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| **Title of Research Presentation** **Promoting active transport for population health: evidence and lessons from Australian and international studies** |
| **Background/Objectives**Over the few decades, rapid urbanization has been accompanied by a dramatic increase in the number of motor vehicles on the road in many developing countries. The increasing reliance on private motor vehicles has led to traffic congestion and air pollution as well as an increasingly inactive lifestyle. In contrast, active transport, which means less reliance on the use of cars, and more on alternative modes of transport such as walking and cycling can potentially not only lead to a cleaner environment, but also a healthier population. The objectives of this presentation are to present evidence of health benefits associated with active transport, identify some potential strategies to promote active transportation from various studies, and to inform the development of active transport promotion based on lessons from Australianandinternational studies.**Methods**A systematic review of the literature was conducted to summarise research findings on health benefits associated with active transport. Two case studies were conducted in Sydney, Australia for promoting active transport, including one study with primary school students in a school, and the second study with health staff in a workplace.  **Results**The literature review suggests that there is solid evidence of cardiovascular health benefits from active transportation. However few studies have been conducted to examine the associations between active transportation and a range of other health outcomes, including mental health, certain cancers, diabetes, and commuting-related injury, which require further investigations with stronger research design and rigorous evaluation. The two case studies found that prompting active transport to school or to workplace was feasible with great potential. **Discussion**Active transport that incorporates walking and cycling to work or school is a promising way to improve population health, in particular cardiovascular health, through integrating physical activity into daily life. Further research is needed to examine the effect of active transport on health using stronger research designs, such as randomised controlled trials or longitudinal studies. The effectiveness of active transport promotion strategies needs to be further investigated.**Keywords**Active transport, rapid urbanization, health benefits, health promotion  |