



## The Health and Wellbeing Impacts of Public Transport

This presentation aims to review the positive and negative health and well being impacts of public transport. Strong physical health benefits are associated with walking to and from public transport which has significantly lower traffic fatality levels compared to the private car. PT also reduces pollution compared to the car with significant health benefits. Evidence of specific health benefits from modal shift is shown and psychological measures of well being are also considered. However PT also has negative impacts; Crashes do occur with PT systems and psychological anxiety is linked to crowding and waiting in busy systems including commuter stress. The presentation also considers exposure to disease; a topical issue given the recent COVID-19 epidemic. The paper concludes by presenting an evaluation framework to assess the positive and negative influences.