

## Public Inquiry Proof of Evidence Appendix 3 - Mayor of London's Healthy Streets Project

<https://www.london.gov.uk/what-we-do/health/transport-and-health/healthy-streets-london>

### Healthy Streets for London

Walking and Cycling Commissioner, Will Norman and Mayor of London, Sadiq Khan have put together a long-term plan to encourage more Londoners to walk and cycle.

And they aim do this by making London's streets healthier, safer and more welcoming.

### What is the plan?

A big focus for **Healthy Streets London** is getting Londoners to reduce their reliance on driving. It outlines some practical steps to achieve this, including:

- improving local environments by providing more space for walking and cycling, and better public spaces where people can interact
- prioritising better and more affordable public transport and safer and more appealing routes for walking and cycling
- planning new developments so people can walk or cycle to local shops, schools and workplaces, and have good public transport links for longer journeys

### The benefits

Research shows that if every Londoner walked or cycled for 20 minutes a day, it would save the NHS **£1.7bn in treatment costs** over the next 25 years. This includes:

- 85,000 fewer people being treated for hip fractures
- 19,200 fewer people suffering from dementia
- and an estimated 18,800 fewer Londoners suffering from depression.

Besides the health benefits, this new approach can:

- reduce air and noise pollution
- improve mental health
- help combat social isolation
- bring economic benefits to local high streets across the capital



It will also focus on minimising road dangers, which will help to address the safety fears people have about cycling and walking more.