

## Cycling and Health

The promotion of physical activity is a national health priority target and the Strategic Inter-Government forum on Physical Activity and Health (SIGPAH) has identified the area of active transport (including cycling) as a high priority setting to promote physical activity in Australia. (Pikora and Miller 2001).

### **Defintion of Active Transport:**

The term 'active transport' relates to physical activity undertaken as a means of transport. This includes travel by foot, bicycle and other non-motorised vehicles. Use of public transport is also included in the definition as it often involves some walking or cycling to pick-up and from drop-off points.

### **Some international references relating to health and transport:**

[“All-Cause Mortality Associated With Physical Activity During Leisure Time, Work, Sports and Cycling to Work”](#) Anderson, Lars Bo, Archives of Internal Medicine  
Vol 160 No. 11 June 12, 2000.

This study took place in Copenhagen, Denmark over 14.5 years. It found that cycling to work (an average of 3 hours cycling per week) decreased risk of mortality by about 40% compared to a sedentary control group. This study involved 30,000 people. The study took into account age, health status, and socio-economic factors such as education. It also found that older people gained even more from physical activity than younger people.  
The full report can be found at

[Charter on Transport, Environment and Health](#) designed to encourage the adoption of transport policies with the greatest overall benefit to society. The Charter was adopted at the Third Ministerial Conference on Environment and Health in 1999 (Carlos and Phillips 2000).

[‘Environmental correlates of walking and cycling: findings from the transportation, urban design and planning literatures’](#), Saelens, B, Sallis, J & Frank, L 2003, Annals of Behavioural Medicine, vol. 25, no. 2, pp. 80–91.

### [Impacts of Transport on Health, an Overview](#)

This is a brief summary of evidence of the effects of transport on health developed by the Public Health Advisory Committee New Zealand, published in April 2003

*Neighborhoods and health*, Kawachi, I & Berkman, L 2003, Oxford University Press, Oxford.

## Some Australian references on active transport and health:

[\*Pedalling Health: Health Benefits of a Modal Transport Shift.\*](#) Roberts I, Owen H, Lumb P, MacDougall C. Adelaide (SA): University of Adelaide; 1996

[\*HealthyTransport, Healthy People. Sustainable Transport in Sustainable Cities.\*](#) Bellew B, Dobinson K, Frith J, Henderson M, McKerral J, Mason C, et al. Sydney (NSW): Warren Centre, Sydney University; 2002 June.

[\*Planning Healthy Communities, Reducing the risk of disease and type 2 diabetes through healthier environments and lifestyles,\*](#) Garrard, J, Lewis, B, Keleher, H, Tunny, N, Burke L, Harper, S & Round R 2004, Victorian Government, Department of Human Services, 2004

[\*PROMOTING ACTIVE TRANSPORT An Intervention Portfolio To Increase Physical Activity As A Means Of Transport\*](#) National Public Health Partnership, 2001

## Some relevant journal article on Cycling and Health Published in Australia:

*'An environmental intervention to promote walking and cycling—the impact of a newly constructed rail trail in Western Sydney'*, Merom, D, Bauman, A, Vita, P & Close, G 2003, Preventive Medicine, vol. 36, pp. 235–42.

*Healthy people, places and transport*, **Mason, C.** (2000) Health Promotion Journal of Australia, 2000 vol.10 no.3, December, pp.190-196.

[\*Healthy Revolutions: Promotion Cycling among Women,\*](#) Garrard, J. (2003) Health Promotion Journal of Australia, 2003, vol 14, no3 pp 213-215

*Promoting cycling for health and fitness*, Marshall G. Health Promotion Journal of Australia, 2001;12(3):258-60.

[\*Ride your Bike: Healthy policy for Australians,\*](#) Rissell, C. (2003) Health Promotion Journal of Australia, 2003, vol. 14, no3, 151-153

*Urban roads. A health asset* Paper prepared for Royal Australian Planning Institute (NSW) **Mason, C.** and Bargwanna, S. (2001) Conference, May 2001

*Transport and health: en route to a healthier Australia?* **Mason, C** (2000) , the Medical Journal of Australia Vol 172, No 5 pp230-232