

## The transport domain and physical activity

### Key messages

Walking and cycling should be safe, convenient and accessible to improve health. Best-buy investments include:

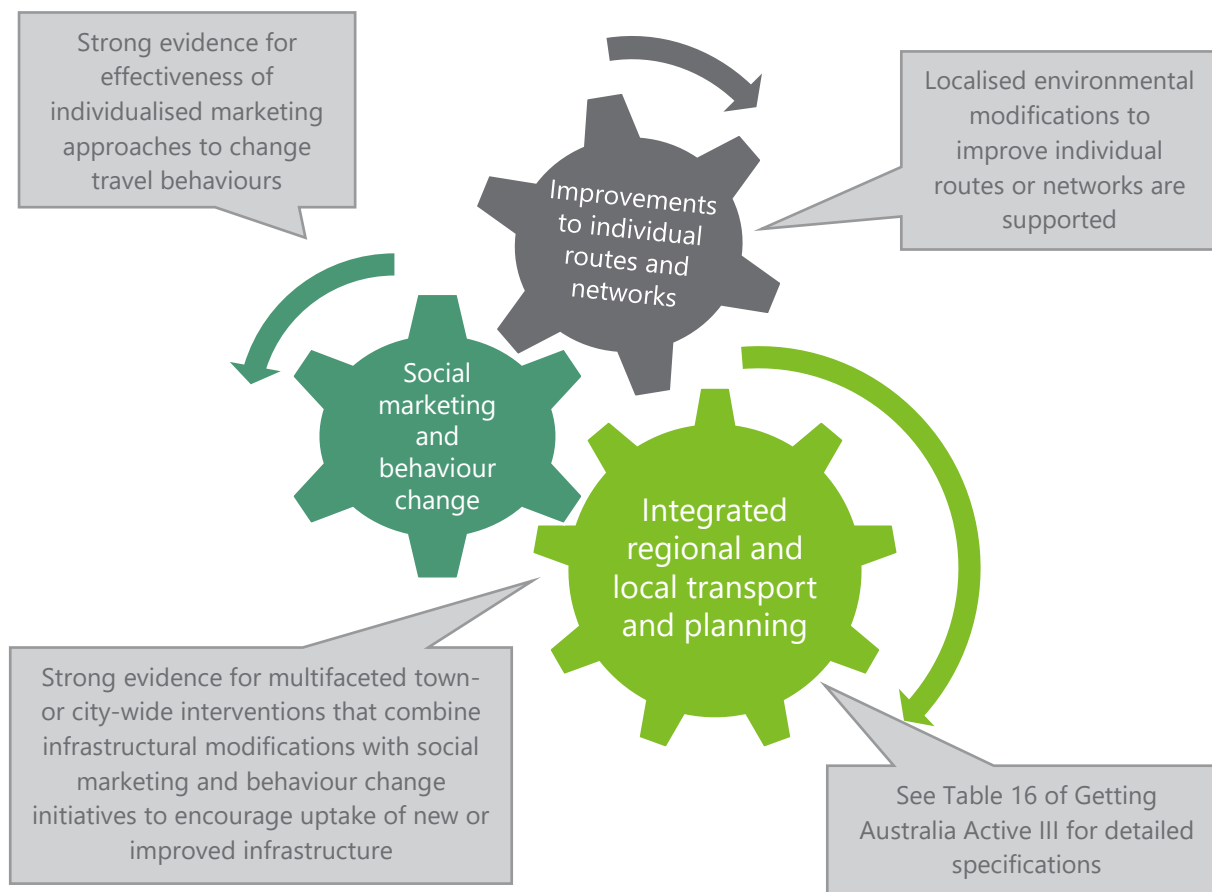
- Connected street networks, including footpaths and cycling infrastructure
- Easy access to a diversity of destinations and public transport
- Sufficient population density to make mixed-use planning and public transport services viable.

### Why is it important to address the transport domain?

Active transport complemented by public transport, especially walking and cycling, provides significant health benefits and reduces mortality. It also addresses the problems of urban traffic congestion, environmental pollution, and climate change.

More than many other forms of physical activity, walking and cycling (particularly for transport) are easily incorporated into daily routines. This increases their potential for widespread adoption and maintenance over time, and for enhancing health and social equity.

### What works?



## What are the recommendations for investment and action?

### Integrated package of transport and planning interventions

- Align at regional and local levels to create safe, convenient and comfortable opportunities and environments for active travel while reducing the attractiveness of private car use

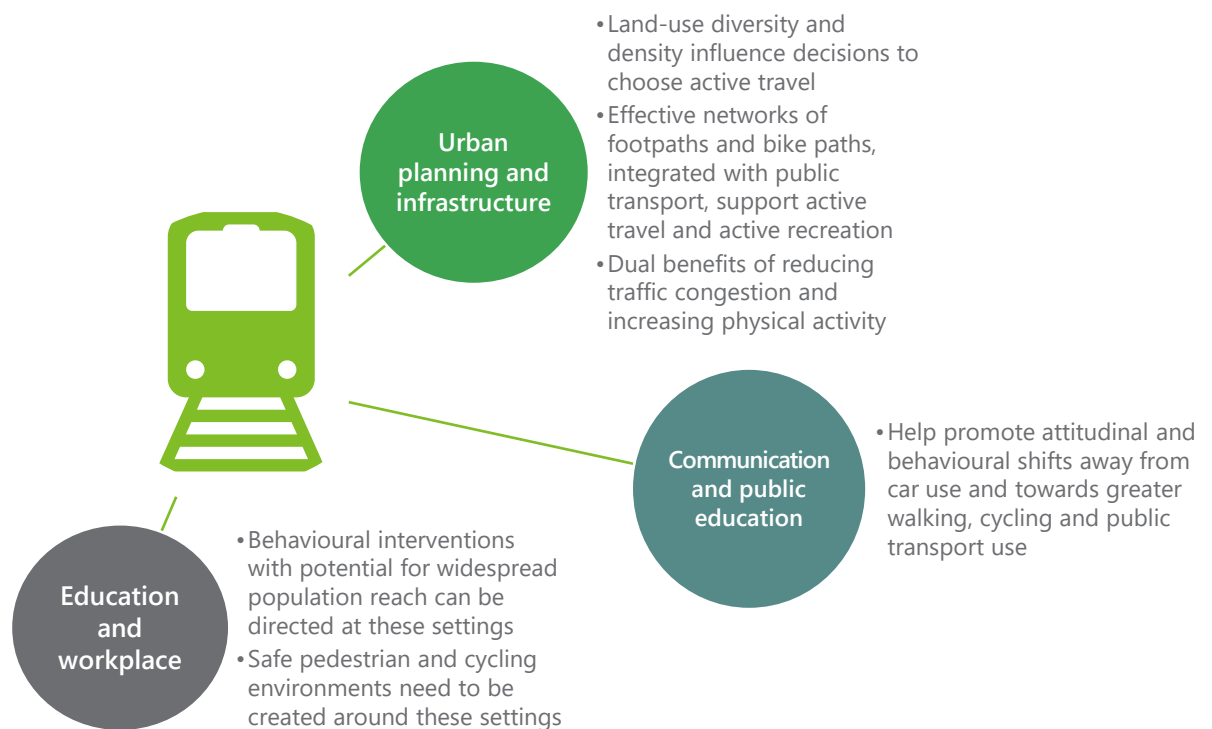
### Behavioural and social marketing

- Consider behavioural change interventions along with infrastructural interventions to shift social norms and travel preferences
- Incorporate into other settings (e.g. workplaces and schools) to encourage active commuting
- Ensure target populations have the benefit of supportive infrastructure to facilitate changes in travel modes

### Improve knowledge about what works and for which groups

- As a requirement of active travel funding, introduce robust evaluation of interventions (i.e. control groups where possible, long-term follow ups 3+ years, demographic and physical activity profiles of beneficiaries, economic or value-for-money evaluation)

## What are examples of strategies that intersect with the transport domain?



**Getting Australia Active III (GAA III)** is an Australian guide for policy makers to support the implementation of a whole-of-systems approach to increasing population physical activity. This policy brief summarises key points from **Chapter 3.2** of this guide. For more detailed guidance and supporting evidence, you can access the full report at: [preventioncentre.org.au](http://preventioncentre.org.au)



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