PHYSICAL ACTIVITY THROUGH SUSTAINABLE TRANSPORT APPROACHES

The PASTA project (PASTA - Physical Activity Through Sustainable Transport Approaches) is a European project aimed at promoting active mobility in cities. The project is funded by the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2.

The project's primary objective is to improve citizen's health and reduce public transport use as an innovative way of mobility in cities (i.e. walking and cycling in combination to connect transport and health by promoting active mobility). Half of all trips, less than 5km, are undertaken by car. This comes at a cost to our health and the public purse. Europeans move too much without moving enough. Many rely on cars for the shortest of trips. The content of this publication lies with the PASTA project consortium and can in no way be taken to reflect the views of the European Union. This project has received funding from the European Union’s Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2. The content of this publication lies with the PASTA project consortium and can in no way be taken to reflect the views of the European Union. This project has received funding from the European Union’s Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2.

The Health Benefits of Walking or Cycling

The Health Impact Assessment Tool (HEAT) is designed to support urban planners, transport and health departments in their efforts to promote active mobility. It is an updated version of the WHO's original tool incorporating new factors like pollution exposure for the traffic incidents and air pollution levels.

Results from the integrated tool

Good practice case studies across Europe

The PASTA project has produced a series of case study city and an EU level policy briefs from each case that the 'Friends of PASTA'. These cover 4 domains:

1. Political will, often tied with a powerful politician, is the most be facilitated for favorable health outcomes.

2. Cooperation between transport and health departments needs to be facilitated for favorable health outcomes.

3. The Health Impact Assessment Tool (HEAT) is designed to support urban planners, transport and health departments in their efforts to promote active mobility. It is an updated version of the WHO's original tool incorporating new factors like pollution exposure for the traffic incidents and air pollution levels.

4. Creating a safe and livable environment, with supporting technological development and demonstration under grant agreement no 602624-2.

5. Support health literacy and awareness of health benefits of active mobility measures used in the PASTA project.


A glossary of terms includes:

- Physical environment and case study databases, check of European projects collected via a systematic approach.
- Social environment.
- Infrastructure;
- Survey findings;
- Interview findings;
- Case study city active mobility measures.
- Longer reports. This includes:
- Strategic policy;
- Regulation and legislation.
- Good practice case study city and EU level summary notes.
- FREEDOM GIVES YOU OFTEN IT'S BETTER FOR RECOMMENDS: THE WORLD HEALTH ORGANIZATION (WHO) 5 times a week to improve your health.

What are the benefits of active travel?

- Survey findings;
- Case study city active mobility measures.
- Interview findings;
- Longer reports.

To explore examples of cooperation between transport and health, the promotion of active mobility, and evaluation active mobility, and check of European projects collected via a systematic approach. The 'Friends of PASTA'. These cover 4 domains:

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