

20 mph Limits Are Key to Healthy Transport

A 20's Plenty for Us Press Release, April 2011

20's Plenty



Where People Live

New research entitled "Health on the Move 2" evidences why 20 mph limits in residential areas are key to improving the health impacts of local transport.¹

The book evidences the interactions between transport, health and inequalities. It firmly recommends making 20 mph or lower speed limits the norm for residential streets.

Dr Stephen Watkins, Chair of the Transport and Health Study Group, said:

"The difference between travelling two miles at 20mph and travelling it at 30mph is only two minutes. Those who oppose this measure are saying that two minutes off journey times is more important than children's lives."

Large parts of the street system should be closed to through motor traffic (with a 20mph speed limits on vehicles using them for access) and developed primarily for walking, cycling and community interaction, according to a group of health and transport professionals in a book welcomed by the former Chief Medical Officer of England, Sir Liam Donaldson.

Traffic in streets reduces social interaction leading to people having fewer friends and less commitment to their community. As social support networks have been shown to increase life expectancy the group contends that creating "living streets" will increase community cohesion and improve health, as well as creating new cycle routes.

Health is impacted by transport in positive and negative ways. Moving around is a way to access to goods, services, jobs and amenities. Walking and cycling offer excellent ways to build activity into everyday life. But transport also causes injuries, stress, disruption of communities, noise and air pollution, and emissions. Transport's effects exacerbate inequalities, with gains from motorised transport accruing particularly to the better off, while the adverse effects fall disproportionately on the disadvantaged.

Rod King, Campaign Director of 20's Plenty for Us said:-

"This is just one of many recent reports on the health evidence in favour of 20 mph limits. Slower speeds not only save lives, but also reduce injury and fear. They give us cleaner, quieter and better neighbourhoods. 20 mph limits also help to build communities so that people of all ages, abilities and income levels have space to interact, to exercise, play and be part of a shared society complete with local friendships."

1. *Health on the Move 2* (2011), Transport and Health Study Group www.transportandhealth.org.uk/?page_id=32.

20's Plenty for Us campaigns for 20mph speed limits without physical calming as the default in urban and residential areas

We welcome comments and feedback. www.20splentyforus.org.uk Please contact us at :-

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