

# Why is cycling for transport important to health?

In 2021, only 3% of Australians used walking or cycling to get to work and 75% of the adult population didn't meet the physical activity guidelines. Cycling is a healthy, sustainable and productive method of transport but very few people use cycling for transport because of concerns about safety and the need for better safe cycling infrastructure in cities. Transport choices and planning city design are important influences of health and linked to where people live and the liveability of their local neighbourhood.

# What is the AUO and why is cycling important to the liveability of a city?

The <u>Australian Urban Observatory</u> (auo.org.au) is a digital liveability planning platform that measures local liveability including local amenities, services and shops that should be easily accessed through walking, cycling and public transport.

Liveable places encourage active lifestyles, are safe, sustainable, have affordable and diverse housing, public open space, local education, employment, leisure and recreation opportunities. Cycling is a key ingredient of a liveable city but cycling infrastructure isn't measured in Australia.

# What is the project investigating?

- The development of new safe cycling indicators for neighbourhoods of Australian cities to understand, inform, and better plan for future city cycling infrastructure
- Testing and development of new artificial intelligence and machine learning methods for the development of new safe cycling indicators
- Make new safe cycling indicators available to the public through the <u>Australian Urban Observatory</u> digital liveability planning platform.
- Develop new methods and data visualisation tools in the <u>Australian Urban Observatory</u> to understand and interpret safe cycling indicator results in local neighbourhoods
- Develop new tools and knowledge to communicate the links between active transport, planning, health and liveability.



# Why is this research important?

- This research will provide city decision-makers with new and easy to understand research evidence on areas that need improved cycling infrastructure.
- It will provide new research evidence for policy and planning showing how cycling infrastructure connects to cyclist behaviours, route choices and preferences across cities.
- It will use public campaigns with advocacy groups and media partnership to support advocacy and action for better investment in cycling infrastructure and raise the profile of cycling and how it can promote public health and city liveability.
- It will share new tools and interactive digital urban analytics to increase knowledge in city planners, students and the broader community about the linkages between planning policies, cycling, liveability, health inequities and health outcomes connected to cycling for transport.
- It will build on established AUO research partnerships between researchers, policymakers and practitioners across local and state government planning, public health, urban development and safe cycling advocacy to ensure applicability and uptake in practice.



#### **Investigators**

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## **Further Information**

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### **About The Ian Potter Foundation**

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