

20mph Healthy Roads, Safer, Active, Fitter People, Health Equality and more.

Attend the Time for 20 Conference 18th Feb in Camden

A 20's Plenty for Us Briefing Jan 2014 www.20splentyforus.org.uk/briefingSheets/Healthy_Roads_are_20mph.pdf

Healthy roads have slow speed limits. Roads and pavements make up most of the public realm. Wide 20mph limits affordably and effectively tackle fear, injury risks, child protection, obesity and health inequalities whilst raising fitness through active travel.



Many Public Health experts want 20mph limits as the default for lit urban and village roads. Nearly 13m people live in authorities with this policy. Anyone interested in healthier roads is invited to learn the facts on why and how to get 20mph implemented at the Time for 20 conference on 18th February at Camden Town Hall.

Dr Nick Cavill, Dr Adrian Davis and Prof Alan Tapp will show evidence of health improvement and the overwhelming popularity of 20mph. 20mph is the top evidenced based policy to raise British people's regular exercise levels according to a Public Health England and LGA report. On 13 November 2013 in "Obesity and the environment: increasing physical activity and active travel"¹ Dr Nick Cavill and Professor Harry Rutter said that 20mph is the best way to improve exercise by raising walking and cycling levels over 20%. Bristol found a return of £24 per £1 spent on increasing walking² The Local Government information Unit (LGIU) put out a briefing on 10 Dec 2013 saying 20mph limits are a win win win³.

Wide 20mph limits is Prof Danny Dorling's key suggestion for improved health equalities in the British Academy Collection "*If you could do one thing...*" *Nine local actions to reduce health inequalities*⁴ due for release on 16th January.

Duncan Selbie, Chief Exec of Public Health England used 20mph limits as an example for Public Health Directors of how they can provide visible, accessible and practical evidence to local authorities to benefit community health and "reduce child accidents and deaths by an important margin"⁵

The Public Health benefits of wide area 20mph limits are increasingly clear⁶, particularly for a population based approach to raise active travel and fitness levels to reduce obesity. Early deaths from inactivity and Coronary Heart Disease hugely outnumber road fatalities by at least 12 to one. 20mph limits help families to live better quality lives for less money⁷ Rod King MBE Founder of the 20's Plenty for Us National 20mph Campaign will run a workshop on 20mph limits at a Public Health England/NICE/LGA conference on 28th January⁸.

The '[Time for 20](#)' conference on 18th February in Camden recognises that the UK is transitioning to a national limit of 20mph for roads in built up areas. 20's Plenty for Us is asking the Department for Transport to allow signing exceptions to 20mph. Updating signage rules halve implementation costs. **Public Health professionals, Local Authority representatives, Transport Officers, Police and others can book into Time for 20 via <http://tinyurl.com/BookTime420>** Full programme at http://www.20splentyforus.org.uk/its_time_for_20.htm

¹ PHE <https://www.gov.uk/government/publications/obesity-and-the-environment-briefing-increasing-physical-activity-and-active-travel>

² Bristol City Council https://www.bristol.gov.uk/committee/2012/ua/ua000/0726_7.pdf

³ LGIU <http://www.lgiu.org.uk/briefing/area-wide-20mph-neighbourhoods-a-win-win-win-for-local-authorities/>

⁴ British Academy http://www.britac.ac.uk/policy/Health_Inequalities.cfm

⁵ Duncan Selbie <http://healthandcare.dh.gov.uk/selbie-evidence/>

⁶ http://www.20splentyforus.org.uk/BriefingSheets/20mph_Limits_For_publicHealth.pdf

⁷ http://www.20splentyforus.org.uk/BriefingSheets/Wide_20mph_Limits_Help_Children_and_Families.pdf

⁸ <https://www.phe-events.org.uk/hpa/frontend/reg/thome.csp?pageID=113157&eventID=271&eventID=271>

20's Plenty For Us campaigns for a 20mph default speed limit in residential streets without physical calming.

Web www.20splentyforus.org.uk Twitter @20splentyforus

Rod King MBE
Founder & Campaign Director
rod.k@20splentyforus.org.uk
07973 639781

Anna Semlyen
Campaign Manager
anna.s@20splentyforus.org.uk
07572 120439

Jeremy Leach
London Campaign Co-ordinator
jeremy.l@20splentyforus.org.uk
07415 243015