

How Sustrans can support the NHS

Our methods

Our team of active travel experts use behaviour change theory to ensure long-term and maximum impact.

Raise awareness and encourage people to try walking and cycling

Enable and empower people to walk and cycle - knowledge, skills and confidence

Motivate people to build new habits

Monitor progress and impact

We draw on knowledge and experience from across Sustrans, including Infrastructure Design and Engineering, Collaborative Design, Research and Monitoring.

Current Data

14% of NHS carbon emissions come from motor vehicles

Switching to active travel for short motor vehicle trips could save £17bn in NHS costs over 20 years.



Our dedicated officers work with you to create a bespoke project

- Identify unique barriers to active travel and answer specific needs by co-designing your programme with local NHS staff**
- Provide equipment, resources and a broad range of activities**
- Establish and grow an internal network**
- Embed active travel in core NHS management and**

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

Registered Charity No. 326550 (England and Wales) SC039263 (Scotland).

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Our current work with the NHS

Working with Barts NHS Trust to establish an active travel culture across 6 main sites. Our dedicated officer is facilitating set-up of a long-term project and

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