

Summary Sheet

NICE Recommendations – Promoting and creating built or natural environments that encourage and support physical activity

Recommendation Area	Who should take action	What action should be taken
<p>Strategies, Policies and Plans</p> <p>Recommendation 1</p>	<p>Those with responsibility for strategies, policies and plans involving changes to the physical environment including;</p> <ul style="list-style-type: none"> • The development, modification and maintenance of towns • Major regeneration projects • Urban extensions • Transport planning 	<ul style="list-style-type: none"> • Involve local communities and experts to ensure potential for physical activity is maximised • Ensure planning applications for new developments always prioritise the need for people (including those whose mobility is impaired) to be physically active. This includes; <ul style="list-style-type: none"> - Ensure local facilities are accessible on foot, bicycle and other modes of transport involving physical activity - Ensure Children can participate in physically active play. • Assess in advance the impact (intended and unintended) proposals are likely to have on physical activity levels and make the results publicly available and accessible. Existing impact assessment tools could be used.
<p>Transport</p> <p>Recommendation 2</p> <p>Recommendation 3</p>	<p>Those with responsibility for all strategies, policies and plans involving changes to the physical environment including:</p> <ul style="list-style-type: none"> • Local Transport Authorities • Transport Planners • Local Authorities <p>Planning and Transport agencies, including regional and local authorities</p>	<ul style="list-style-type: none"> • Ensure pedestrians, cyclists and users of other modes of transport that involve physical activity are given highest priority when developing or maintaining streets and roads (including people whose mobility is impaired). This can be achieved by using 1 or more the following; <ul style="list-style-type: none"> - Re-allocate road space to support physically active modes of travel i.e. widening pavements, cycle lanes etc). - Restrict motor vehicle access e.g. closing or narrowing roads to reduce capacity. - Introduce road charging schemes - Introduce traffic calming measures to restrict vehicle speeds - Create safer routes to schools e.g. traffic calming and improvement to walking and cycling routes. • Plan and provide a comprehensive network of routes for walking, cycling and other modes of transport involving physical activity, that are built and maintained to a high standard.

