

Executive Summary



ADPH
London

Overview

The London Association of Directors of Public Health (ADPH London) affirms its commitment to promoting active travel — walking, wheeling, and cycling — as a key strategy for improving public health across the capital.

Key Findings

Active travel is a feasible, equitable, and sustainable way to increase physical activity in daily life. It delivers wide-ranging co-benefits.

Why active travel matters



Reduces health inequalities



Boosts mental wellbeing



Improves air quality



Supports climate resilience



Lowers road danger



Support economic growth



Connects communities

What the statement offers

- A **compelling case** for active travel as a public health intervention
- Borough-level **data** on physical activity, obesity, cardiovascular disease, and road danger
- **Evidence** of the health, environmental, and economic benefits of active travel
- **Practical recommendations** for Directors of Public Health to champion active travel locally

A call to action

ADPH London calls on public health teams, borough transport colleagues, and pan-London partners to work together to embed active travel into local systems, strategies, and public discourse.



Active travel is a powerful tool to improve health and reduce inequalities. Public health teams have the influence to make it happen — let's walk, wheel, and cycle towards a healthier London

[Read full statement here](#)

ADPH London Leadership Team

