Active travel is a key driver towards supporting healthy outcomes for people and the environment. This joint seminar presents the latest data research on active travel, showing how different types of data can enhance understanding and insights into active travel and its outcomes in Scotland.

13:00 - Introduction and Welcome
Chair: Professor Chris Dibben, Scottish Centre for Administrative Data Research (SCADR)

13:05 - Does cycling to work benefit mental health?
Laurie Berrie, Scottish Centre for Administrative Data Research (SCADR)

Active commuting is an important part of The Scottish Government 2030 Vision for Active Travel; they would like to see walking and cycling as the most popular choice for shorter, everyday journeys. Here, we look at whether cycling to work appears to have a positive effect on mental health. Although there are complexities in determining causal effects from observational data, we employ a quasi-experimental design to address this along with making use of linked administrative data.

13:20 - Measuring active travel with digital footprints
David McArthur, Urban Big Data Centre

Encouraging active travel is increasing acknowledged as an important way in which we can decarbonise transport. One way of encouraging active travel is to provide better infrastructure. However, to understand what works we need to know where people walk, wheel and cycle. Such data are not typically easily available. In this talk, we consider how digital footprint data might help address this gap. We will consider data from apps, sensors, and cameras.

13:35 - Understanding the health benefits of active commuting in a Scottish context
Bruce Whyte, Glasgow Centre for Population Health

This talk will describe a comparative analysis of hospitalisation and mortality among a cohort of active and non-active commuters in Scotland and will be set within the current policy context relating to active travel.

13:45 - Discussion and active travel policy directions for future – how can data help?