





**T**his appendix to **Let's Get Scotland Walking (2014)** provides **supporting material gathered in the process of developing the strategy**. During the development of the National Walking Strategy a contribution analysis resulted in links being made with other policies. The policies highlighted include those that walking can help to deliver and policies that in themselves contribute to the development and promotion of walking (section 1). A bibliography of additional references to the policy links is provided (section 2). Some case studies were made available to us that highlight just some of the work that is happening in Scotland and give a flavour of the range of projects and initiatives that help to promote walking (section 3).



# Section 1 Policy Links

## Wealthier and Fairer

Department of Work and Pensions (2009) Dame Carol Black's Review of the Health of Britain's Working Age Population - **Working for a healthier tomorrow**. Norwich: Information Services

National Institute for Health and Clinical Excellence (2008) **NICE Guideline PH13**. Promoting physical activity in the workplace. London: NICE

Scottish Government (2008) **Achieving Our Potential**: A Framework to tackle poverty and income inequality in Scotland. Edinburgh: Scottish Government

Scottish Government (2009) **Health Works**: A Review of the Scottish Government's Healthy Working Lives Strategy. Edinburgh: Scottish Government.

Scottish Government (2011) The Scottish Government **Economic Strategy**. Edinburgh: Scottish Government

Scottish Government (2013) **Low Carbon Scotland**: Meeting Our Emissions Reduction Targets 2013-2027: The Draft Second Report on Proposals and Policies. Edinburgh: Scottish Government

## Healthier

Department of Health (2011) **Start active, stay active**: a report on physical activity from the four home countries' Chief Medical Officers. London: Department of Health

National Institute for Health and Excellence (2009) **NICE Guideline PH17** - Promoting physical activity for children and young people. London: NICE

Scottish Executive (2003) Let's Make Scotland More Active. Edinburgh: Scottish Executive

Scottish Executive (2007) **Reaching Higher**: building on the success of Sport 21 (revised sport strategy). Edinburgh: Scottish Executive

Scottish Government (2007) **Better Health Better Care: Action Plan. Preventing Overweight and Obesity in Scotland:** A Route Map Towards Healthy Weight. Edinburgh: Scottish Government

Scottish Government (2007) *Scotland Performs*. Edinburgh: Scottish Government

Scottish Government (2008) **Good Places Better Health:** Scottish Governments Strategy on health and the environment. Edinburgh: Scottish Government

Scottish Government (2008) **Five Year Review of Let's Make Scotland More Active:** a strategy for physical activity. Edinburgh: Scottish Government

Scottish Government (2009) **The Early Years Framework.** Edinburgh: Scottish Government

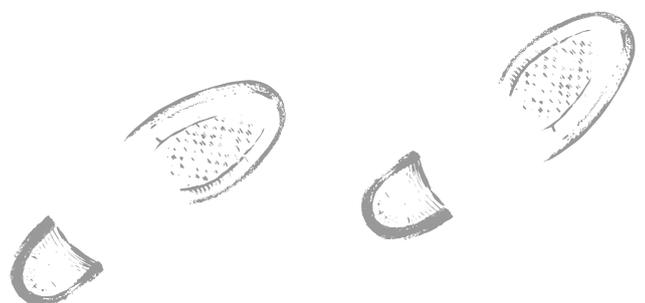
Scottish Government (2009) **On your marks...get set...go:** A games legacy for Scotland. Edinburgh: Scottish Government

Scottish Government (2011) **Good Places Better Health for Scotland's Children.** Edinburgh: Scottish Government

Scottish Government (2012) **Mental Health Strategy for Scotland:** 2012-2015. Edinburgh: Scottish Government

NHS Health Scotland (2012) **Mental Health Indicators for children and young people** – Final Briefing Paper. Edinburgh: NHS Health Scotland

UK Directors of Public Health (2008) **Take action on active travel.** Bristol: Sustrans



## **Safer and Stronger**

Active Travel Alliance Scotland (2012) **Active Travel, Active Scotland**, Edinburgh: Active Travel Alliance Scotland.

Health Protection Agency (2009) **A children's environment and health strategy for the UK**. London: Health Protection Agency (2009)

Scottish Government (2006) **PAN 77 Designing Safer Places**. Edinburgh: Scottish Government

Scottish Government (2006) **PAN 78 Planning and Building Standards – Inclusive Design**. Edinburgh: Scottish Government

Scottish Government (2007) **All our Futures**: Planning for Scotland with an Ageing Population. Edinburgh: Scottish Government

Scottish Government (2008) **Getting it Right for Every Child**, Edinburgh: Scottish Government

Scottish Government (2008) **Equally Well** report of the ministerial task force on health inequalities. Edinburgh: Scottish Government

Scottish Government (2009) **Go Safe on Scotland's Roads, it's Everyone's Responsibility**: Scotland's Road Safety Framework to 2020. Edinburgh: Scottish Government

Scottish Government (2010) **Designing Streets**, Edinburgh: Scottish Government

Scottish Government (2011) **Achieving A Sustainable Future: Regeneration Strategy**, Edinburgh: Scottish Government

Scottish Government (2012) **National Parenting Strategy**. Edinburgh: Scottish Government

## Smarter

Scottish Executive (2004) A **Curriculum for Excellence**, Edinburgh: Scottish Government

Scottish Government (2008) **Equally Well**: report of the ministerial task force on health inequalities. Edinburgh: Scottish Government

Scottish Government (2009) **Early Years Framework**, Scottish Government

Scottish Government (2009) **Building Better Schools: Investing in Scotland's Future**. Edinburgh: Scottish Government

Scottish Government (2013) **Play Strategy for Scotland**: our vision. Edinburgh: Scottish Government

## Greener

Greenspace Scotland (2011) **Scotland's Greenspace Map**. Stirling: Greenspace Scotland

Forestry Commission Scotland (2006) **Scottish Forestry Strategy**. Edinburgh: Forestry Commission Scotland.

Health Protection Agency (2009) **A children's environment and health strategy for the UK**. London: Health Protection Agency

National Institute for Health and Care Excellence (2012) **NICE Guideline PH41** Walking and cycling: local measures to promote walking and cycling as forms of travel or recreation. London: NICE

Regional Transport Partnerships – strategic plan and specific walking and cycling plans **<http://www.transportscotland.gov.uk/public-transport/regional-transport-partnerships>**

Scottish Executive (2003) **Land Reform Scotland Act**. Edinburgh: Scottish Executive

Scottish Government (2011) **Green Infrastructure Design and Placemaking**. Edinburgh: Scottish Government.

Scottish Government (2013) **Low Carbon Scotland: A Behaviours Framework.** Edinburgh: Scottish Government

Scottish Government (2013) **2020 Challenge for Biodiversity.** Edinburgh: Scottish Government

Scottish Government (2013) **National Review of Town Centres** External Advisor's Group; Community and Enterprise in Scotland's Town Centres. Edinburgh: Scottish Government

Scottish Government (2014) **National Planning Framework 3.** Edinburgh: Scottish Government

Scottish Government (2014) **Scottish Planning Policy.** Edinburgh: Scottish Government

Scottish Government (2014) **Scottish Rural Development Plan.** Edinburgh: Scottish Government

Scottish Natural Heritage (2007) **Enjoying the Outdoors.** Inverness: Scottish Natural Heritage

Scottish Natural Heritage (2010) **SNH Paths Policy.** Inverness: Scottish Natural Heritage



SUSTRANS (2008) **Take action on active travel**: UK Directors of Public Health. London: SUSTRANS

The Scottish Long Distance Route Forum (2011) **Scotland's Great Trails**. Inverness: Scottish Natural Heritage

Transport Scotland (2006) **Scotland's National Transport Strategy**. Edinburgh: Transport Scotland

Transport Scotland (2008) **Smarter Choices, Smarter Places**. Edinburgh: Transport Scotland

Transport Scotland (2010) **Cycling by Design**. Edinburgh: Transport Scotland

Transport Scotland (2013) **Smarter Choices, Smarter Places** Final Report. Edinburgh: Transport Scotland

Transport Scotland (2013) **Cycling Action Plan for Scotland** (CAPS). Edinburgh: Transport Scotland

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C3 Collaborating for Health (2012) The benefits of regular walking for health, well being and the environment. Review.

CEDAR (2013) *Walking and cycling for transport briefing*. CEDAR

Coggins A, Swanston d & Crombie H. (1999) *Physical Activity and Inequalities; A Briefing Paper*. London: Health Education Authority

Coulter, F., & Dowers, S. (2006) *An Analysis of Regional Variations in Sports Participation in Scotland*: Research Report No. 105. Edinburgh: Sportscotland

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Fitzsimmons, C.F., Baker, G., Gray, S.R., Nimmo, M.A. Mutrie, N. & SPARCOLL (2012) Does physical activity counselling enhance the effects of a pedometer-based intervention over the long-term: 12-month findings from the Walking for Wellbeing in the west study. *BMC Public Health* 12, 206.

Giles-Corti, B., Kelty, S.F., Zubrick, S.R. & Villanueva, K.P. (2009) "Encouraging walking for transport and physical activity in children and adolescents: how important is the built environment?" *Sports Med* 39(12): 995-1009.

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Glasgow Centre for Population Health (2012) *The influence of land use mix, density and urban design on health*. Glasgow: GCPH

Glasgow Centre for Population Health (2013) *Briefing Paper 11; The Built Environment and Health: an evidence review*. Glasgow: Glasgow Centre for Population Health.

Faculty of Public Health (2010) *Great Outdoors: How Our Natural Health Service Uses Green Space To Improve Wellbeing – Briefing Statement*. London: Faculty Public Health

Hallal, P.C., Andersen, L.B., Bull, F.C. Guthold,R., Haskell,W. & Ekelund, U. (2012) *Global physical activity levels: surveillance progress, pitfalls, and prospects*, for the Lancet Physical Activity Series Working Group

Institute of Public Health Ireland (2006) *Health Impacts of the Built Environment*. Dublin: Institute of Public Health

Jacobsen, P. L. (2003) Safety in numbers: more walkers and bicyclists, safer walking and bicycling. *Injury Prevention* 2003; 9: 205-209

Jarrett, J. et al. (2012) Effect of increasing active travel in urban England and Wales on costs to the National Health Service. *The Lancet*. 2012 Jun 9;379(9832):2198-205

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National Institute for Health and Clinical Excellence (2006) *Four Commonly Used Methods to Increase Physical Activity: Brief Interventions in Primary Care, Exercise Referral Schemes, Pedometers and Community-based Exercise Programmes for Walking and Cycling Public Health Intervention Guidance No. 2*. London: NICE

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Scottish Government - Scottish Household Survey (2012 data).  
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VisitScotland (2009) *Scotland; The key facts on tourism (2009)*.  
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Labour Force Survey results <http://www.ons.gov.uk/ons/search/index.html?newquery=Labour%20Force%20Survey>

National Travel Survey (2010) <https://www.gov.uk/government/publications/national-travel-survey-2010>

Scottish Recreational Survey (2012) <http://www.snh.gov.uk/land-and-sea/managing-recreation-and-access/increasing-participation/measuring-participation/>

Sports Participation Survey (2008) [http://www.sportscotland.org.uk/resources/resources/sports\\_participation\\_in\\_scotland\\_2008/](http://www.sportscotland.org.uk/resources/resources/sports_participation_in_scotland_2008/)

Scotland's People and Nature Survey <http://www.greenspacescotland.org.uk/scotlands-people-and-nature-survey-findings--webinar.aspx>

# Section 3

## Some Case Study Examples

### ► Wealthier and Fairer

#### 1. Social Return on Investment: Health Walks shown to make people fitter, healthier and happier - Paths for All (2013)

SROI research findings show that **for every £1 spent on Health Walks in Glasgow £8 of social benefits** were generated for society.

This research shows that group Health Walks deliver valuable benefits for the people of Scotland. The social return on investment (SROI) analysis looked at the impact of the Health Walk programme and assigned a monetary value to the changes it created. The findings are compelling, not only proving that investment in the programme is sound, but also giving a rich picture of the multiple social benefits experienced by walkers and volunteers. Health Walks deliver an array of social benefits including making people fitter, healthier and improving their mental health. This in turn makes cost savings to the NHS and Glasgow City Council, such as reduced spend on care and prescriptions.

Two further SROI studies in Stirling and the Scottish Borders show that **for every £1 invested in Health Walks £9 and £8 worth of benefits** were delivered respectively. With all three independent studies obtaining similar findings, there is a strong case for investment in Health Walk programmes across both rural and urban settings in Scotland.

## **2. Social Return on Investment (SROI) – Analysis of the Greenlink (2009)**

The Greenlink is a 7km cycle path creating a direct route from Strathclyde Country Park to Motherwell Town Centre. The Greenlink project is the result of a three-year partnership between North Lanarkshire Council, CSFT, Scottish Enterprise Lanarkshire, Scottish Natural Heritage, Fresh Futures and Forestry Commission Scotland. The project is managed by CSFT on behalf of the Greenlink Steering Group. The first year of the project saw the creation of the lit tarmac cycle way and some adjoining walkways were upgraded. There is ongoing programme of woodland management, conservation and community events and activity taking place as part of the project, developed in partnership with the communities along the route; Daisy Park, Forgewood and Orbiston. **This gives a social return of £7.63 for every £1 invested.**

## **3. Helix Project**

The Helix is a brand new public outdoor space between Falkirk and Grangemouth operated by Falkirk Community Trust. The Helix partnership project, which has seen significant community involvement, plays a key part in the creation of a physical living landmark, and has captured the imagination of the Falkirk and Grangemouth communities changing their outlook through regeneration. The Helix project is transforming 350 hectares of land between Falkirk and Grangemouth into a vibrant new parkland with visitor attraction. The Kelpies, 30-metre-tall horse head sculptures inspired by the role of the heavy horse in the history of the canals, form the centrepiece of the project.

This £43 million development consists of four different zones within 350 hectares of green space and 27km of family friendly cycling and walking paths. These will link into 400km of wider central Scotland path networks including Sustrans routes, the new John Muir Trail and the Bespoke Mountain Bike Trails, which are the first of their kind in Falkirk. Another key Helix development is the installation of an enhanced canal hub with a visitor's centre as part of a new canal link into the Forth & Clyde Canal. The 1km extension will return the canal back to its birthplace in Grangemouth some 250 years after it was built, and is the final piece in the Millennium Link project.

The Helix is being driven by a partnership of Falkirk Council and Scottish Canals. The project has been awarded £25 million by the Big Lottery Fund's Living Landmarks programme.

# Healthier

## 4. Fife Walking Initiative - Bums Off Seats

The Bums Off Seats (BOS) walking initiative in Fife was established in 2004 and has gone from strength to strength. It is a core delivery element for Active Fife and they regularly have nearly 5,000 people per week attending Health Walks across Fife. They attend a range of walking group options:

- 18 community Health Walks
- Buggy walks and family walks
- Walking clubs in schools (before, after and during the curriculum)
- Teenage girls walking groups
- Workplace walking groups
- Specialised walks (closed groups e.g. exercise referral, buddy walks, mental health service groups, carers etc.)
- Independent walks
- Nordic walking groups
- 60 waymarked Health Walk routes

They have trained 385 community Health Walk Leaders (175 specifically for BOS and 210 for partner organisations and groups) who have led over 72,000 walks within the Community Health Walks programme alone.

## 5. The ALLIANCE - Walking Towards Better Health

Walking Towards Better Health and The ALLIANCE work together to encourage people to become more active, particularly through walking as this is the gentlest, most accessible form of physical activity. The work of Walking Towards Better Health aims to support people living with long-term conditions to use walking as one of many tools to self-manage their condition and hope that as a result of this both their physical and mental health benefit.

The project has had a very positive impact on those that have taken part. The majority of individuals who participated in walking activities reported an improved sense of wellbeing. This was characterised by an improvement in mental, physical and emotional health.

Some of the walkers have said:

- “Meeting the same friendly faces and getting out in the fresh air and becoming more active has played a huge part in my recovery. I always feel better once I have made the effort. It gives me a lift both emotionally and physically it stimulates me and actually gives me energy to continue throughout the day.”
- “Now I walk so much that I know if I’m walking less that’s a trigger to let me know that I’m beginning to go into a slump and my health is going downhill so I need to give myself a kick up the bum and do something about it!”
- “It’s good to chat to others and it helps to know you’re not alone. It’s good to have somebody to validate the fact that it is OK to have a bad day.”
- “When I’ve gone to the walking group, when I’ve not felt like it, it’s helped.”
- “To my mind, walking is a representation of my independence, spirit, determination, direction, and ability. It has offered me an opportunity to create new relationships, and become involved in new activities such as drumming, Reiki, and pay greater attention to my general health and wellbeing.” - Walk Leader

## 6. Scottish Association for Mental Health – 'Gateways To' and beyond

The 'Gateways To' service promotes social inclusion by supporting adults with mild to moderate mental health, alcohol and drug problems to access mainstream activity.

To accommodate those coming through the 'Gateways To' programme SAMH worked with peer support volunteers in Inverclyde to develop a 12-week walking group which was run by and for people with mental health conditions. This set up has worked well as the members of the group clearly have a sense of ownership. Being run by peer supporters also works well as this created a 'safe environment' where people feel that 'you don't have to explain yourself' and they are seen as an individual, not just someone with a mental health condition. It has also made a huge difference to the lives of the peer supporters, one of whom is giving up her volunteer role to go to college and attributes her new found confidence to her time spent as a peer supporter.

Quotes from the walk group members include:

- "When I've gone to the walking group when I've not felt like it, it's helped."
- "It motivates you to talk about problems."
- "It's easier to talk while walking rather than sitting face to face with someone... Walking is the reason we go along but we get so much more than physical health improvements out of it, there are so many therapeutic benefits."
- "I never used to walk the dog by myself, but now I have the confidence to do it on my own!"
- "I am not only fitter in mind but also in body."

## 7. Walking for Wellbeing in the West Study – Pedometer research (2012)

Study to look at – *Does physical activity counselling enhance the effects of a pedometer-based intervention over the long-term: 12-month findings from the Walking for Wellbeing in the West Study.*

Pedometers provide a simple, cost-effective means of motivating individuals to increase walking yet few studies have considered if short-term changes in walking behaviour can be maintained in the long-term. The purpose of this study was to assess the sustainability of pedometer-based interventions and empirically examine the role of physical activity consultations using long-term results of a community-based walking study.

**Conclusion:** this study has demonstrated that it is possible to increase and maintain walking levels in low-active Scottish men and women over 12 months using pedometer-based interventions. The addition of a physical activity consultation focused on walking seems to have had limited additional benefit in relation to step counts or health indices but the consultation may have encouraged individuals to be active in other ways beyond walking and to reduce sitting time.

## 8. Dumfries and Galloway School and staff surveys

- **School Physical Activity Survey – 2013**

The School Physical Activity Survey 2013 measured the number of children in select age groups achieving UK physical activity levels in Dumfries and Galloway.

Schools were provided with a two-week window to complete returns. There were a total of 3,767 returned survey responses used in this analysis. Responses by gender were split fairly evenly, females (49%) and males (51%). Over a quarter of the responses came from Primary 7 (27%), Secondary 1 (32%) and Secondary 3 (27%) with the fewest proportion of responses from Secondary 5 (15%).

The top three highest participated activities done in the last year were Team Games (70%), Active Travel (63%) and Active Video Games (60%). However there were gender differences with Team Games. The most participated activity in males (76%) compared with females (63%), while Active Video Games and Active Travel were higher in females compared with males. Team Games remain the most participated in activity throughout each year group.

- **Physical Activity and Wellbeing Staff Survey 2014**

With physical activity being one of the best things we can do for our health, the legacy of the Commonwealth Games is being used to energise and motivate individuals to increase their physical activity in the run up to and beyond the 2014 Commonwealth Games. This is aimed at staff in Dumfries and Galloway Council and NHS Dumfries and Galloway.

This survey has been used to determine the level of Physical Activity for all staff and seeks their views in the development and implementation of programmes and events pre and post Commonwealth Games. The survey also asked about active travel and general mental wellbeing. This will form an important baseline.



# ▶ Safer and Stronger

## 9. Smarter Choices Smarter Places - Go Barrhead

The 'Go Barrhead' programme, implemented as part of the Smarter Choices Smarter Places (SCSP) programme, encompassed a range of infrastructure and behaviour change measures to encourage more sustainable travel choices in Barrhead. These were designed to encourage people to adopt travel patterns which save them money, make them healthier, reduce transport emissions and develop more cohesive communities.

The planned programme was delivered between 2009 and 2011. A number of parallel initiatives took place at the same time in the town, and changes observed in behaviour and attitudes are therefore likely to be a product of 'Go Barrhead' and related initiatives. There was considerable joint working and co-operation between organisations from the public and private sectors, and media coverage was mainly positive.

Observed travel behaviour changes included:

- The proportion of all trips made by car as a driver dropped strongly over the period of the SCSP intervention.
- The proportion of all trips made by walking increased strongly.
- Mode share for travel to school by bus and car declined and there was a marked rise in the proportion of trips made on foot and some increased cycling.

Travel attitudes also changed:

- There were positive perceptions of improvements in walking and cycling infrastructure and a large improvement in perceptions of pedestrian safety.

## 10. Developing open space standards – Greenspace Scotland

Scottish Planning Policy requires planning authorities to carry out a comprehensive open space audit and prepare a strategy for their area which will inform the regular review of the Development Plan.

Three local authorities were part of a research project to develop open space standards – Fife, North Ayrshire and West Dunbartonshire – each of which were developing an open space. During the course of the study, a number of different approaches to developing standards were investigated before an approach to standards development developed in Fife (the 'Fife model') was adopted by all three authorities. The standards relate to:

- overall quantities of 'publicly usable' space per settlement
- quality thresholds for civic spaces and greenspaces
- distances from where people live to their local spaces (using, where possible, network analysis to allow calculation of actual walking distances)

The mapping data was used to determine acceptable and achievable quantity and accessibility standards. In this way, 'challenging but achievable' target figures can be agreed and used to develop priority actions for open space management and context-sensitive standards for open space in and around new developments. Tailored models show how the generic models can be adapted for local use or for more detailed interventions. They include examples of a locally-derived outcomes triangle and a project-specific multiple results chain.

## **11. The City of Edinburgh Active Travel Action Plan - The Royal Mile Improvements**

The quality of the historic environment of the High Street is important. The Royal Mile is important for encouraging visitors to Edinburgh. It is a key area for events taking place as part of the annual Edinburgh Festivals and Festival Fringe, during which footfall is extremely high. The City of Edinburgh Council has implemented a series of improvements to the High Street over the last two decades. In 1996, environmental improvements to the Royal Mile between George IV Bridge and St Mary's Street were undertaken. Following the 2003 study, improvements have also been implemented to Castlehill, Lawnmarket and Canongate as well as a partial pedestrianisation of the High Street between Cockburn Street and its Chambers.

Improvements undertaken along the length of the High Street include:

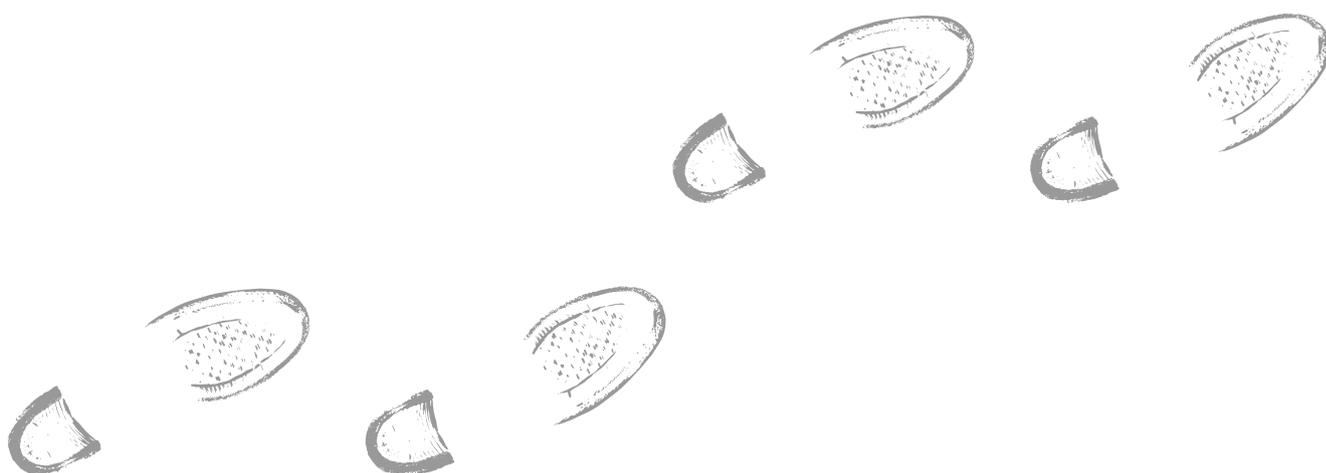
- installation of raised tables over junctions;
- improved pedestrian crossing points;
- increased pedestrian space/pavement width;
- installation of seating areas;
- phone boxes relocated to building's edge;
- installation of high quality granite pavements;
- improved links through closes all along the High Street; and
- improved signage.

Edinburgh has implemented a series of improvements to its streets and squares in the last few decades, including Royal Mile, South Castle Street, Grassmarket and St. Andrew Square.

## 12. Kirkcaldy Street project – Sustrans Scotland, Transport Scotland

This project complemented the work being done in Kirkcaldy through the 'Make Your Move, Kirkcaldy' project which is a partnership between Fife Council and Sustrans Scotland aiming to get people travelling actively and safely in an urban area. The project re-designed the Galatown neighbourhood to 'Designing Streets' standard, which puts people and place before vehicular movement. In addition, the project created a second exemplar project at Katrine Crescent, which involves slowing traffic, whereas Galatown focused on access over busy roads to green-spaces, schools and shops. In addition, a community link (off-road path) will allow pedestrians and cyclists to avoid busy roads on their trips.

**Outcomes:** Safer active travel. This will be achieved by making short trips more attractive for walking and cycling and less convenient by private car, reduced congestion by offering a safe off-road path as an alternative to a busy main road for those concerned about levels of traffic and safety, by reducing emissions with less vehicles on the road and by improving public health through a more active population.



# Smarter

## 13. Successful Walking Marketing Campaign - Not Far, Leave the Car

A national campaign was launched in May 2013 to encourage people across Scotland to consider walking or cycling instead of taking short car journeys. The campaign focused on the fact that mile for mile, it's the short car journeys that create the most carbon emissions - and with one in three car journeys made in Scotland being under two miles, and nearly a quarter of all trips under a mile, people in Scotland were making a lot of short journeys. The campaign 'Not far? Leave the car' included TV, radio, digital display, social media, PR, bus and outdoor advertising, a national roadshow and working with partners. A smartphone app was created to help people plot and record shorter journeys in order to calculate the calories burned and emissions saved. The campaign was supported by the Greener Together public information campaign, not designed to drive a specific behaviour change but to support the individual campaigns such as Active Travel, being part of creating a cleaner, greener Scotland.

The results appeared to indicate that the campaign was successful in:

- **increasing awareness** of advertising encouraging leaving the car for short journeys (from 38% to 59% of the surveyed population sample)
- **motivating the public** - 45% of people who had seen the campaign felt motivated to change their behaviour in relation to active travel
- **encouraging behaviour change** with 19% of people reported they had left the car and walked for short journeys having heard the campaign and a 2% increase in reported walking (from 77 to 79% of respondents) for short journeys of 2 miles or less
- **increasing knowledge** of walking health benefits with 9% increase in the number of people who identified health benefits from walking more and using the car less for short journeys.

#### **14. Active Travel Case studies**

Together with Scottish Natural Heritage and the Central Scotland Green Network, Paths for All have produced a series of case studies that demonstrate how active travel can be promoted by different kinds of organisations in different settings. Each case study tells a different story and demonstrates different approaches to developing active travel. Contact details are provided within each case study so that more detailed information can be sought directly from the people who implemented the project.

These include:

- East Dunbartonshire's Cycle Co-op
- Belles on Bikes
- Urban Freedom's Sustainable Travel Programme
- Make Your Move Kirkcaldy
- Falkirk's Take the Right Move
- Forth Valley Royal Hospital Travel Plan

#### **15. ISM Tool – behaviour change tool (Scottish Government)**

Individual Social and Material (ISM) case study three – active travel – walking rather than taking the car for short journeys. In order to inform the national walking strategy, the Scottish Government held an ISM workshop on how to encourage people to walk rather than take the car.

The ISM workshop highlighted the range of national and strategic level policies which promote walking as a form of active travel, including the National Planning Framework (NPF3), and a number of local delivery mechanisms including Local Development Plans and the role of Community Planning Partnerships.

The workshop identified a number of new and/or improved actions to be taken forward, either as part of the Walking Strategy or separately. At national level, a coherent simple message on the benefits of walking for short distances (as part of a wider clear message on activity and health) is required. At the local level, on the ground local infrastructure changes should be combined with information and maps to make it easier for people to make more and different journeys by foot (Individual). In a similar vein, investment decisions in infrastructure should be more joined up at local level in order to encourage active travel.

## **16. WoW Scotland – Living Streets Scotland**

The Living Streets Walk to School (WoW) campaign works with every local authority in Scotland to get more children walking to school. WoW Scotland uses a radical new online monitoring system, enabling primary school children to use interactive whiteboards to record how they travelled to school. Following initial piloting during 2012/13, WoW Scotland was launched at 35 schools in 14 local authorities in October 2013, through funding from Paths for All and Scottish Government.

WoW Scotland's Travel Tracker system is an advanced journey monitoring system. Data on how children travel to school is automatically provided through charts or spreadsheets, enabling rewards for children travelling actively, providing data for cross-curricular learning, such as Maths lessons and building a sense of excitement in the school around the increasing number of active journeys, creating the all-important intra-class or intra-school competition.

*"The children just love self-registering each morning on the website and they are excited to see who is the leading class."* Principal Teacher, St Ninian's Primary, Perth

*"Children are really engaged and I'm hearing of lots of children changing their habits i.e. cycling / park and stride in order to get a badge."* Deputy Head Teacher, Smithton Primary School, Highland

With over 200,000 journeys logged by more than 10,000 pupils, WoW Scotland is getting pupils thinking about they can get more active. Overall, 76% of journeys to school across WoW Scotland schools were by walking or other active travel, a 9.3% increase on baseline and 26% higher than the national average.

### **17. Travelling Green - Promoting walking to school: results of a quasi-experimental trial**

Rosie McKee, Nanette Mutrie, Fiona Crawford, Brian Green  
J Epidemiol Community Health 2007

Two primary schools in West Dunbartonshire, Scotland, were selected to take part in the study. The schools had a similar demographic profile and were located in two villages roughly 3 miles (5km) apart.

Travelling Green was effective in supporting behaviour change and achieving an increase in the mean distance travelled to school by active mode (walking) and a reduction in the mean distance travelled to school by inactive mode (car). An active travel to school project such as this underpins the core components of the health-promoting school model, i.e. it is integral to the curriculum, school ethos, policies, services, extracurricular activities and partnerships with families and local community.

This study makes an important contribution to the evidence base on effective approaches to promoting physical activity through active travel to school and should be adopted as a model of best practice. Future research should focus on how to assist children and their families to maintain active travel behaviour in the longer term.

### **18. Newbattle High School - walking in PE**

Newbattle High School in Dalkeith, Midlothian, has been very successful in embedding a walking programme into their PE curriculum. Ramblers Scotland worked with Newbattle and are keen to work with other schools to develop similar initiatives and can support schools by mapping routes, providing teaching resources and making links with local Ramblers groups near the school to help children and families walking outside of school time too.

### **19. Alloa Academy - Walk London**

This walking project was for senior pupils that involved them setting targets which had a motivational theme. The aim of the project was to increase physical fitness, but the project also linked to a social studies faculty trip to London in 2009. Each student was provided with a pedometer and, over a period of several months, encouraged to walk the equivalent distance (425 miles) to London by recording their weekly steps.

Staff, both those that took part and those who did not, noticed an overall improvement in behaviour in the students who had been flagged as challenging at the outset of the project.



# Greener

## **20. Commonwealth Woodlands - Forestry Commission Scotland**

A new network of 13 'Commonwealth Woods' was launched in June 2013 in the Kilpatrick Hills, with the aim of encouraging communities across the Glasgow area to head outdoors and get active. A legacy project of the 2014 Commonwealth Games, the network includes woods that are well-established, boasting ancient trees and wildlife, to newly-planted woods and a riverside park that's being created out of derelict land opposite the Commonwealth Games athletes' village.

Paths for All are working in partnership with Forestry Commission Scotland in the development of this network and have recently launched the Commonwealth Woodland Walks project to engage local communities with walking and other forms of physical activity within the 13 woodlands. The Woodland Walking Development Officer will be creating many new opportunities for people to get involved, get active and be inspired in the build up to and following the 2014 Commonwealth Games.

## **21. Community Links Programme - Sustrans Scotland**

Community Links is a project funded by Transport Scotland and coordinated by Sustrans Scotland. The project offers local authority and other partners '50-50 match' funding for projects that allow people to choose to travel for short journeys under their own steam. While the funding sits under the umbrella of the Cycling Action Plan for Scotland (CAPS) vision of 10% of trips by bike by 2020, the infrastructure delivered by the partnerships does have benefit to pedestrians by creating shared use path networks in communities across Scotland.

The project has been running since 2004 and has delivered over 300 projects. Particularly good examples of Community Links projects that have benefited pedestrians include the re-surfacing and lighting of the Union Canal towpath in Edinburgh, links to a school in Tarbet, Argyll and improvements to the Lade path network in Perth.

## 22. Creating Walkable Communities – Living Streets Scotland

Living Streets Scotland's Walkable Communities project works with communities to help them identify improvements to their walking environment, making it easier for people of all abilities to make more local journeys on foot. The project, funded by Paths for All and Scottish Government, uses a systematic street audit approach, delivering a range of benefits to all stakeholders, including empowering and enabling community groups to bring about positive changes to their neighbourhoods.

Between 2012 and 2014, the programme supported Craigentenny and Duddingston Environment Forum, to facilitate four audits of local streets. Local residents worked alongside representatives from City of Edinburgh Council and local police teams to identify and prioritise issues, ranging from physical barriers to walking, including over grown vegetation, uneven pavement surfaces or poorly sited drop kerbs and crossings, to social issues including anti-social behaviour.

Results have included: renewal of public spaces for residents, removal of litter and fly-tipping, a 'Week of Action' culminating in a community clean-up, creation of a new Neighbourhood Association, through to development of a new masterplan for the area and fundraising of £65,000 to contribute to improving the physical environment.

Email received from new Neighbourhood Association:

*"We have accomplished quite a bit within the community in the past few weeks, so are all feeling pretty positive. We have had locks removed from drying areas, sofas collected, bins moved/removed, and some walk-about with council officers..."*





**The Scottish  
Government**  
Riaghaltas na h-Alba

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ISBN: 978-1-78412-579-0

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APS Group Scotland  
DPPAS31635 (06/14)

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