TRANSPORT PLANNING AND PUBLIC HEALTH

The work of the Physical Activity for Health Research Centre (PAHRC)

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# Key Research Themes

1. The promotion of walking and cycling
2. The investigation of sedentary behaviour
3. Physical activity amongst key ‘at risk’ groups
4. Measurement & Surveillance
5. Evaluation

[http://www.ed.ac.uk/education/rke/centres-groups/pahrc](http://www.ed.ac.uk/education/rke/centres-groups/pahrc)
Systematic review and meta-analysis of the association between walking and all-cause mortality. The review included 14 studies, with a total of 3.8 million participants. The results suggested a significant inverse association between walking and mortality, with a 20% reduction in risk for every 1000 steps per day. The findings were consistent across different age groups and levels of walking intensity.

Walking on sunshine: scoping review of the evidence for walking and mental health. The review aimed to assess the evidence for the psychological benefits of walking. It included 27 studies, with a total of 10,000 participants. The results indicated that walking is associated with improvements in mental health, including reduced stress and increased positive mood.
Walking Promotion

Glasgow Centre for Population Health

MRC Medical Research Council

paths for all A HAPPIER, HEALTHIER, GREENER, MORE ACTIVE SCOTLAND

Step Count Challenge
Evaluation
20mph, iConnect, M74 Study
Policy
Walking strategy, WHO HEAT

SHaRE is an online repository designed to facilitate the sharing of walking research between researchers, practitioners, and policy makers to maximise impact.

PHASE 1: Researchers add their studies and projects to SHaRE by 31 Dec 2018.

PHASE 2: Practitioners and policy makers access SHaRE from 1 Feb 2019.

PHASE 3: Ongoing submissions and searches.

Simply register and add your research at: http://www.sparc.ed.ac.uk/share/
Register and be a part of SHaRE.
Email: share@ed.ac.uk

Health economic assessment tools (HEAT) for walking and for cycling.

Methods and user guide; 2014 update.

ECONOMIC ASSESSMENT OF TRANSPORT INFRASTRUCTURE AND POLICIES.