - **Behaviour-change interventions** incorporating cross-curriculum learning into school travel plans.
 - **Multicomponent "safe routes to school" type programmes.**

Workplace settings:

- ✓ **National media campaigns targeting workers** is supported by good/moderate quality evidence from Australia [two studies]. It's generalisability to Wales needs to be explored.
- ? Most of the evidence for workplace-based active travel interventions is inconsistent.

Context-specific exploration is advisable where the evidence is from studies conducted outside the UK.

Complex multicomponent research in real world settings is often difficult to conduct and evaluate. Where evidence is poor it may be a reflection on the intervention's complexity and not necessarily it's usefulness. This should be explored further when considering implementation of any programmes.

This overview is based on a topic evidence summary undertaken by the Public Health Wales Evidence Service. The summary and methods used are available on request from evidence.service@wales.nhs.uk.

The summary was judged to be up to date as of September 2022. It should be noted that a limited number of sources were searched and the included studies may not reflect the totality of the evidence base.