



# Transport Poverty: A Public Health Issue

SCOTs conference

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# Aim

- Scotland's Public Health Challenges
- What shapes our health?
- Transport Poverty: A Public Health Issue





# Public Health Scotland's vision

Working towards a Scotland where everybody thrives.

**Improved life expectancy and reduced health inequalities**

**Prevent disease**

**Prolong healthy life**

**Promote health and wellbeing**



## Our Vision

We will have a sustainable, inclusive, safe and accessible transport system, helping deliver a healthier, fairer and more prosperous Scotland for communities, businesses and visitors.



### Reduces inequalities

- Will provide fair access to services we need
- Will be easy to use for all
- Will be affordable for all



### Takes climate action

- Will help deliver our net-zero target
- Will adapt to the effects of climate change
- Will promote greener, cleaner choices



### Helps deliver inclusive economic growth

- Will get people and goods where they need to get to
- Will be reliable, efficient and high quality
- Will use beneficial innovation

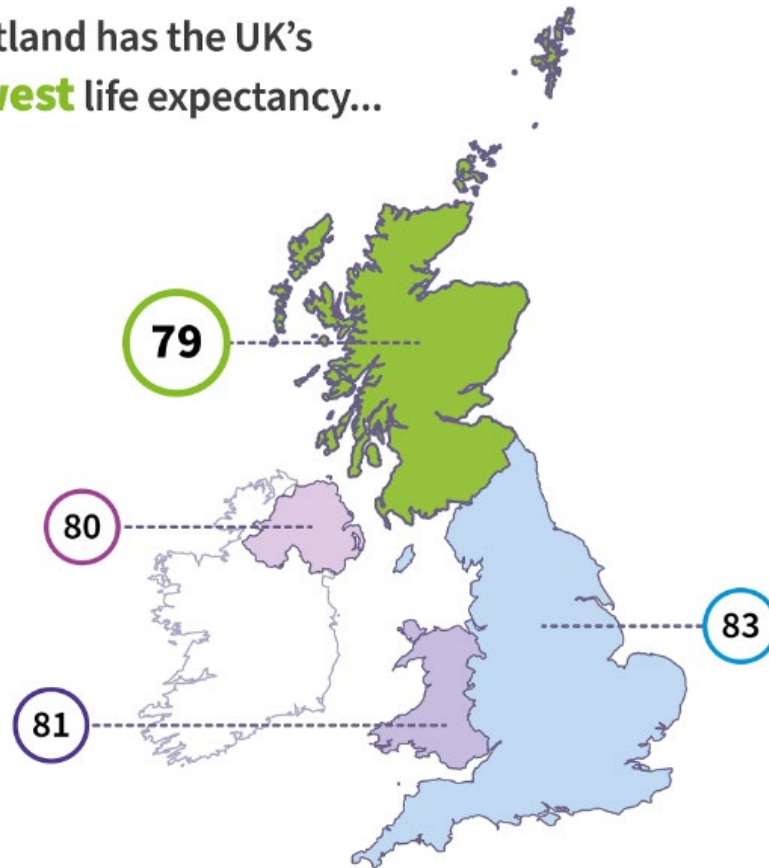


### Improves our health and wellbeing

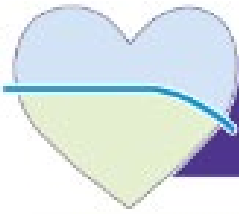
- Will be safe and secure for all
- Will enable us to make healthy travel choices
- Will help make our communities great places to live

# Scotland's Public Health Challenges

Scotland has the UK's  
**lowest** life expectancy...







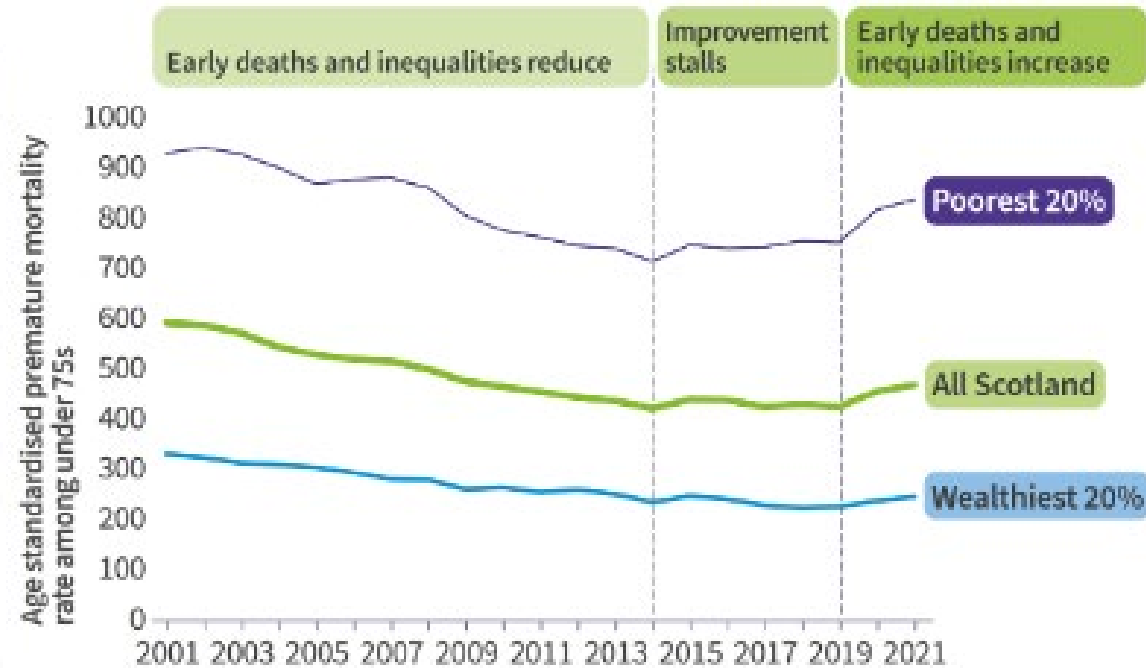
## After decades of improvement, Scotland's health is worsening.

People are dying younger.

The number of people dying early is increasing.

People are spending more of their life in ill health.

The gap in life expectancy between the poorest and the wealthiest is growing.



Source: National Records Scotland

## A tale of two communities

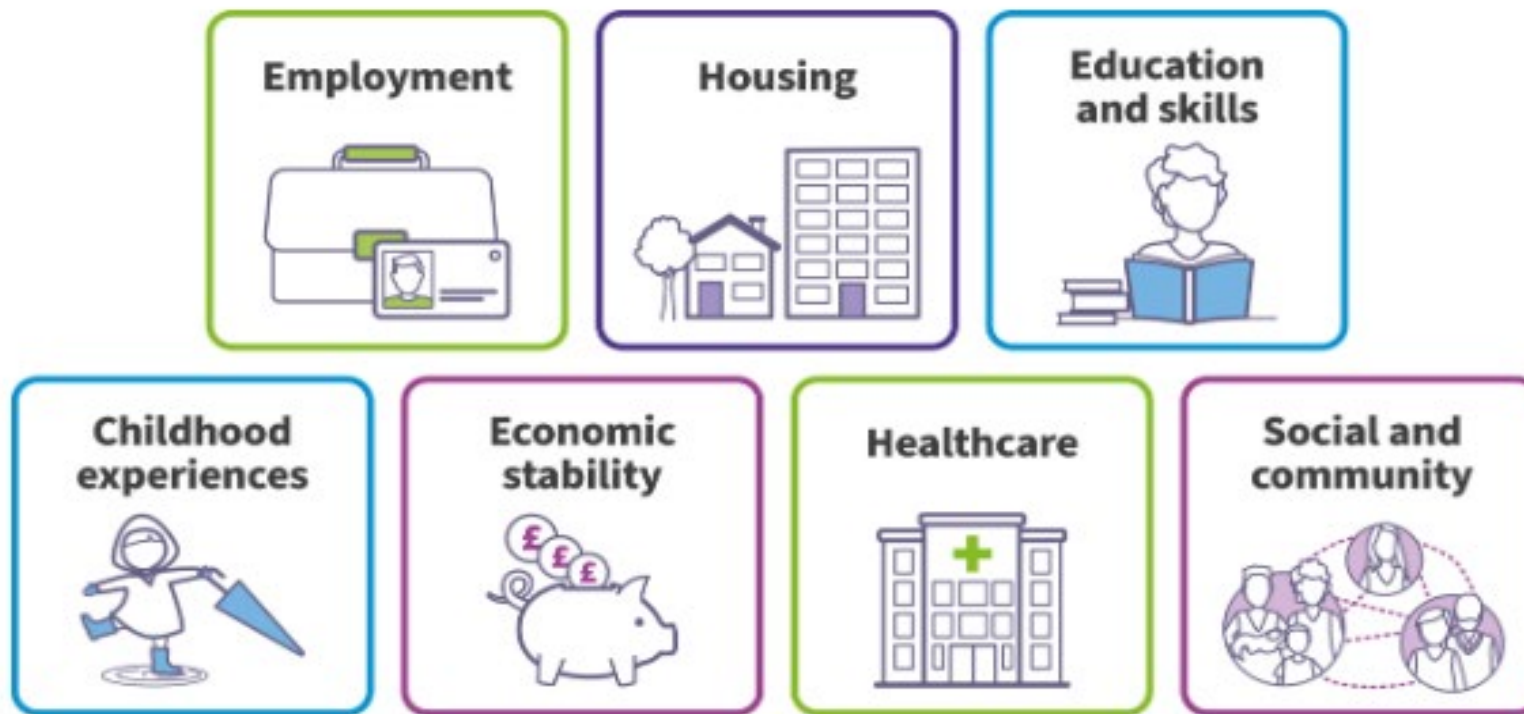


George grew up in one of Scotland's poorest communities, while David was born in a wealthier area. Because of this George will die 14 years before David. Long-term health issues will start to affect George in his mid-40s, while David will stay healthy into his 70s. **These different lives, or health inequalities, mean that George will experience poor health for a third of his life.**



Karen and Eva live two miles apart but are separated by a huge gulf in their quality of life. Born and raised in a deprived community, Karen will live in poor health for around 27 years, more than double the time for Eva, and she will die 10 years earlier. **These different lives, or health inequalities, mean that Karen will experience poor health for a third of her life.**

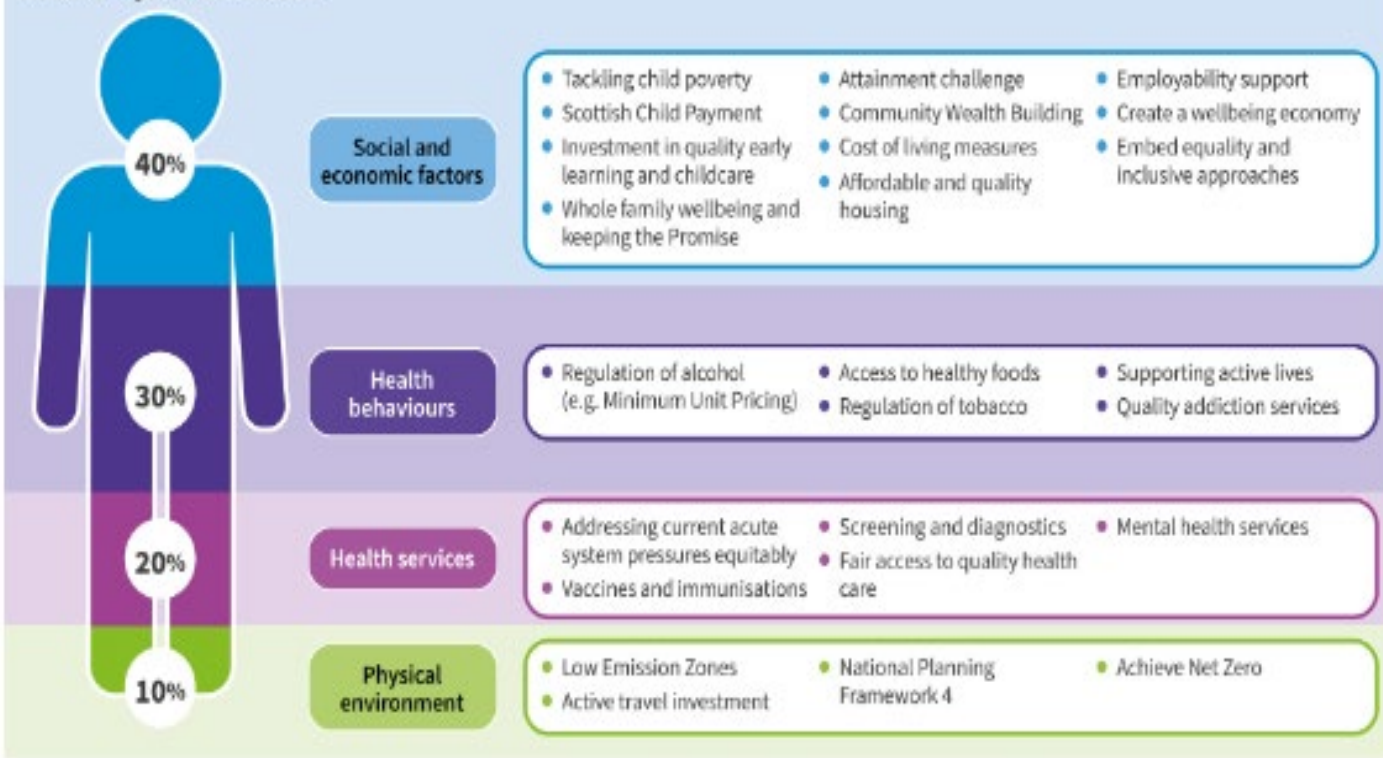
# What shapes our health?







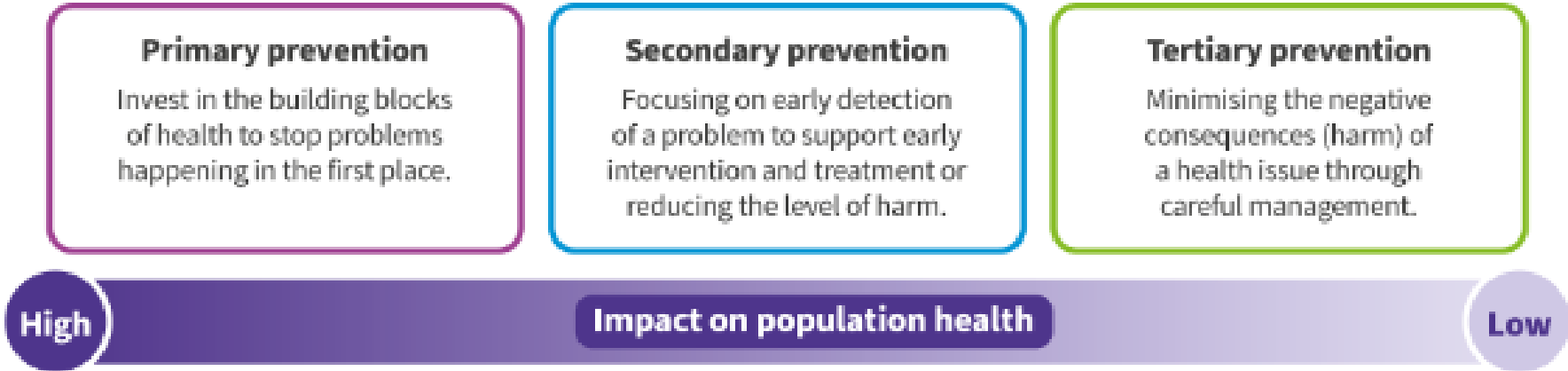
## What shapes our health



Adapted from The Kings Fund (<https://www.kingsfund.org.uk/publications/vision-population-health>)



# The role of prevention



<https://youtu.be/BHYBHKma3x8>

## Walking, Wheeling and Cycling (Active Travel)

Everyone can:

easily move around using good-quality, accessible, well-maintained and safe segregated wheeling, walking and cycling routes and access secure bike parking.

wheel, walk and cycle through routes that connect homes, destinations and public transport, are segregated from, and prioritised above, motorised traffic and are part of a local green network.

Increased physical activity

Increased social connections

Increased access to greenspace

Increased number of people in public spaces

Increased footfall for local businesses

Fewer falls and collisions with motor vehicles

Increased perceived safety

Increased economic security

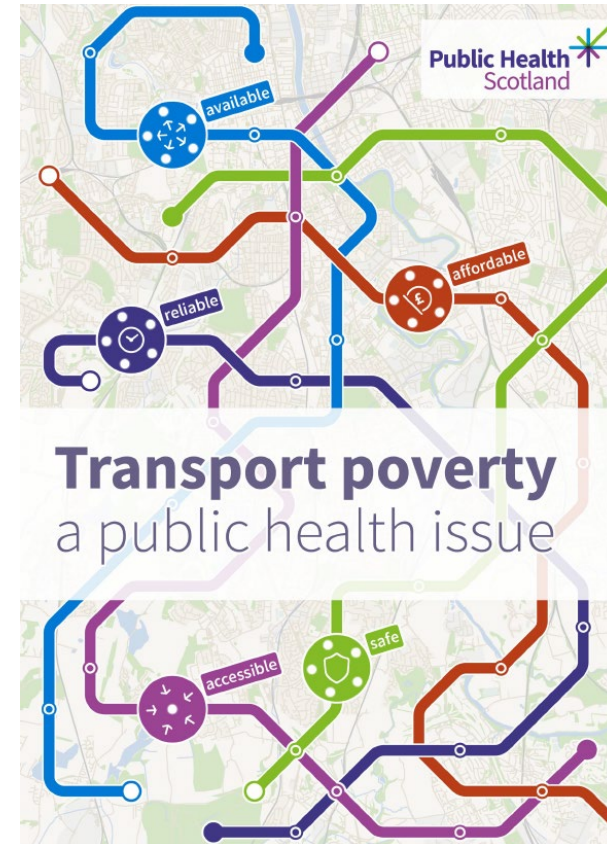
Reduced risk of cardiovascular and respiratory disease

Improved mental health and wellbeing

Reduced risk of injuries

# Transport Poverty: A Public Health Approach

- What is transport poverty?  
**Shared understanding**
- How does it influence health and health inequalities?  
**Consequence for people**
- What can we do about it?  
**Understanding the cause**
- A collaborative approach to answering these question  
**Data, evidence and discussion with stakeholders**





## Definition

the lack of transport options that are **available**, **reliable**, **affordable**, **accessible** or **safe** that allow people to meet their daily needs and achieve a reasonable quality of life.



**Available:** Transport options connect people, at the required times and frequency, to the services and opportunities necessary to meet their daily needs and maintain a reasonable quality of life without excessive travel time.



**Reliable:** Transport options are sufficiently reliable to enable individuals to feel confident they can reach destinations at the required time.



**Affordable:** The necessary weekly amount spent on transport does not leave the household in financial hardship.



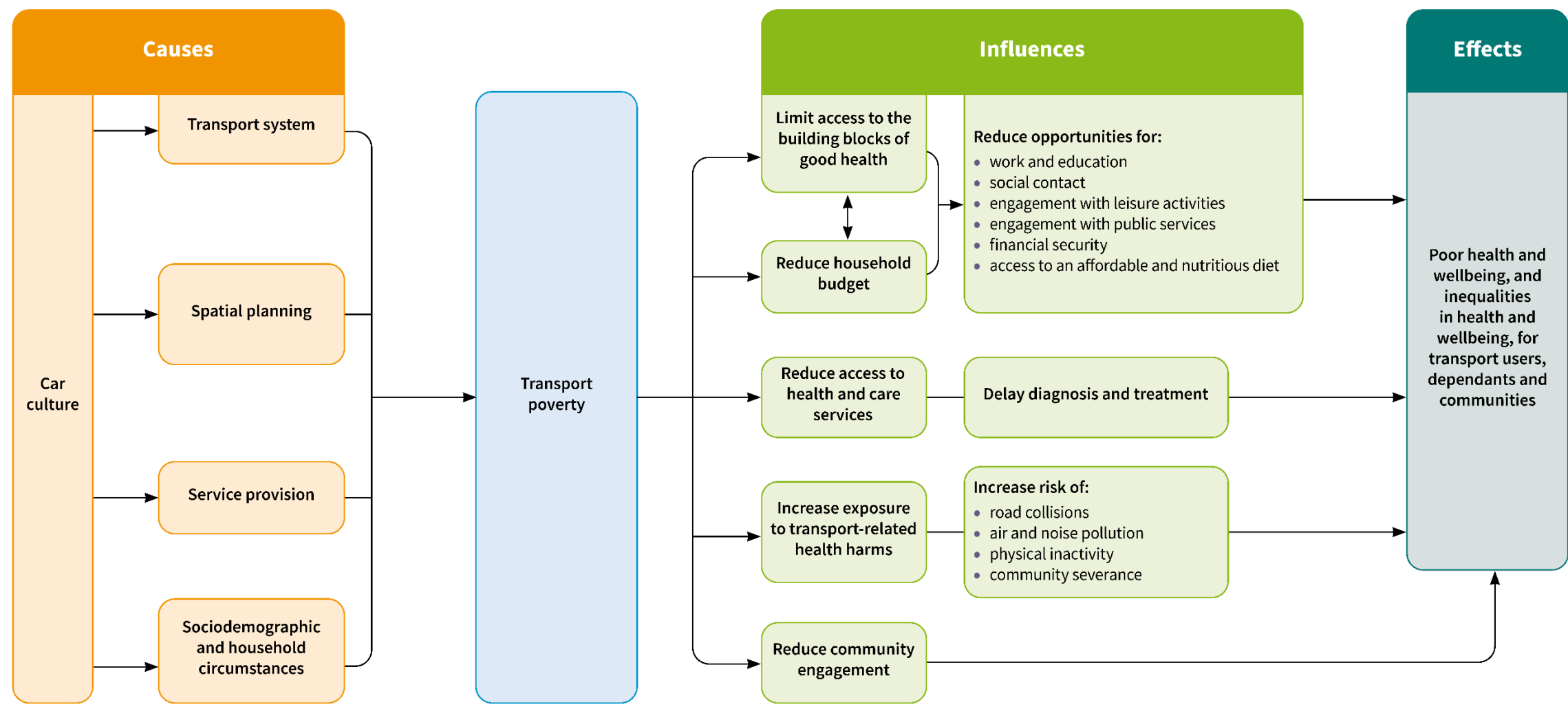
**Accessible:** Transport options meet everybody's physical, sensory, mobility, cognitive and mental health needs.



**Safe:** The travel conditions are safe and healthy.



# A model of transport poverty: the causes and influences on health and health inequalities







## Implications for policy and practice

- Eliminating transport poverty can help improve health, reduce health inequalities & support the just transition to a net-zero and climate-resilient Scotland.
- Action does not lie only in the transport sector
  - should be delivered by a range of sectors and
  - be part of a wider approach to implementing the sustainable transport hierarchy.

## Recommendations

### A shared understanding

- Adopt the definition of transport poverty
- Use the evidence-informed model
- Increase awareness of transport poverty across sectors

### Support action across sectors

- Spatial planning, service provision, transport

### Monitoring and evaluation

# Contact Details

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