



# Promoting active mobility and inclusive urban policies

Assessing Health Impacts of Low Carbon Transport  
Scenarios in Urban Areas ITF workshop

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**Peer-to-peer exchange**

**Policy & Advocacy**

**Research**

**Innovation**

**+100 Cities, regions and  
related entities**

**SUSTAINABLE  
URBAN  
MOBILITY  
INNOVATION**



**Access**

**Parking**

**Just Transition**



**Active Travel &  
Health**

**Air Quality and  
Clean Vehicles**



**Governance &  
Integration**

**Urban Freight**

**Regions**

**Small and  
medium-sized  
Cities**

**Climate-Neutral  
Cities Mission**



**Safety &  
Security**



**Mobility &  
Traffic Efficiency**

**Working Groups  
and Taskforces**



# Active Travel & Health Working Group

- dedicated to preserving walking, **wheeling**, and cycling as integral parts of mobility systems
- considers the various interactions with urban planning, the environment, and health
- foster discussions and exchange knowledge on strategies and measures that prioritise active modes of transport
- ensure that active travel is not only accessible to all types of users but also provides a sense of freedom without compromising comfort

## Active travel is a horizontal issue





# Active Mobility

People actively engaging with the city and their surroundings, enabling freedom and empowerment for **all** over their living experience

Improving active travel is also about reshaping the urban space – linking mobility with other policies – urban planning, housing, employment, environmental, social, etc.



# Where are we now?

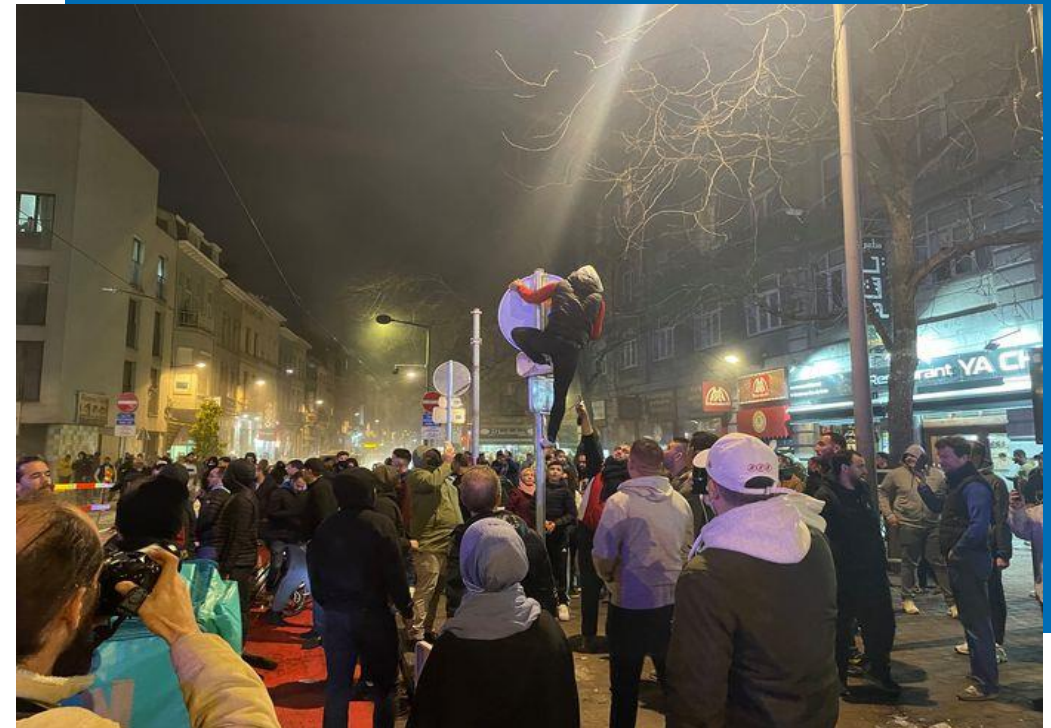
Disruption, discomfort → Transition, change

## Oxford



Prospect Magazine - <https://www.prospectmagazine.co.uk/society/cities/60923/what-is-freedom-15-minute-city-conspiracies-show-just-how-little-some-understand-it>

## Brussels





# Where are we now?

To polarization and political war

## Sunak 'backs drivers' with curbs on 20mph limits and bus lanes

Low-traffic neighbourhoods and fines also face clampdown under plans condemned by active travel groups



A joint statement from active travel groups said the plans were 'entrenching congestion and reliance on driving for short, local journeys'. Photograph: Tim Ireland/PA

Rishi Sunak has pledged to end "anti-car measures" as he set out a series of ideas to prioritise the needs of drivers at the likely expense of other road

[Transport policy | The Guardian](#)

**POLIS**

## Bikeless in Berlin: Europe's cycle backlash has begun

Conservative parties are turning cars into a major culture war issue.

**POLITICO PRO** Free article usually reserved for subscribers



The newly elected CDU government in Berlin has rolled back a host of bike-friendly measures | Sean Gallup/Getty Images

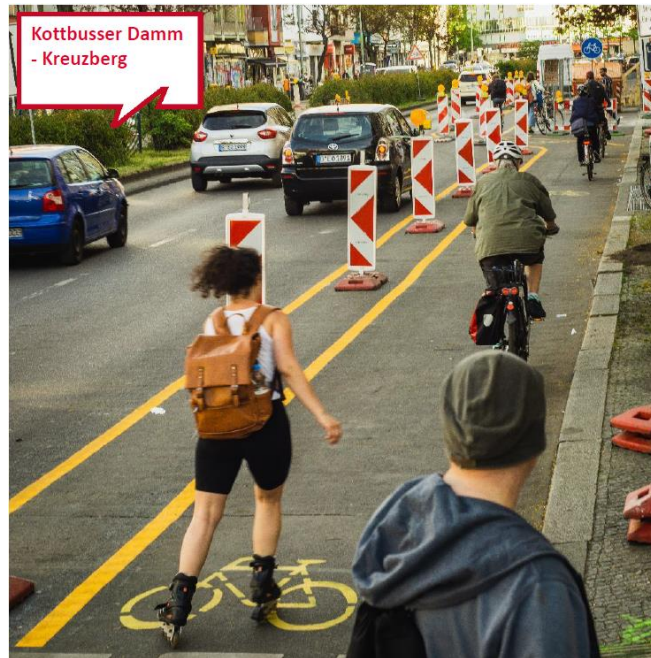
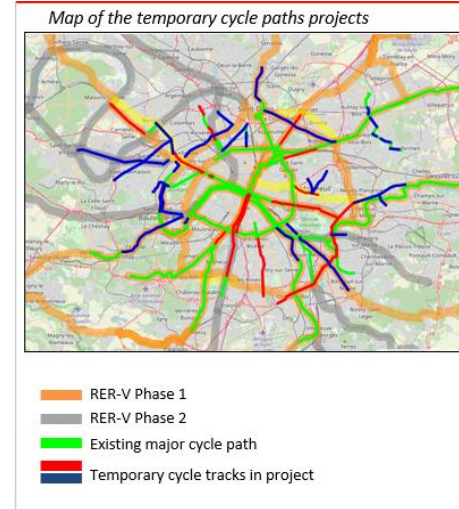
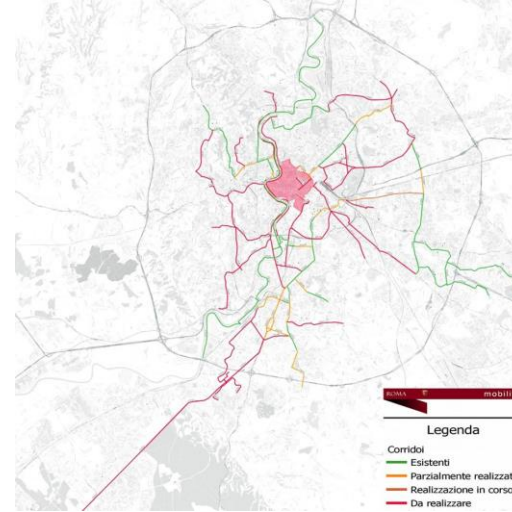
**LIVING CITIES**

OCTOBER 12, 2023 1:29 PM CET

BY AITOR HERNÁNDEZ-MORALES AND PETER WILKE

<https://www.politico.eu/article/europe-bikes-cycling-backlash-berlin-germany-cycling-cars-emissions/>

# Respacing streets – Long overdue







**From traffic management to urban space management**

Cities can't just be **reactive**  
They need to be **proactive**  
and they need to be  
strategic





# User-centric

-  **Modal shift**
-  **Motor shift**
-  **Space shift**
-  **Cost shift**
-  **Risk shift**
-  **Budget and investment shifts**

**JUST  
TRANSITION  
AGENDA**

**FOR  
URBAN  
MOBILITY**


**POLIS**  
CITIES AND REGIONS FOR TRANSPORT INNOVATION



# Knowledge Sharing




Active Travel & Health Working Group



February 2024

## The 15-minute city

From concept to practice



CITIES AND REGIONS FOR TRANSPORT INNOVATION



## WEIGHT BIAS ON WHEELS

Exploring the perceptions and realities surrounding fat stigma in cycling and active transport has never been more urgent — now is the time to uncover potential pathways to challenge societal norms and redefine inclusivity in transport.

Author: Alisha Pathania  
Photo: Alisha Pathania  
Moderated by: Alisha Pathania

Leadership for Action

JUST TRANSITION WEBINAR: ACTIVE TRAVEL & HEALTH

## FOSTERING ACTIVE TRAVEL FOR DISABLED PEOPLE

Moderated by Andréia Lopes Azevedo, POLIS Network  
Featuring Alisha Pathania and Emma Koprena, Transport for All, and Alice Clermont and Tim Burns, SUSTRANS

### WHAT IS 'DISABILITY'?

It is a broad term for a **wide spectrum of physical, sensory, or cognitive conditions** (sometimes apparent, sometimes more concealed) experienced in multiple ways. These conditions shape how individuals — and caregivers — navigate urban mobility services.

### WHAT IS THE SOCIAL MODEL OF DISABILITY?

It says that individual physical, sensory, or mental conditions are not the **cause of disability**. Rather, it is **society's failure** to provide appropriate services and adequately ensure that the needs of disabled people are accounted for.

People are disabled by society and its barriers rather than impairment or difference!



There is a role and a need for government, businesses and advocacy groups to act: the **emphasis is on society, not on the individual!**

Tim Burns, SUSTRANS

REMOVING FINANCIAL, INFRASTRUCTURAL, AND COMMUNICATIONS BARRIERS

ADOPTING A PAN-IMPAIRMENT APPROACH

### LOW-TRAFFIC NEIGHBOURHOODS (LTNs) & DISABILITY

Interviews with 84 disabled people, aged 8 to 89, reveal that they:



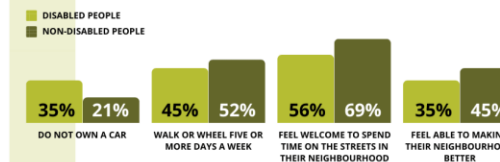
While LTNs also **have positive impacts** — from 14% of participants reporting easier journeys to an overall increased perception of improved mental and physical health, LTNs are still divisive topics for 28% of participants, with **conflicts between environmental groups and disability advocacy communities** (environmental policy makers have often unintentionally created more barriers for disabled people: some participants felt that voicing their concerns around LTNs would label them as anti-environmentalists) and frustration derived from a **lack of consultation for and communication** of the measure being highlighted as further aggravating factors.

According to *Motability (2022)* and the UK's *National Travel Survey of 2020*, disabled people take **38% fewer trips** than non-disabled people and **30% fewer walking trips**.



### MAKING WALKING AND WHEELING INCLUSIVE

Index survey data on over 6,000 disabled people in the UK (June 2022) highlights:



Another UK-wide survey on 1,100 disabled people shows that 41% frequently experience problems reaching their destination due to accessibility barriers — a result exacerbated by the **cost of living crisis**, which reduces travel for 59% of respondents, with **disabled women, disabled people of colour, and disabled people on low incomes** being more likely to face barriers.

**75% say UK governments should do more to make it easier to walk and wheel!**

### KEY TAKEAWAYS

1. Create **meaningful engagement** and ask for **paid advice** from disability communities;
2. Actively **diversify the workforce**;
3. Promote **inclusive, safe, and accessible pavements**;
4. Improve physical and digital tools for **wayfinding**;
5. **Communicate** changes clearly and thoroughly;
6. Invest in **research and mapping**;
7. **Invest** on funds that improve the **accessibility of streetspace**;
8. Improve **integration between public transport and active travel**;
9. (Re)examine **accessibility standards**;
10. Collect **data** and promote studies that would allow to gather a fresh insight into the topic.





# EU Projects

HL4EU



[www.phoebe-project.eu](http://www.phoebe-project.eu)



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[elaborator-project.eu](http://elaborator-project.eu)

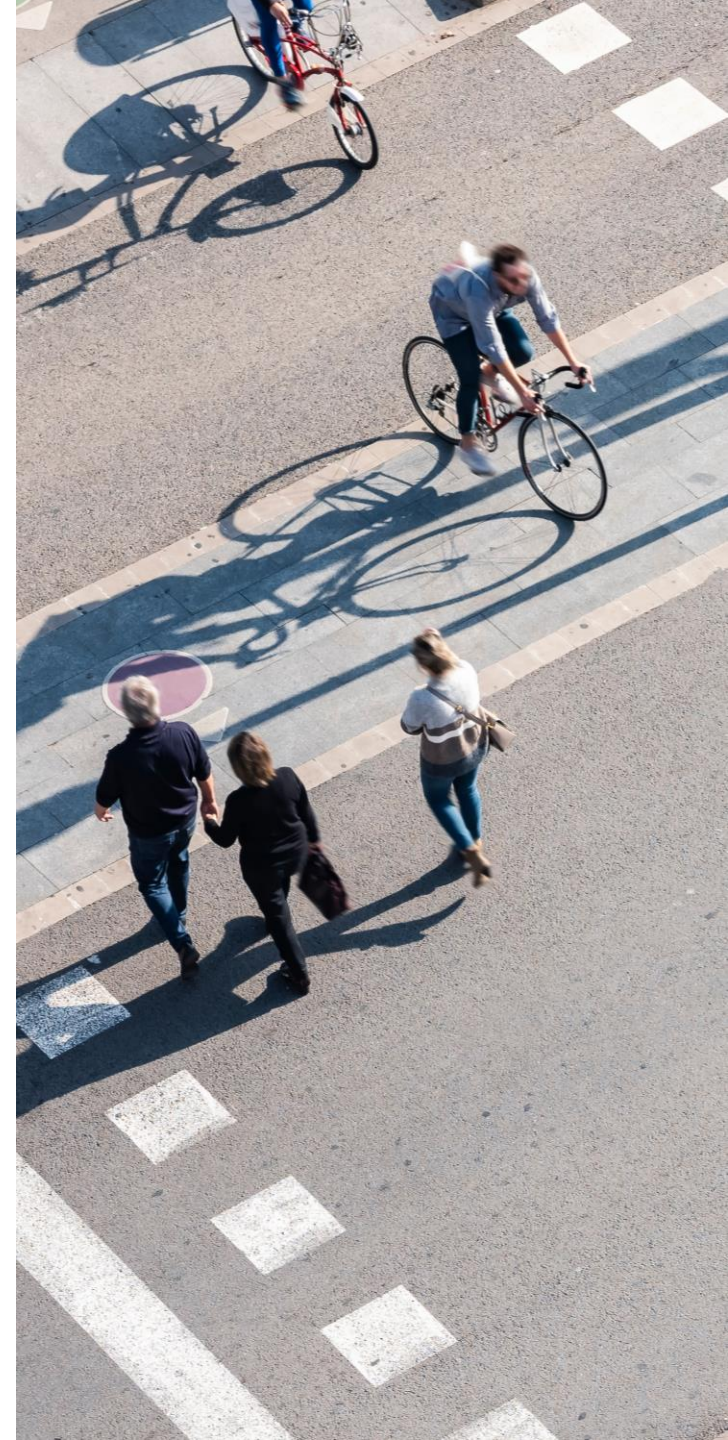


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POLIS





# Thank you!

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