

Promoting walking and cycling for health  
Hybu cerdded a beico er iechyd

INFORMATION SHEET  
TAFLEN GWYBODAETH FH04C

*“Physical activity is a leading factor in maintaining health, and has been identified as a key priority for action by the Welsh Assembly Government. Our Sport and Physical Activity Action Plan – Climbing Higher – highlights the benefits of an active population to the health of the nation alongside targets to ensure we match the best global standards for participation. To be successful in meeting targets we must encourage people to build activity into their daily lives. Encouraging walking and cycling is key to our success and I would encourage all organisations to support the development of opportunities as part of their response to Health Challenge Wales.”*

**Dr Brian Gibbons,**  
**Minister for Health & Social Services,**  
**Welsh Assembly Government**

Changes to the way we live, such as the growth in car use, have led to increasingly sedentary, inactive lifestyles. This inactivity leads to health problems, such as obesity and coronary heart disease. The recommended daily amount of physical activity for adults is 30 minutes on five or more UK days of the week; for children it's one hour.

*“Mae gweithgarwch corfforol yn ffactor flaenllaw mewn cynnal iechyd, ac mae wedi ei ddynodi fel blaenoriaeth allweddol ar gyfer gweithredu gan Lywodraeth Cynulliad Cymru. Mae ein Cynllun Gweithredu Chwaraeon a Gweithgarwch Corfforol – Dringo'n Uwch – yn amlygu manteision poblogaeth egniol i iechyd y genedl ochr yn ochr â thargedau i sicrhau ein bod yn bodloni'r safonau byd-eang gorau ar gyfer cyfranogiad. I fod yn llwyddiannus mewn cyrraedd y targedau mae'n rhaid i ni annog pobl i ymgorffori gweithgarwch i'w bywydau bob dydd. Mae annog cerdded a beicio yn allweddol i'n llwyddiant a byddwn yn annog pob sefydliad i gefnogi datblygiad cyfleoedd fel rhan o'u hymateb i Her Iechyd Cymru.”*

**Dr Brian Gibbons,**  
**Gweinidog dros Iechyd a**  
**Gwasanaethau Cymdeithasol**

Mae newidiadau yn ein ffordd o fyw, megis twf yn y defnydd o'r car, wedi arwain at ffyrdd o fyw cynyddol eisteddog. Mae'r anweithgarwch hwn yn arwain at broblemau iechyd, megis gordewdra a chlefyd coronaidd y galon. Y cyfanswm dyddiol a argymhellir o weithgarwch corfforol ar gyfer oedolion yw 30 munud ar bump neu fwy o ddyddiau'r wythnos; ar gyfer plant mae'n awr.



Active Travel works with policy-makers and practitioners to promote walking and cycling as health-enhancing physical activity. Sustrans is the UK's leading sustainable transport charity and works on practical projects to encourage people to walk, cycle and use public transport to benefit health and the environment.

Mae Teithio Byw yn gweithio gyda llunwyr polisi ac ymarferwyr i hyrwyddo cerdded a beicio fel gweithgaredd corfforol sy'n gwella iechyd. Sustrans yw elusen cludiant cynaliadwy flaenaf y DU ac mae'n gweithio ar brosiectau ymarferol i annog pobl i gerdded, beicio a defnyddio cludiant cyhoeddus er budd eu hiechyd a'r amgylchedd.

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# Promoting walking and cycling for health

## Hybu cerdded a beico er iechyd

The Welsh Assembly Government has set a target in Wales for the adult population to have at least 30 minutes of moderate activity 5 times per week by 2025<sup>(1)</sup>. According to the Welsh Assembly Government, this means an annual increase in overall physical activity levels of at least one percent per annum. Ideally we should all be taking more than this amount of physical activity for maximum health benefits.

Although many policymakers' minds turn to sport for the promotion of physical activity, the majority of the population will not choose to engage in traditional sporting activity. Sustrans believes that by incorporating physical activity into the daily routine, such as walking or cycling to school or work, an individual is able to achieve the recommended daily amount that will benefit their health. This "active travel" approach means that extra time does not have to be found to take part in organised activity, as is the case with most sporting activities. It also encourages a habit of being active, which is particularly important for children<sup>(2)</sup>.

Getting people to walk or cycle more over short distances as part of a daily routine should be achievable if the environment is supportive of these modes.

Mae Llywodraeth Cynulliad Cymru wedi gosod targed yng Nghymru ar gyfer oedolion i gael o leiaf 30 munud o weithgarwch cymedrol o leiaf 5 gwaith yr wythnos erbyn 2025<sup>(1)</sup>. Yn ôl Llywodraeth Cynulliad Cymru golygai hyn gynnydd blynyddol mewn lefelau gweithgarwch corfforol yn gyffredinol gan o leiaf un y cant bob blwyddyn. Yn ddelfrydol dylai pawb ohonom fod yn gwneud mwy na hyn, er y budd mwyaf i'n hiechyd.

Er bod meddyliau llawer o lunwyr polisi yn troi at chwaraeon er mwyn hybu gweithgarwch corfforol, nid fydd y mwyafrif o'r boblogaeth yn dewis cymryd rhan mewn gweithgarwch chwaraeon traddodiadol. Cred Sustrans y gall unigolion, drwy ymgorffori gweithgarwch corfforol i drefn arferol y dydd, megis cerdded neu feicio i'r ysgol neu'r gwaith, gyflawni'r swm a argymhellir yn ddyddiol a fydd o fantais i'w hiechyd. Golyga'r ymagwedd yma o 'deithio byw' nad oes yn rhaid dod o hyd i amser i gymryd rhan mewn gweithgarwch sydd wedi ei drefnu, fel sy'n wir ar gyfer y mwyafrif o weithgareddau chwaraeon. Mae hefyd yn annog arfer o fod yn egniol, sy'n arbennig o bwysig ar gyfer plant<sup>(2)</sup>.

Mae cael pobl i gerdded neu i feicio mwy dros bellteroedd byr fel rhan o drefn bob dydd yn rhywbeth y gellir ei gyflawni os yw'r amgylechedd lleol wedi ei addasu i gefnogi y newid i'r moddion hyn.



According to the National Travel Survey 2004, car is the dominant mode of transport for all trips over 1 mile. Car usage increases with trip length; 60% of trips between 1 and 2 miles are by car and 79% of trips between 2 and 5 miles<sup>(3)</sup>.

By habitually choosing to walk or cycle over such distances, Sustrans believes an individual can incorporate more physical activity into their lives and so achieve the recommended daily amount that promotes good health.

In order to facilitate more walking and cycling, it is important to make changes to the environment to allow people to do so. Sustrans' monitoring of the National Cycle Network has shown that two thirds of users are more physically active because of its existence. As the Network has continued to expand, walking and cycling usage levels have risen – with 201 million active journeys recorded in 2004, up by 11% from 2003<sup>(4)</sup>.

The following case studies promote walking and cycling as a way of improving participants' health by becoming more physically active.

A number of these case studies are small, social and fun projects, where participants gain confidence with their new found walking and cycling skills. These schemes have the added bonus of introducing participants to local cycling and walking routes, which then get used outside organised events. This can then lead to private car journeys being replaced by physically active travel.

Yn ôl yr Arolwg Teithio Cenedlaethol 2004, y car yw'r prif modd o drafeilio o'r holl siwrneiau a wneir dros 1 milltir. Mae defnydd ceir yn codi with i bellter bob siwrne cynyddu: mae 60% o bob siwrne rhwng 1 a 2 filltir mewn car, gyda 79% o bob siwrne rhwng 2 a 5 milltir mewn car<sup>(3)</sup>.

Drwy ddewis cerdded neu feicio dros bellteroedd o'r fath fel mater o arfer, cred Sustrans y gall unigolyn ymgorffori mwy o weithgarwch corfforol i'w bywydau ac felly cyflawni'r swm dyddiol a argymhellir sy'n hybu iechyd da.

Er mwyn hwyluso mwy o gerdded a beicio, mae'n bwysig gwneud newidiadau i'r amgylchedd i ganiatáu i bobl wneud hynny. Mae monitro Sustrans o'r Rhwydwaith Beicio Cenedlaethol wedi dangos bod dwy ran o dair o ddefnyddwyr yn fwy corfforol egniol oherwydd ei fodolaeth. Wrth i'r Rhwydwaith barhau i ehangu, mae lefelau cerdded neu ddefnydd o'r beic hefyd wedi cynyddu - gyda 201 miliwn o siwrneiau egniol wedi eu cofnodi yn 2004, i fyny gan 11% o 2003<sup>(4)</sup>.

Ar y ddalen wybodaeth hon ceir astudiaethau achos nifer o gynlluniau sy'n hyrwyddo cerdded a beicio fel ffordd o wella iechyd cyfranogwyr drwy ddod yn fwy corfforol egniol.

Mae nifer o'r astudiaethau achos hyn yn brosiectau bychan, cymdeithasol a llawn hwyl, ble y bydd cyfranogwyr yn magu hyder yn eu sgiliau cerdded a beicio newydd. Mae gwerth arall i'r cynlluniau, sef cyflwyno cyfranogwyr i lwybrau beicio a cherdded lleol, a ddefnyddir wedyn y tu allan i ddigwyddiadau trefnedig. Gall hyn wedyn arwain at ddisodli siwrneiau car preifat gan deithio byw corfforol.



## Case studies

### Walking the Way to Health Wales Initiative

Walking the Way to Health is an umbrella scheme set up in Wales, funded by the Countryside Council for Wales, the British Heart Foundation, and the Big Lottery Fund. It promotes regular walking to improve the health and well being of disadvantaged and sedentary people. A programme of grants supports Walking the Way to Health local projects.

Walking the Way to Health Wales has a range of free publications to promote walking. The Walking the Way to Health training available to Project Co-ordinators gives advice and suggestions on marketing schemes, planning routes and producing materials. The training for voluntary walk leaders gives an understanding of walking for health benefits.

Sue Walton, Walking the Way to Health Co-ordinator for the Countryside Council for Wales says, "Walking the Way to Health Wales has got off to a flying start. We estimate that in 2004, 38,500 people walked more because of the initiative. There are now projects up and running in 20 counties in Wales, making a real difference to people's lives."

For more information contact:  
Sue Walton, 01248 385 408  
s.walton@ccw.gov.uk  
www.ww2h.org.uk

## Astudiaethau achos

### Menter Cerdded Llwybr Iechyd

Cynllun ymbarél yw Cerdded Llwybr Iechyd a sefydlwyd yng Nghymru, ac ariannwyd gan Gyngor Cefn Gwlad Cymru, Sefydliad Prydeinig y Galon, a'r Gronfa Loteri Fawr. Mae'n hyrwyddo cerdded rheolaidd i wella iechyd a lles pobl ddifreintiedig ac eisteddog. Mae rhaglen o grantiau yn cefnogi prosiectau lleol Cerdded Llwybr Iechyd.

Mae gan Cerdded Llwybr Iechyd Cymru ystod o gyhoeddiadau am ddim i hyrwyddo cerdded. Mae'r hyfforddiant Cerdded Llwybr Iechyd sydd ar gael i Gydlynwyr Prosiectau yn rhoi cyngor ac awgrymiadau ar farchnata cynlluniau, cynllunio llwybrau a chynhyrchu deunyddiau. Mae'r hyfforddiant ar gyfer arweinwyr teithiau cerdded gwirfoddol yn rhoi dealltwriaeth o gerdded er budd iechyd.

Dywed Sue Walton, Cydlynnydd Cerdded Llwybr Iechyd ar ran Cyngor Cefn Gwlad Cymru, "Mae Cerdded Llwybr Iechyd wedi cael dechrau ardderchog. Rydym yn amcangyfrif bod 38,500 o bobl wedi cerdded yn 2004 o ganlyniad i'r fenter. Erbyn hyn mae prosiectau ar waith mewn 20 sir yng Nghymru, gan wneud gwahaniaeth gwirioneddol i fywydau pobl."

Am ragor o wybodaeth cysylltwch â:  
Sue Walton, 01248 385 408  
s.walton@ccw.gov.uk  
www.ww2h.org.uk



## Pedal Power

Pedal Power in Cardiff gives people with disabilities and learning difficulties access to the benefits of cycling. The charity aims to benefit both disabled and able bodies participants, by providing specialised bikes and trikes for participants to use independently or with a partner within a safe environment. This means that participants are taking part in an inclusive activity which increases their sense of achievement, improves their self esteem, whilst increasing their levels of fitness and exercise tolerance.

For more information contact:

Nigel Baker, 029 2057 3966

nigel.baker@bromor-tr.wales.nhs.uk

## Pedal Back The Years

Pedal Back The Years in Cornwall is a programme of easy, led bicycle rides, run by a 20-member partnership, including Sustrans. Groups targeted by the project are:

- sedentary adults
- adults with minor, stable physical limitations, e.g. pre and post natal women, people with disabilities and people with weight control problems
- people with depression and mild anxiety
- communities with a high proportion of disadvantaged and socially excluded people.

Participants are sign-posted to the project from various sources, including front line community workers, general practitioners and local advertising.

Bikes are provided by local cycle hire firms and the rides take place on trails or quiet roads.

For more information contact:

David Readman, 01726 627816

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## Pŵer Pedal

Mae Pŵer Pedal yn rhoi mynediad i bobl gydag anableddau neu anawsterau dysgu at fanteision beicio. Nod yr elusen yw bod o fantais i gyfranogwyr anabl ac abl o gorff, drwy ddarparu beiciau arbenigol a threiciau i gyfranogwyr i'w defnyddio'n annibynnol neu gyda phartner mewn amgylchedd diogel. Mae hyn yn golygu bod cyfranogwyr yn cymryd rhan, mewn gweithgarwch cynhwysol sy'n cynyddu eu synnwyr o gyflawniad, yn gwella ei hunan-barch, tra'n cynyddu lefelau eu ffitrwydd a'u goddefgarwch tuag at ymarfer corff.

Am ragor o wybodaeth cysylltwch â

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## Pedal Back The Years

Rhaglen wedi ei lleoli yng Nghernyw yw 'Pedal Back the Years' ar gyfer reidiau beic tywys hawdd, wedi eu rhedeg gan bartneriaeth 20 aelod, gan gynnwys Sustrans. Ymhlith y grwpiau a dargedir gan y prosiect y mae:

- oedolion eisteddog
- oedolion gyda mân gyfyngiadau corfforol sefydlog, e.e. merched cyn-geni ac ôl-enedigol, pobl gydag anableddau a phobl gyda phroblemau rheoli pwysau
- pobl isel eu hysbryd neu sydd â mân bryderon
- cymunedau gyda chyfran uchel o bobl ddifreintiedig a rhai wedi eu hallgau'n gymdeithasol.

Cyfeirir cyfranogwyr i'r prosiect o wahanol ffynonellau, gan gynnwys gweithwyr cymunedol llinell flaen, meddygon teulu a thrwy hysbysebion lleol.

Darperir beiciau gan gwmnïau llogi beiciau lleol a chynhelir y reidiau ar lwybrau neu ffyrdd tawel.

Am ragor o wybodaeth cysylltwch â:

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## Further information

Active Travel Cymru Programme  
[www.activetravelcymru.org.uk](http://www.activetravelcymru.org.uk)

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### Active Travel Teithio Byw

[www.activetravelcymru.org.uk](http://www.activetravelcymru.org.uk)  
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**4 Sustrans, 2004** Adroddiad monitro defnyddwyr y Rhwydwaith Beicio Cenedlaethol 2004

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