

Walking and cycling overview

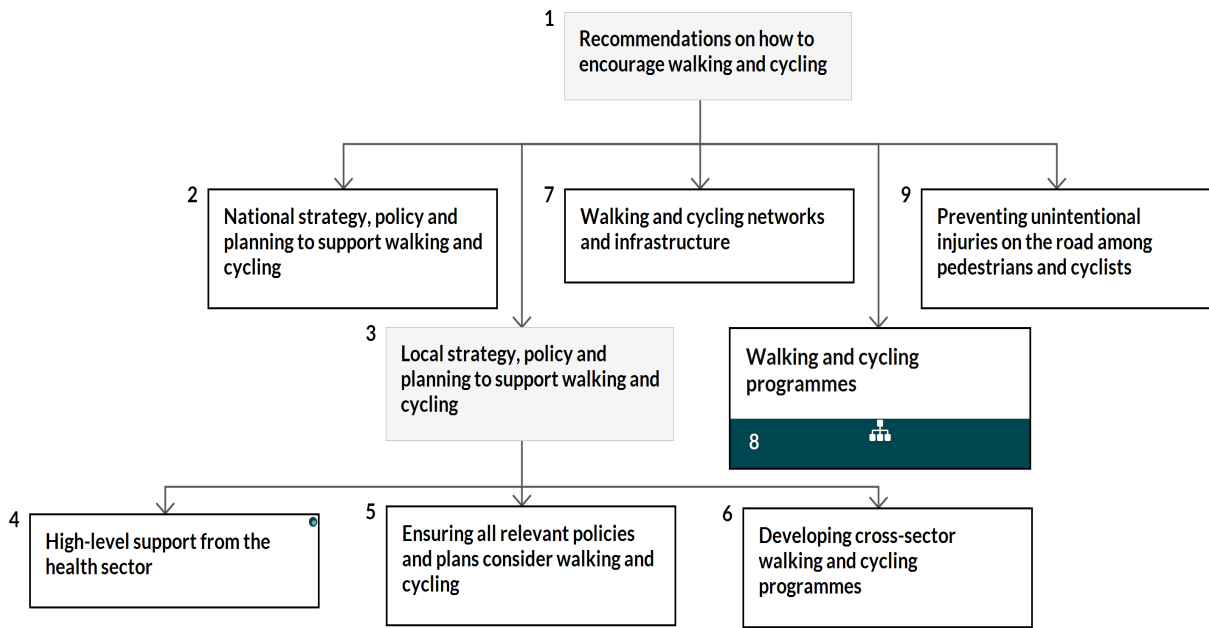
NICE Pathways bring together everything NICE says on a topic in an interactive flowchart. NICE Pathways are interactive and designed to be used online.

They are updated regularly as new NICE guidance is published. To view the latest version of this NICE Pathway see:

<http://pathways.nice.org.uk/pathways/walking-and-cycling>

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This document contains a single flowchart and uses numbering to link the boxes to the associated recommendations.



1 Recommendations on how to encourage walking and cycling

No additional information

2 National strategy, policy and planning to support walking and cycling

Promoting physically active travel among children and young people

For details on how to encourage children and young people to walk and cycle and use other physically active modes of transport see [physically active travel](#).

Reducing motor traffic speed

For details on how to reduce dangers on the road to encourage more walking and cycling see 'involving the police in driver education initiatives and activities' in [promoting and enforcing speed reductions](#) in relation to preventing unintentional injuries among the under 15s.

3 Local strategy, policy and planning to support walking and cycling

No additional information

4 High-level support from the health sector

Who should take action?

Directors of public health.

Public health portfolio holders in local authorities.

Clinical commissioning groups.

What action should they take?

Ensure a senior member of the public health team is responsible for promoting walking and cycling. They should support coordinated, cross-sector working, for example, by ensuring programmes offered by different sectors complement rather than duplicate each other (see [ensuring all relevant policies and plans consider walking and cycling \[See page 5\]](#)). The senior

member should also ensure NICE's recommendations on [physical activity and the environment](#) are implemented.

Ensure the joint strategic needs assessment, the joint health and wellbeing strategy and other local needs assessments and strategies take into account opportunities to increase walking and cycling. They should also consider how impediments to walking and cycling can be addressed.

Ensure walking and cycling are considered, alongside other interventions, when working to achieve specific health outcomes in relation to the local population (such as a reduction in the risk of cardiovascular disease, cancer, obesity and diabetes, or the promotion of mental wellbeing¹). These include outcomes identified through the joint strategic needs assessment process.

Ensure walking and cycling are included in chronic disease pathways.

Ensure all relevant sectors contribute resources and funding to encourage and support people to walk and cycle.

Where appropriate, ensure walking and cycling are treated as separate activities which may require different approaches.

Ensure walking and cycling projects are rigorously evaluated. This includes evaluating their impact on health inequalities.

For more on the role of the NHS in promoting walking and cycling see [workplaces](#) and [NHS](#). Also see [health sector involvement in road safety](#) and [aligning local child road safety policies](#) in relation to preventing unintentional injuries among the under 15s.

Quality standards

The following quality statement is relevant to this part of the interactive flowchart.

Physical activity: encouraging activity in the community

1. Physical activity champions

¹ Descriptions of the links between physical activity and health outcomes can be found in the Chief Medical Officers' report on physical activity, [Start active, stay active](#).

5 Ensuring all relevant policies and plans consider walking and cycling

Who should take action?

Local authorities, in particular, portfolio holders, lead members and directors responsible for: adult and older people's services, children and young people's services, community safety, countryside management, disability, education, environment, health and wellbeing (including mental health), land use, planning and development control, parks and leisure, planning (including district planning), regeneration and economic development, social services and transport.

National parks authorities.

Integrated transport authorities.

Local enterprise partnerships.

Chief constables, police authorities and elected police commissioners.

Agencies with an interest in walking and cycling.

Agencies with an interest in health and wellbeing or that work with population groups such as older people or people with disabilities.

What action should they take?

Ensure local, high-level strategic policies and plans support and encourage both walking and cycling. This includes a commitment to invest sufficient resources to ensure more walking and cycling – and a recognition that this will benefit individuals and the wider community.

Relevant policies and plans include those on:

- air quality
- community safety
- disability
- education
- environment (including sustainability and carbon reduction)
- health and wellbeing
- housing

- land use, planning and development control
- physical activity
- regeneration and economic development
- transport.

Ensure the walking and cycling aspects of these plans are developed in conjunction with relevant voluntary and community organisations.

Ensure strategies to promote walking and cycling address factors which influence activity at various levels – from policy down to the individual. This includes ensuring NICE's recommendations on [physical activity and the environment](#) are implemented.

Assess the impact of relevant policies and decisions on people's ability to walk and cycle. Where necessary, amend them to ensure support for walking and cycling.

Ensure plans relevant to walking and cycling are implemented and evaluated¹.

6 Developing cross-sector walking and cycling programmes

Who should take action?

Local authority directors and portfolio holders for: countryside management, environment (including sustainability), leisure services, parks, public health, regeneration and economic development and transport.

Police traffic officers and neighbourhood policing teams.

What action should they take?

Develop coordinated, cross-sector programmes to promote walking and cycling for recreation as well as for transport purposes, based on a long-term vision of what is achievable and current best practice. Ensure the needs of all sections of the population are addressed. Incorporate public health goals to increase the prevalence of people cycling and walking, as well as the distance covered by those who already walk and cycle regularly

Aim to shift attention away from focusing on individual risk factors and isolated, small-scale interventions and ensure programmes comprise an integrated package of measures, implemented by all relevant sectors and stakeholders. Where appropriate, they should link to existing national and local walking and cycling initiatives, and incorporate actions in specific

¹ Further advice on evaluation of physical activity can be found in the [National Obesity Observatory guide to evaluation](#).

settings, such as workplace or schools (see [workplaces](#) and [schools](#)).

Ensure walking and cycling programmes form a core part of local transport investment planning, on a continuing basis. In line with the Department for Transport's [Manual for streets](#) and the Chartered Institution of Highways and Transportation's [Manual for streets 2 - wider application of the principles](#), pedestrians and cyclists should be considered before other user groups in the design process – this helps ensure that they are not provided for as an afterthought.

7 Walking and cycling networks and infrastructure

Road design

Roads, including pavements, can be designed to encourage people to walk or cycle. For details of how this can be achieved see [road design](#) in relation to transport and physical activity.

Workplace links to walking and cycling networks

People can be encouraged to walk and cycle to work and during the working day, if there are enough safe networks and links in place. For details see [buildings – walking and cycling links](#) in relation to physical activity and the environment.

8 Walking and cycling programmes

See [Walking and cycling / Walking and cycling programmes](#)

9 Preventing unintentional injuries on the road among pedestrians and cyclists

Addressing the dangers people face on our roads is a key aspect of activities to encourage people to walk and cycle.

Road safety partnerships and strategies can help, by addressing issues such as motor traffic speed and by encouraging the introduction of a range of engineering measures to make roads safer for both pedestrians and cyclists. For details see below.

Developing road safety partnerships and strategies

For details go to: [managing road safety partnerships](#) and [carrying out local child road safety reviews](#) in relation to preventing unintentional injuries among the under 15s.

Addressing motor traffic speed

For details go to: [promoting and enforcing speed reductions](#) and [needs assessment and planning](#) in relation to preventing unintentional injuries among the under 15s.

Introducing engineering measures

For details go to: [implementing engineering measures](#) in relation to preventing unintentional injuries among the under 15s and [road design](#) in relation to transport and physical activity.

Glossary

Local enterprise partnerships

local enterprise partnerships are led by local authorities and businesses; they provide the vision, knowledge and strategic leadership needed to drive sustainable private sector growth and job creation in their area

Portfolio holders

local authority member with a specific responsibility delegated by the leader of the local authority

Portfolio holders in local authorities

local authority member with a specific responsibility delegated by the leader of the local authority

Sources

Physical activity: walking and cycling (2012) NICE public health guidance 41

Your responsibility

Guidelines

The recommendations in this guideline represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, professionals and practitioners are expected to take this guideline fully into account, alongside the individual needs, preferences and values of their patients or the people using their service. It is not mandatory to apply the recommendations, and the guideline does not override the responsibility to make decisions appropriate to the circumstances of the individual, in consultation with them and their families and carers or guardian.

Local commissioners and providers of healthcare have a responsibility to enable the guideline to be applied when individual professionals and people using services wish to use it. They

should do so in the context of local and national priorities for funding and developing services, and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities. Nothing in this guideline should be interpreted in a way that would be inconsistent with complying with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

Technology appraisals

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, health professionals are expected to take these recommendations fully into account, alongside the individual needs, preferences and values of their patients. The application of the recommendations in this interactive flowchart is at the discretion of health professionals and their individual patients and do not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or their carer or guardian.

Commissioners and/or providers have a responsibility to provide the funding required to enable the recommendations to be applied when individual health professionals and their patients wish to use it, in accordance with the NHS Constitution. They should do so in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

Medical technologies guidance, diagnostics guidance and interventional procedures guidance

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, healthcare professionals are expected to take these recommendations fully into account. However, the

interactive flowchart does not override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Commissioners and/or providers have a responsibility to implement the recommendations, in their local context, in light of their duties to have due regard to the need to eliminate unlawful discrimination, advance equality of opportunity, and foster good relations. Nothing in this interactive flowchart should be interpreted in a way that would be inconsistent with compliance with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.