

Response to call for evidence from the All Party Parliamentary Cycling Group (APPCG): “Get Britain Cycling”

Submission from the UKCRC Centre for Diet and Activity Research (CEDAR), Institute of Public Health, University of Cambridge. www.cedar.iph.cam.ac.uk

Our submission is based on our own research and our knowledge of the wider research literature in this field. It reflects the focus of our research programme on the influence of environmental and policy factors in shaping active travel and physical activity and the effectiveness of interventions to promote their uptake in the population.

In the interests of brevity, we refer the APPCG to three of our more detailed reports in this area, all of which are in the public domain:

1. Interventions to promote cycling: systematic review

In 2010 we systematically reviewed all available controlled studies of the effects of interventions on cycling. The approaches studied ranged from intensive support directed at individuals to improving the infrastructure for cycling in urban environments, with many of the community level interventions comprising multifaceted packages of measures. The multiple studies that assessed individualised marketing of environmentally friendly modes of transport reported an average net effect of around eight additional cycling trips per person per year in the local populations targeted. A smaller number of studies found that interventions aimed specifically at promoting cycling (intensive individual intervention, improving or marketing infrastructure for cycling, or multifaceted town level or city level programmes) were associated with positive effects. Those interventions applied at population level were associated with net increases of up to 3.4 percentage points in the population prevalence of cycling or the proportion of trips made by bicycle.

- Yang, L., Sahlqvist, S., McMinn, A., Griffin, S., Ogilvie, D., 2010. *Interventions to promote cycling: systematic review*. BMJ 341: c5293. www.bmj.com/content/341/bmj.c5293

2. Evidence to the House of Lords Science and Technology Select Committee

We submitted written and oral evidence to the recent House of Lords Science and Technology Select Committee enquiry on behaviour change, specifically in relation to their case study on interventions to reduce car use in towns and cities. Much of this submission refers to measures to promote a modal shift in favour of cycling (and walking).

- Memorandum by the UKCRC Centre for Diet and Activity Research (CEDAR) and the Behaviour and Health Research Unit (BHRU), Institute of Public Health, University of Cambridge (BC 139). In: *Behaviour Change*. House of Lords Science and Technology Select Committee: 2nd Report of Session 2010–12. London: Stationery Office, 2011. www.esrc.ac.uk/_images/cedar-bhru-submission-to-behavior-change-travel-mode-choice_tcm8-19572.pdf

3. Expert testimony to NICE

Earlier this year we submitted written and oral expert testimony to the National Institute of Health and Clinical Excellence (NICE) Programme Development Group on walking and cycling, in which we specifically addressed the contextual influences on walking and cycling and the evidence for the effectiveness of interventions.

- Ogilvie, D., Panter, J., 2012. *Expert testimony 5: Ogilvie and Panter*. Submission to the NICE Programme Development Group on walking and cycling. National Institute for Health and Clinical Excellence, London. www.nice.org.uk/nicemedia/live/13428/58977/58977.pdf

We would also like to draw APPCG's attention to the new NICE guidance on this topic, which was published on 28 November 2012 and provides evidence-based guidance on the promotion of walking and cycling for transport and recreation.

- National Institute for Health and Clinical Excellence, 2012. *Walking and cycling: local measures to promote walking and cycling as forms of travel or recreation*. National Institute for Health and Clinical Excellence, London. <http://guidance.nice.org.uk/PH41>

About us and our funders

The **Centre for Diet and Activity Research (CEDAR)** undertakes research on the determinants of population-level dietary and physical activity behaviour and evaluates the effects of interventions to shift population patterns of those behaviours. CEDAR is one of five Centres of Excellence in Public Health Research funded through the UK Clinical Research Collaboration, and draws on the expertise of a wide range of scientific disciplines. Hosted by the Cambridge Institute of Public Health, it is a partnership between the University of Cambridge, the University of East Anglia and the Medical Research Council Epidemiology, Biostatistics and Human Nutrition Research Units. Different aspects of our research in the topic of this submission have been funded by the Engineering and Physical Sciences Research Council, the Medical Research Council, the National Institute for Health Research, the National Prevention Research Initiative and the UK Clinical Research Collaboration.

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