ACTIVE TRANSPORTATION

CMA POLICY

POLICY TYPE
Policy document

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TOPICS
Population health, health equity, public health

This CMA policy promotes active transportation, which has been shown to improve health outcomes. It encourages policies and programs that increase active transportation options, such as cycling and walking, in urban areas.

Incorporating active transportation into daily life can have significant health benefits. Regular physical activity, which can be achieved through active transportation, is associated with reduced risk of chronic diseases, improved mental health, and increased overall longevity. Policies that support active transportation, such as building bike lanes and promoting public transit, can help individuals make healthy choices more easily.

Active transportation is not only beneficial for individuals but also for communities. It can reduce traffic congestion, decrease air pollution, and improve accessibility to healthcare facilities.

The policy supports the integration of active transportation into public health strategies and encourages collaboration between various stakeholders, including city planners, transportation officials, and healthcare providers.

References: