

Manteision iechyd cymudo egniol The health benefits of active commuting

**DALEN WYBODAETH
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"Mae ffyrdd o fyw anweithgar, lleihad mewn ffitrwydd corfforol a lefelau cynyddol o ordewdra yn peri her iechyd enfawr i Gymru. Mae Llywodraeth Cynulliad Cymru yn cydnabod y rhan fydd gan deithio egniol i'w chwarae mewn gwrthdroi'r tueddiadau hyn, a phwysigrwydd cefnogi ein gweithwyr a'r rhai hynny mewn gweithleoedd ledled Cymru, i deithio mewn ffyrdd sydd o fudd i'w hiechyd yn ogystal ag i'n hamgylchedd."

**Dr Tony Jewell, Prif Swyddog Iechyd,
Llywodraeth Cynulliad Cymru**

"Inactive lifestyles, decreasing physical fitness and rising levels of obesity present a huge health challenge for Wales. The Welsh Assembly Government recognises the part that active travel has to play in reversing these trends and the importance of supporting our employees and those in workplaces across Wales, to travel in ways that benefit their health as well as our environment."

**Dr Tony Jewell, Chief Medical Officer,
Welsh Assembly Government**

Cyflwyniad

Mae gennym well gofal iechyd, bywydau sy'n llai o dreth corfforol a gweithleoedd mwy diogel na chenedlaethau blaenorol, eto rydym yn cymryd mwy o amser o'r gwaith oherwydd salwch. Yn ystod 2007 collwyd 172 miliwn diwrnod gwaith i economi Prydain, ar gost o £20 biliwn i fusnesau a'r sector cyhoeddus⁽¹⁾.

Mae corff cynyddol o ymchwil yn dynodi bod pobl sy'n gorfforol egniol yn eu bywyd bob dydd yn weithwyr mwy cynhyrchiol a bod ganddynt well hanes presenoldeb. Efallai felly y bydd cyflogwyr yn gweld ei bod o fantais uniongyrchol iddynt i gynorthwyo staff i fod yn fwy corfforol egniol.

Introduction

We have better healthcare, less physically demanding lives and safer workplaces than previous generations, yet we take more time off work due to sickness. During 2007, 172 million working days were lost to the British economy, at a cost of £20 billion to business and the public sector⁽¹⁾.

A growing body of research indicates that people who are active in their daily lives are more productive employees and have better attendance records. Employers may therefore find that it is in their direct interest to help their staff be more active.

Healthier employees benefit their employer through:

- reduced absenteeism⁽²⁾
- lower turnover rates⁽³⁾



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.

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.

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Teithio egniol a gweithleoedd iach

Active travel and healthy workplaces

Mae gweithiwy'r iachach o fudd i'w cyflogwyr yn y ffyrdd canlynol:

- llai o absenoldeb⁽²⁾
- cyfraddau is o ran trosiant staff⁽³⁾
- gwell cynhyrchiant ac ysbryd ymhlith gweithwyr⁽⁴⁾
- costau is o ran gofal iechyd⁽⁵⁾.

Gall cyflogwyr fynd i'r afael â chost absenoldeb a salwch drwy annog staff i gymryd rhan mewn gweithgaredd corfforol cyson. Er enghraifft, ceir tystiolaeth y gall ymyriadau gweithgaredd corfforol fod yn strategaeth effeithiol i gynorthwyo pobl â phoen gwaelod y cefn – un o brif achosion colli amser o'r gwaith yng Nghymru – er mwyn iddynt ddychwelyd yn gynt i weithio⁽⁶⁾.

Mae gweithgaredd corfforol yn dda i chi

Mwyaf gweithgar fydd pobl, lleiaf i gyd y byddant mewn perygl o ddatblygu clefydau mawr megis clefyd coronaidd y galon, gordewdra, diabetes, arthritis osteoporosis, rhai canserau a phroblemau iechyd meddwl.

Argymhellir bod oedolion yn gwneud isafswm o 30 munud o weithgaredd corfforol ar bump neu ragor o ddyddiau'r wythnos er mwyn cadw'n iach. Gosododd Llywodraeth Cynulliad Cymru darged i 70% o'r boblogaeth fod yn "weddol gorfforol egniol" erbyn 2020⁽⁷⁾. Ar hyn o bryd dim ond 36% o ddynion a 22% o fenywod yng Nghymru sy'n bodloni'r lefelau a argymhellir⁽⁸⁾.

Ar gyfer y rhan fwyaf o bobl, y dulliau gweithgaredd corfforol mwyaf derbyniol a hawsaf yw'r rhai hynny y gellir eu hymgorffori i fywyd pob dydd, megis cerdded a beicio.

Hyrwyddo iechyd yn y gweithle

Dangoswyd bod rhaglenni ffitrwydd gweithwyr yn lleihau absenoldeb, cynyddu cynhyrchiant a lleihau costau gofal iechyd⁽⁹⁾, yn enwedig pan fyddant wedi eu teilwra at anghenion a galluoedd unigolion⁽¹⁰⁾. Mae tystiolaeth o dair astudiaeth ryngwladol yn

- improved productivity and employee morale⁽⁴⁾
- lower health care costs⁽⁵⁾.

Employers can address concerns about the cost of absence and sickness by encouraging staff to participate in regular physical activity. For example, there is evidence that physical activity interventions can be an effective strategy to help people with lower back pain – one of the main causes of lost working time in Wales – to make an earlier return to work⁽⁶⁾.

Physical activity is good for you

The more active people are, the less they are at risk of major diseases such as coronary heart disease (CHD), obesity, stroke, diabetes, arthritis, osteoporosis, some cancers and mental health problems.

It is recommended that adults do a minimum of 30 minutes of physical activity on five or more days a week to maintain health. The Welsh Assembly Government has set a target for 70% of the population to be "reasonably active" by 2020⁽⁷⁾. Currently only 36% of men and 22% of women in Wales meet the recommended levels⁽⁸⁾.

For most people, the easiest and most acceptable forms of physical activity are those that can be incorporated into everyday life, such as walking and cycling.

Workplace health promotion

Employee fitness programmes have been shown to reduce absence, increase productivity and cut healthcare costs⁽⁹⁾, particularly when tailored to individual needs and abilities⁽¹⁰⁾. Evidence from three international studies suggests that workplace health promotion programmes of at least 12 months duration can lead to increases in physical activity and reductions in absenteeism of at least one third⁽¹¹⁾.

The 2007 Foresight report on obesity describes the condition as having reached epidemic levels in the UK⁽¹²⁾. Obesity can adversely impact upon employee productivity and performance, and is linked



awgrymu bod rhaglenni hybu iechyd yn y gweithle sy'n para am o leiaf 12 mis yn gallu arwain at gynnydd mewn gweithgaredd corfforol a lleihad mewn absenoldeb gan o leiaf draean⁽¹¹⁾.

Mae'r adroddiad Foresight 2007 ar ordewdra yn disgrifio'r cyflwr fel un sydd wedi cyrraedd lefelau epidemig yn y DU⁽¹²⁾. Gall gordewdra gael effaith andwyol ar gynhyrchiant a pherfformiad gweithwyr, ac mae wedi'i gysylltu â pherygl uwch o strôc, diabetes, canser a chlefyd coronaidd y galon. Mae Foresight yn cynnwys yr angen i "gynyddu cyfrifoldeb sefydliadau dros iechyd eu gweithwyr" yn ei bum prif ymateb ar gyfer mynd i'r afael â gordewdra.

Mae Cynulliad Cenedlaethol Cymru yn cydnabod bod gweithlu iachach yn fwy effeithiol ac mae wedi cyflwyno *lechyd ar Waith: Cyrraedd y Nod* fel nod ansawdd mewn hybu iechyd yn y gweithle. Mae gweithgaredd corfforol yn un o'r elfennau craidd yn y Safon, lle "na fydd angen i sefydliadau baratoi ystafelloedd peiriannau campfa neu byllau nofio... gall darparu rhestlau beiciau a chawodydd wneud llawer i hyrwyddo ymarfer corff fel rhan o batrwm arferol bob dydd".

Straen a chynhyrchiant

Mae straen, iselder a phryder cysylltiedig â gwaith yn un o'r achosion mwyaf cyffredin o golli cynhyrchiant – a oedd yn gyfrifol am tua 13.8 miliwn o ddiwrnodau gwaith yn cael eu colli ym Mhrydain yn 2006/7⁽¹³⁾. Cysylltir iechyd meddwl gwael ag iechyd corfforol gwael⁽¹⁴⁾, ac mae pobl sy'n gorfforol egniol yn dweud bod ganddynt lai o symptomau pryder neu bwysau emosiynol na phobl sy'n segur⁽¹⁵⁾.

Annog gweithgaredd corfforol bob dydd

Mae ffordd o fyw modern heddiw yn annog lefelau isel o weithgaredd, gyda gwaith a hamdden ill dau yn datblygu i fod yn fwy eisteddog o ran eu natur. Yn y DU mae 25 miliwn o bobl yn teithio i weithio bob dydd ac mae'r rhan fwyaf – tua 71% – yn dewis gwneud hynny yn y car⁽¹⁶⁾. Mae pobl yn treulio 8% yn llai o amser yn cerdded a

to increased risk from stroke, diabetes, cancer and CHD. Foresight includes the need to "increase the responsibility of organisations for the health of their employees" in its top five policy responses for tackling obesity.

The National Assembly for Wales recognises that a healthier workforce is more effective and has introduced *Health at Work: The Corporate Standard* as a mark of quality in health promotion in the workplace. Physical activity is one of the core components of the Standard, where "organisations don't have to install multi-gyms or swimming pools... the provision of bicycle racks and showers can do much to promote exercise as part of a normal daily routine".

Stress and productivity

Work-related stress, depression and anxiety are the most common causes of lost productivity – amounting to approximately 13.8 million lost working days in Britain in 2006/7⁽¹³⁾. Poor mental health is linked to poor physical health⁽¹⁴⁾, and people who are physically active report having fewer symptoms of anxiety or emotional distress than inactive people⁽¹⁵⁾.

Encouraging everyday physical activity

Today's modern lifestyle encourages low activity levels, with work and leisure both becoming more sedentary in nature. In the UK, 25 million people travel to work every day and most – around 71% – choose to do so by car⁽¹⁶⁾. People spend 8% less time walking and cycling than they did a decade earlier⁽¹⁷⁾.

Research suggests that employers can benefit from establishing workplace exercise programmes. However, participation rates may be low, and programmes may appeal to employees who are already reasonably fit and healthy⁽¹⁸⁾. An alternative, or complementary, approach is to provide facilities and incentives for staff to build healthy physical activity into their daily lives, by 'active commuting' – walking or cycling to work.



beicio nag a wnaethant ddegawd yn gynt⁽¹⁷⁾.

Mae ymchwil yn awgrymu y gall cyflogwyr elwa drwy sefydlu rhaglenni ymarfer corff yn y gweithle. Fodd bynnag, gall cyfraddau cyfranogi fod yn isel ac efallai y bydd rhaglenni yn apelio at weithwyr sydd eisoes yn gymharol ffit ac iach⁽¹⁸⁾. Ymagwedd amgen, neu gyflenwol, yw darparu cyfleusterau a chymhelliannau i staff i adeiladau gweithgaredd corfforol iach i'w bywydau bob dydd drwy 'gymudo egniol' - cerdded neu feicio i'r gwaith.

Mae canllawiau 2008 y Sefydliad Cenedlaethol dros Ragoriaeth Glinigol (NICE) 'Hyrwyddo gweithgaredd corfforol yn y gweithle' yn galw ar gyflogwyr i fuddsoddi mewn strategaethau sy'n annog staff i fod yn fwy corfforol egniol, gyda theithio egniol i'r gwaith yn cael rôl hollbwysig.

Mae'r argymhellion allweddol yn cynnwys:

- annog gweithwyr i gerdded, beicio neu ddefnyddio dull arall o deithio sy'n golygu gweithgaredd corfforol er mwyn teithio rhan neu'r holl ffordd i'r gwaith ac o'r gwaith
- darparu gwybodaeth am lwybrau cerdded a beicio ac annog staff i fonitro a gosod nodau ar gyfer y pellterau y byddant yn cerdded a beicio.

Mae canllawiau blaenorol NICE wedi argymhell y dylai llwybrau cerdded a beicio o safon uchel fod wrth wraidd pob cynllun gweithle newydd⁽¹⁹⁾.

Gwerth teithio egniol

Mae cerdded a beicio i'r gwaith yn rhoi cyfle i gyfran sylweddol o'r boblogaeth weithiol i wneud gweithgaredd corfforol cyson⁽²⁰⁾. Y rhain o bosibl yw'r dulliau mwyaf hygyrch a lleiaf costus o ymarfer corff, gan y gallant gael eu cynnwys yn nhrefn arferol y diwrnod. Gall datblygu cynlluniau teithio gweithle⁽²¹⁾ ac annog cymudo egniol felly fod ymhlith y ffyrdd mwyaf effeithiol o gynyddu lefelau gweithgaredd corfforol gweithwyr.

The 2008 National Institute for Clinical Excellence (NICE) guidelines 'Promoting physical activity in the workplace' call on employers to invest in strategies that encourage all staff to be more active, with active travel to work playing a crucial role.

Key recommendations include:

- encourage employees to walk, cycle or use another mode of transport involving physical activity to travel part or all of the way to and from work
- provide information about walking and cycling routes and encourage staff to monitor and set goals for the distance they walk and cycle.

Previous NICE guidance has recommended that high quality walking and cycling routes be at the heart of all new workplace designs⁽¹⁹⁾.



The value of active travel

Walking and cycling to work provides the opportunity for a considerable proportion of the working population to perform regular physical activity⁽²⁰⁾. They are potentially the most accessible and the least expensive forms of exercise, since they can be built into the normal structure of the day. Developing workplace travel plans⁽²¹⁾ and encouraging active commuting can therefore be among the most effective ways of increasing employee physical activity levels.

Health benefits of active commuting

Research provides clear evidence for the health benefits of active commuting. A 2007 evidence review examined international research from a 25-year period relating physical activity to productivity. The results found that an increase in physical activity of more than one hour per week, such as walking or cycling to work, would be expected to lead to a measurable reduction in levels of absenteeism⁽¹¹⁾.

A Finnish study of 47,840 participants aged 25–64 years found that moderate or high levels of walking or cycling to work resulted in

Manteision iechyd cymudo egniol

Mae ymchwil yn rhoi tystiolaeth glir am fanteision cymudo egniol ar iechyd. Archwiliodd adolygiad tystiolaeth yn 2007 ymchwil ryngwladol o gyfnod 25 mlynedd yn cysylltu gweithgaredd corfforol wrth gynhyrchiant. Dangosodd y canlyniadau bod cynnydd o fwy nag un awr yr wythnos mewn gweithgaredd corfforol, megis cerdded neu feicio i'r gwaith, yn debyg o arwain at leihad sylweddol mewn lefelau absenoldeb⁽¹¹⁾.

Dangosodd astudiaeth o'r Ffindir oedd â 47,840 o gyfranogwyr 25-64 oed bod lefel cymedrol neu uchel o gerdded a beicio i'r gwaith yn deillio ar leihad yn y perygl o farw o glefyd coronaidd y galon⁽²²⁾. Hefyd gwelwyd lleihad yn y perygl o farwolaeth ymhlith pobl â gorbwysedd⁽²³⁾.

Mewn meta-ddadansoddiad o wyth astudiaeth, gyda thros 173,000 o gyfranogwyr, canfuwyd bod cymudo egniol yn cael effaith amddiffynnol gadarn – hyd at ostyngiad o 11% yn gyffredinol mewn risg – yn erbyn clefyd cardifasgiwlaidd⁽²⁴⁾ (yn gyfrifol ar ei ben ei hun am 37% o'r holl farwolaethau yn yr UE⁽²⁵⁾).

Mae tystiolaeth hefyd bod pobl sy'n mynychu'r gwaith ar drafndiaeth gyhoeddus yn cerdded pellteroedd sylweddol i ac o'r gorsafoedd bws a thrên a all gyfrannu at eu hiechyd⁽²⁶⁾. Mae ymyriadau sy'n hyrwyddo gweithgaredd corfforol cymedrol ddwys a heb fod yn ddibynnol ar gyfleusterau (yn arbennig cerdded) hefyd yn gysylltiedig â newidiadau mwy hir dymor mewn ymddygiad⁽²⁷⁾.

Canfu astudiaeth o oedolion yn Copenhagen, yn cynnwys 6,954 a feiciai i'r gwaith, bod gan feicio swyddogaeth amddiffynnol gadarn gyda'r cyfraddau marwolaeth 39% yn uwch ymhlith y rhai hynny nad oedd yn beicio, hyd yn oed ar ôl gwneud addasiadau ar gyfer ffactorau risg eraill yn cynnwys ysmegu a gweithgaredd corfforol oriau hamdden⁽²⁸⁾.

Yn y DU mae twf y Rhwydwaith Beicio Cenedlaethol wedi galluogi mwy o bobl i gerdded a beicio i'r gwaith. Roedd cymudo ar y Rhwydwaith yn gyfrifol am 12% o'r holl

a reduced risk of death from CHD⁽²²⁾. It also reduced risk of death in people with hypertension⁽²³⁾.

In a meta-analysis of eight studies totalling over 173,000 participants, active commuting was found to have a robust protective effect – up to an overall 11% reduction in risk - against cardiovascular disease⁽²⁴⁾ (alone responsible for 37% of all deaths in the EU⁽²⁵⁾).

There is also evidence that people who access work by public transport walk substantial distances to and within bus and railway stations that can contribute to their health⁽²⁶⁾. Interventions which promote moderate intensity physical activity and are not facility dependent (particularly walking) are also associated with longer-term changes in behaviour⁽²⁷⁾.

A study of adults in Copenhagen, including 6,954 who cycled to work, found that cycling has a strong protective function, with a 39% higher mortality rate amongst those who did not cycle even after adjustment for other risk factors including smoking and leisure time physical activity⁽²⁸⁾.

In the UK, the growth of the National Cycle Network has enabled more people to walk and cycle to work. Commuting on the Network accounted for 12% of all trips in 2007, with an average urban (traffic-free) commute of just under 5 miles – the same distance as nearly two-thirds of car journeys⁽²⁹⁾.

Conclusion

Regular participation in physical activity helps to maintain good health and allow for a productive working life. This in turn benefits the national economy through greater productivity and lower health care costs.

Walking and cycling are accessible, affordable ways in which people can reduce their risk from chronic disease. Active commuting can bring significant improvement to quality of life, such as lowering of stress or back pain at work.

Developing workplace travel plans and encouraging active commuting are effective ways of increasing employee physical activity levels, and can form an important element of a successful occupational health programme.



deithiau yn 2007, gyda chymudo trefol (di-draffig) ar gyfartaledd o ychydig dan 5 milltir - yr un pellter â bron dwy ran o dair o deithiau car⁽²⁹⁾.

Casgliad

Mae cyfranogiad cyson mewn gweithgaredd corfforol yn gymorth i gynnal iechyd da a chaniatáu ar gyfer bywyd gwaith cynhyrchiol. Mae hyn yn ei dro yn fuddiol i'r economi gyffredinol drwy fwy o gynhyrchiad a chostau gofal iechyd is.

Mae cerdded a beicio yn ffyrdd hygrych fforddiadwy drwy ba rai y gall pobl leihau'r perygl o gael clefyd cronig. Gall cymudo egniol olygu gwelliant sylweddol mewn ansawdd bywyd, megis lleihau straen a phoen cefn yn y gwaith.

Mae datblygu cynlluniau teithio gweithle ac annog cymudo egniol yn ffyrdd effeithiol o gynyddu lefelau gweithgaredd corfforol gweithwyr, a gallant ffurfio elfen bwysig o raglen iechyd galwedigaethol lwyddiannus.

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