

Introduction to Healthy Streets

Lucy Saunders



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Keynote Speaker, Lucy Saunders

www.healthystreets.com

Before we get started

Who I am

- Lucy Saunders
- Fellow of the Faculty of Public Health
- 18 years experience as a public health specialist
- 12 years working on transport and built environment
- Developed the Healthy Streets Approach and led its implementation in London
- Working with cities and regions worldwide



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How can we help inactive people to become more active

- Most people are not meeting minimum levels
- It's not because they are lazy
- When activity is not part of your daily routine it is easy to avoid

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Healthy Streets focuses on changing these environments

- We know that walking is the easiest activity for people to build into their lives
- In Essex 8 in 10 people have walked for 10 mins in the last week
- There are lots of good reasons for being enthusiastic about the potential for more walking and cycling in Essex
- But the reality is that people need an environment that meets their basic needs



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How can you tell if a street is
prioritising people?

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On any street ask yourself the following 3 questions....

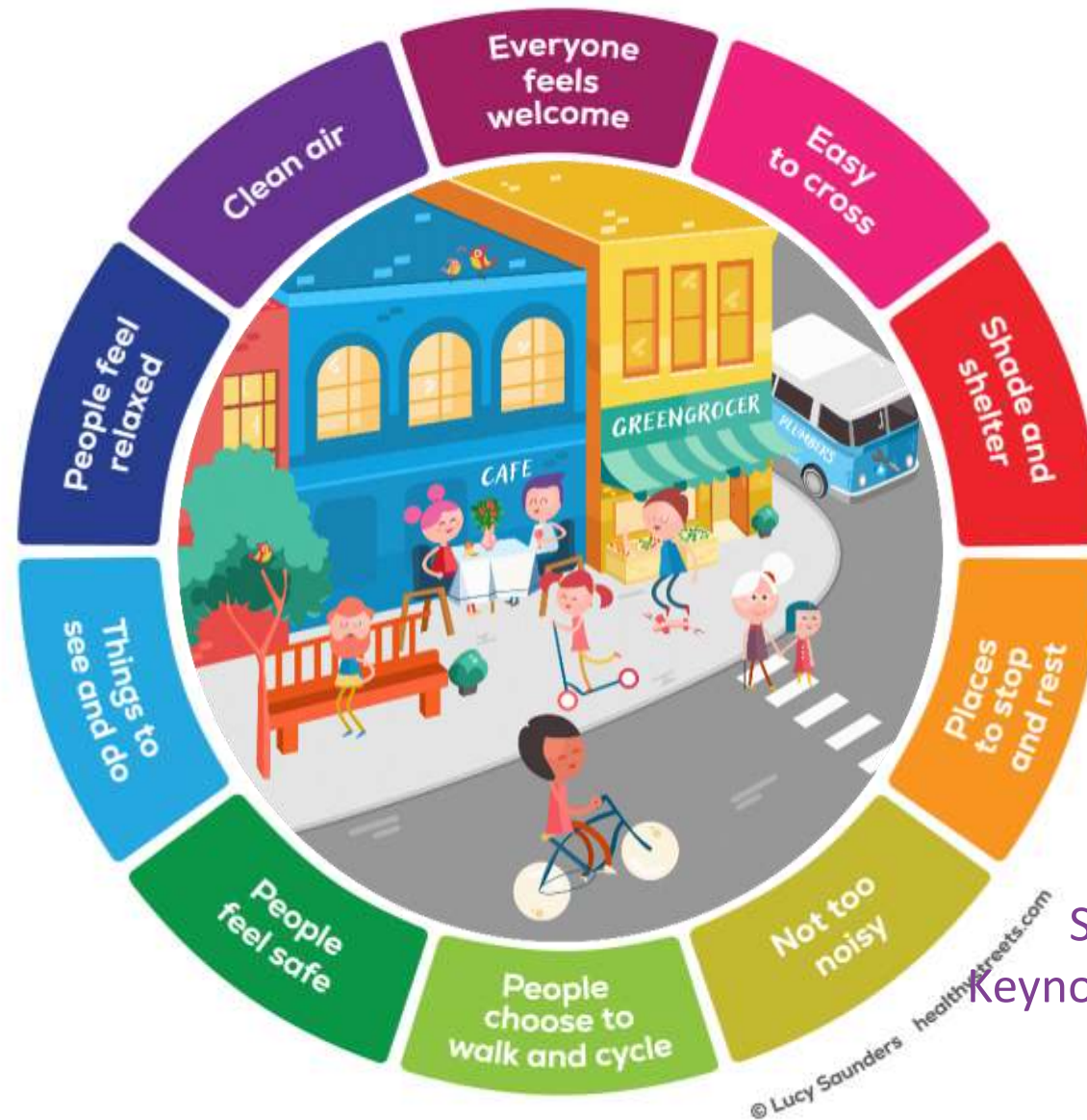
1. Imagine you have an injured leg and find it painful and effortful to walk far without a break. Is there anywhere you could rest on this street?
2. Imagine you are looking after someone else's children. Would you be comfortable cycling in the carriageway with them?
3. Imagine you are walking along the pavement with a friend. Could you comfortably walk side-by-side and hold a conversation the full length of the street?

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The Healthy Streets Indicators

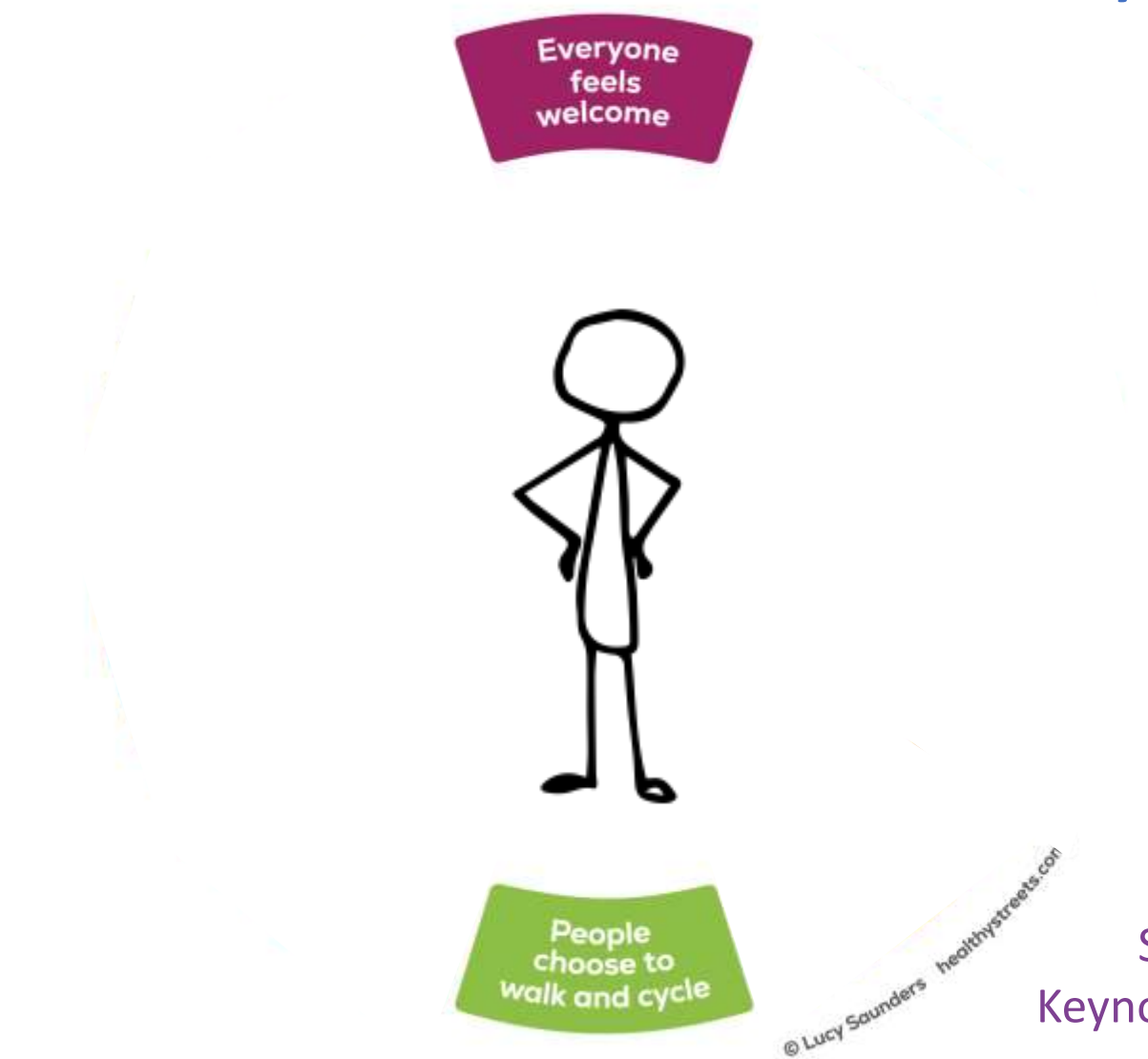
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The 10 Healthy Streets Indicators



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Everyone needs an accessible environment to be active everyday



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The big health impacts of urban transport



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It needs feel pleasant too

People feel relaxed

Things to see and do



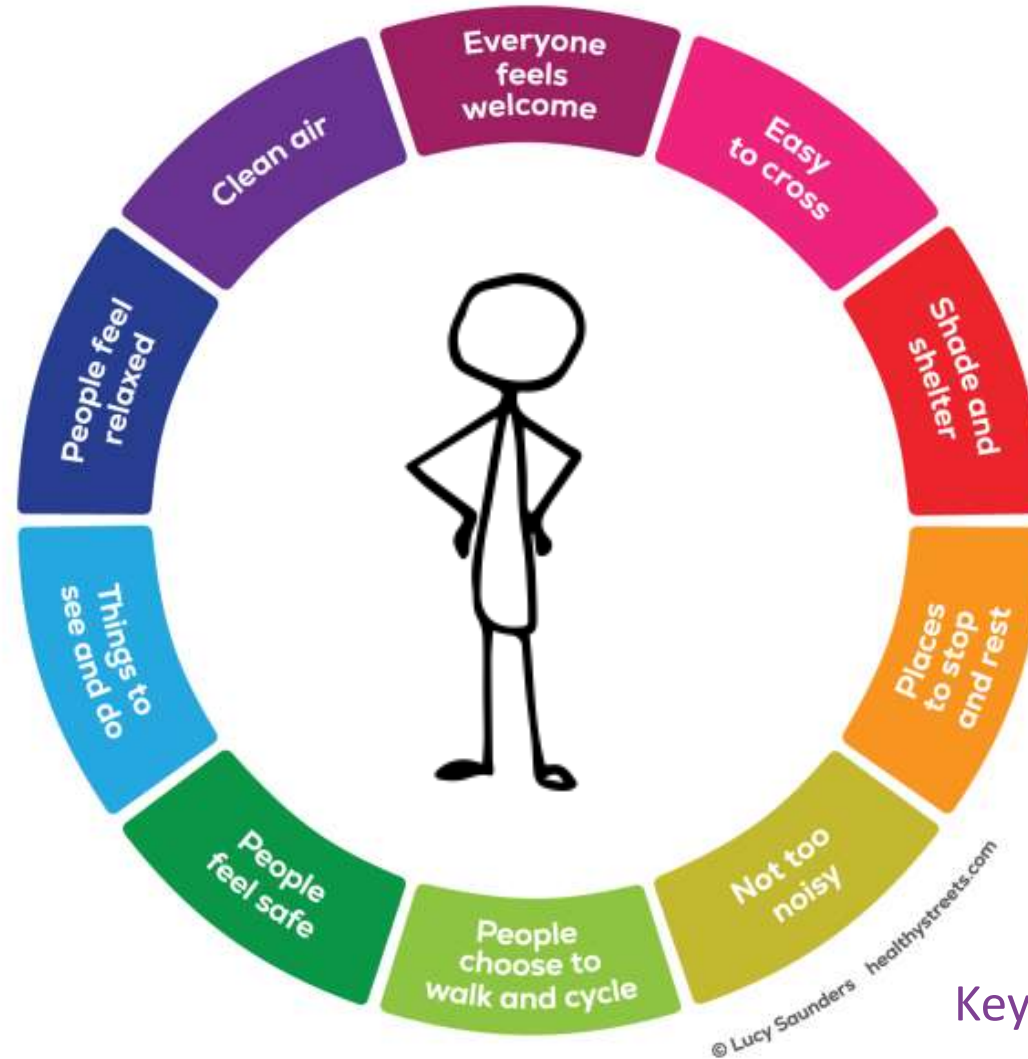
Shade and shelter

Places to stop and rest

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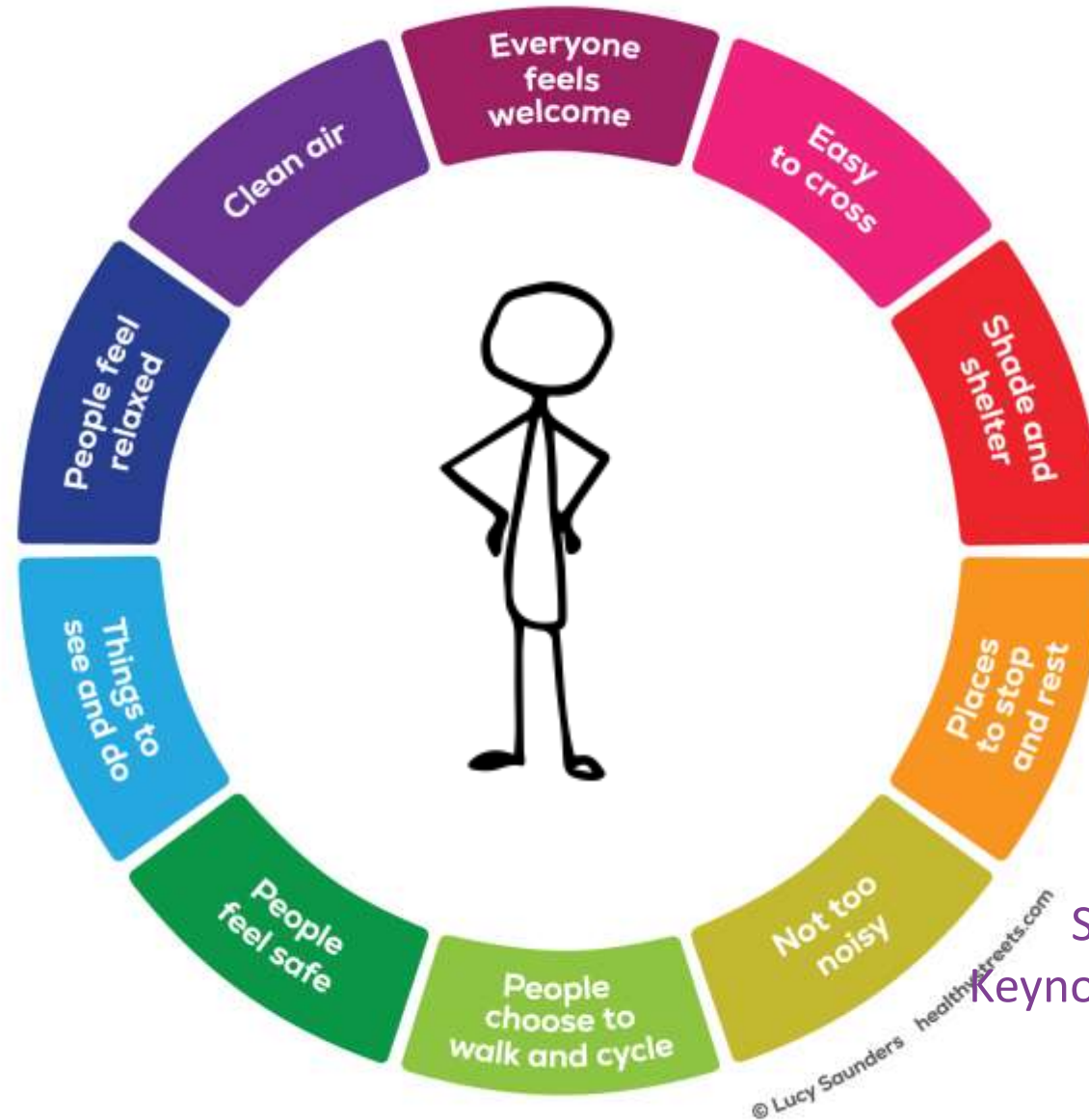
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All these factors influence how people feel



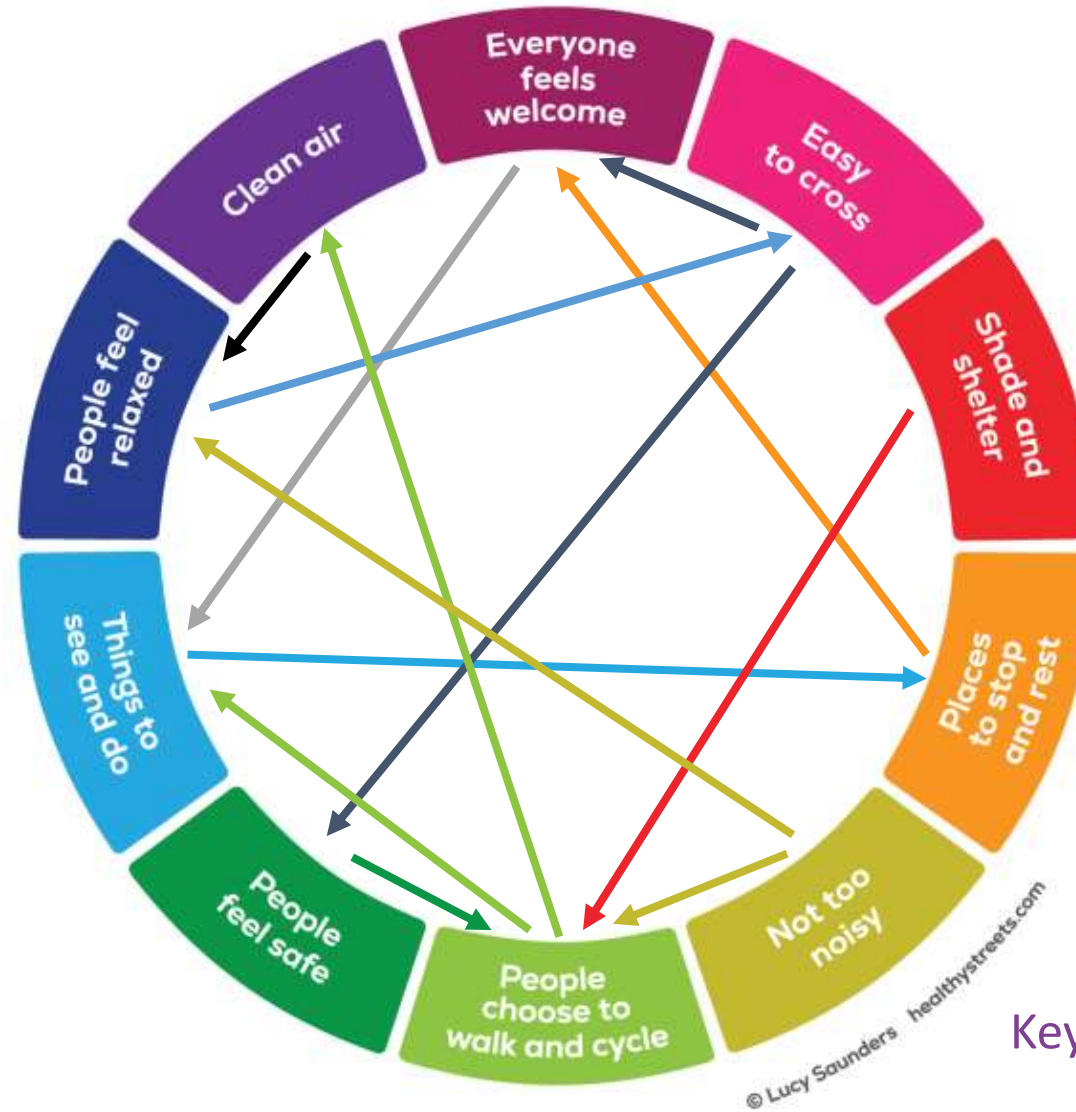
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Welcoming & accessible for all



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The 10 Indicators are interdependent



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If you want to dive in
further....

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Healthy Streets Qualitative Assessment

- Prompt questions for each Indicator to assess a street or a project proposal
- You can download this tool from healthystreets.com

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Qualitative Assessment 

People choose to walk and cycle

We all need to build regular activity into our daily routine and the most effective way to do this is to walk or cycle for short trips or as part of longer public transport trips. People will choose to walk and cycle if these are the most attractive options for them. This means making walking and cycling and public transport use more convenient, pleasant and appealing than private car use.

PROMPT QUESTIONS

General impressions

- Would people walking feel that the street has been designed to prioritise their needs?
- Would people cycling feel that the street has been designed to prioritise their needs?

Appeal of the walking and cycling environment


- Is there enough space for people walking and cycling at the busiest times?
- Are people walking and cycling expected to share the same space?
- If vehicles travel faster than 20 mph/30 kph then are people walking and cycling suitably protected from them?
- Does the street feel dominated by parked or moving vehicles?

Ease of car use for short journeys

- Would it be cheap, easy and convenient to park locally?
- When observing people driving, are they giving this task their full attention?
- Is it just as easy to drive through local streets as it is to stay on the main roads?

If there are public transport services...

- Are public transport services frequent and direct enough to provide a competitive alternative to car use?
- Is it easy for people to get to bus stops and change between different types of public transport?
- Is the street an attractive place to wait for the bus and access train stations?
- Are there measures to prioritise public transport over general traffic e.g. dedicated bus lanes?



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