**Safer roads**

Every day **5** people die on UK roads, and over **60** are seriously injured – every one causes needless devastation, trauma and suffering¹.

The vast majority of casualties are down to driver error.

Driving less can reduce traffic danger in your area.

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**Less pollution**

Going by bus or train instead of driving produces **6 – 8** times less CO2, on average². Walking or cycling produces none.

Driving less means we breathe less harmful pollution.

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**Less traffic**

By 2035 the number of cars on England’s roads is set to increase by **45%** and traffic delays by **64%**³. Four in 10 car journeys are less than **2** miles⁴.

Driving less means less congested, more pleasant streets.

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**Reduced costs**

Nearly half of households in England could be struggling with car-ownership costs⁵. A family can save **£642** a year by swapping a car-based school run for walking or cycling⁶.

Driving less is usually cheaper.

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**Healthier, happier kids**

Half of our children are driven to school⁷, yet the average school run for primary schools is just **1.5** miles⁸.

Walking, cycling, scooting or skateboarding to school helps kids engage with their community, stay healthy, and arrive alert and relaxed⁹.

Driving less for families can mean more active, sociable lifestyles.

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**Heathier, happier people**

**One in four** adults in England are obese and a further **37%** are overweight⁰.

Regular walking, jogging and cycling can help guard against asthma, depression, diabetes, heart disease, osteoporosis and some cancers¹¹.

People who take the bus or train to work instead of driving have a lower BMI and a healthier bodyweight¹².

Driving less means improved health, wellbeing, and less stress.

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**Healthier economy**

The cost to the NHS of people being overweight is estimated at **£4.2 billion** a year¹³.

Increased walking and cycling can give local businesses and town centres a boost and increase the value of homes¹⁴.

Driving less can help your community flourish.

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**Find out more at brake.org.uk**

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**End notes**

¹ Reported road casualties in Great Britain, Department for Transport (2015)
² http://www.sustrans.org.uk/change-your-travel/inducing-your-car-use-change-your-travel-environment, Sustrans
³ Road Transport Forecasts, Department for Transport (2011)
⁴ National Travel Survey, Department for Transport (2010)
⁶ Estimate by Sustrans based on figures from the AA, DECC, DfT, DEFRA & DECC GDP conversion factors and the Bike Station (June 2014)
⁷ Transport: Social Trends 41, Office for National Statistics (2011)
⁸ Donabie, Anna, Transport: Social Trends 41, Office for National Statistics (2011)
¹¹ Exercise calorie counter, The British Heart Foundation (2014), calculating the average calories burned by a 50-year-old adult weighing 10 stones.
¹² Flint Ellen, Cummins Steven, Sacker Amanda, ‘Associations between active commuting, body mass index and other measures of health and well-being: a population-based, cross-sectional study in the United Kingdom’, BMJ Open 2015