

## **West Lothian Physical Activity Atlas**

Encouraging walking and cycling in West Lothian has just become easier, with the publication of the innovative West Lothian Physical Activity Atlas. The Atlas is a product of joint working to link the strategic provision of foot and cycle paths with health improvement. It features clear maps of each community, showing short measured walks, cycle routes and places such as parks, community centres and schools where there are opportunities to be active. It also includes information about physical activity and health, 'tips to get you on the move' and a local contact list.

The Atlas is the result of joint working between the local authority and NHS Lothian through the Health Enhancing Physical Activity (HEPA) project 'West Lothian On The Move'. The project brings together strategic planning, environmental management and health professionals and the voluntary sector to increase physical activity to reduce health inequalities and, in the long term, to increase physical activity across the whole of West Lothian.

The Atlas is based on the council's street atlas. Health is a lead theme of the West Lothian Community Plan and Corporate Plan, and through joined-up working between council services and external partners the information from the street atlas has been developed into a public health tool to increase the uptake of physical activity.

The map has been distributed to a range of health and other professionals and is available from libraries and council offices. In addition, the individual maps of each community are available on the web and will be produced as leaflets and distributed locally.

For more information, see [www.westlothian.gov.uk](http://www.westlothian.gov.uk) or contact Flora Jackson, HEPA Coordinator, [Flora.Jackson@westlothian.gov.uk](mailto:Flora.Jackson@westlothian.gov.uk)