



### Invitation

#### Policy Seminar

**\*\*Tuesday 7 January 2014, 1.45 – 4pm**

(Preceded by lunch at 1pm and followed by afternoon tea)

**RSVP essential. Email: [icls@ucl.ac.uk](mailto:icls@ucl.ac.uk)**

#### Active Transport and Health

There are benefits from using our cars less - to our health and for the environment. Most people are aware that physical activity is good for you but they may be less familiar with advantages from using public transport. This seminar starts with three presentations on active transport at different stages in the lifespan. The first examines mode of travel to school and obesity and how their relationship is complicated by how well-off families are. The second presentation follows up on this theme by reporting on commuting mode, including public transport, and adiposity during the working years, while the third shows the effect that free bus passes can have on transport decisions and the health of older adults. The seminar rounds off with a presentation on the attitudes and willingness of people to change their travelling behaviour and get out of their cars. Together the four presentations give valuable insights to guide policy decisions.

Professor Amanda Sacker, Seminar Coordinator and Director, ICLS.

#### Presentations and Speakers:

**Active travel to school and the risk of obesity** .Yvonne Kelly, Professor of Epidemiology and ICLS Associate Director

**Does active commuting predict healthy weight and body composition?** Ellen Flint, Research Fellow in Social Epidemiology at the LSHTM and former ICLS PhD student.

**Bus passes, active travel and health** . Elizabeth Webb, ICLS Research Associate

**Attitudes to transport and willingness to change behavior.** Eleanor Taylor, NatCen Social Research, Senior Researcher.

**Chairperson:** Richard Bartholomew, (former) Chief Research Officer, Children, Young People and Families Directorate, Department for Education.

There are no fees for this seminar but please **RSVP seminar attendance** (indicating any special needs). E-mail: [icls@ucl.ac.uk](mailto:icls@ucl.ac.uk) . Venue details will be available on registration. Nearest underground stations: Goudge Street and Warren Street

**\*\*NB: New Date**

[http://www.ucl.ac.uk/icls/policy\\_seminars](http://www.ucl.ac.uk/icls/policy_seminars)