To: letters pages Oxford Mail

From: Steve Dawe, COWLEY AREA TRANSPORT GROUP – [www.catg.org.uk](http://www.catg.org.uk)

53 Bulan Road Oxford OX3 7HU – 21st May 2021

Dear Editor,

It was very good to see that local health professionals strongly support Low Traffic Neighbourhoods on physical and mental health grounds (*Oxford Mail,* 20th May 2021). Figures suggest about 49% of adults in Oxford are overweight or obese. Regarding mental health, Oxford has a high rate of emergency hospital admissions for intentional self-harm, well above the national average(1). More frequent exercise, including active travel options like walking and cycling, are known to be good for mental and physical health(2).

If we couple health benefits of LTNs with reducing air pollution, greenhouse gases, noise levels and the specific stresses of trying to use a car in rush hours and school runs, then there is much to be achieved if people who can be more physically active take up the challenge of making our City a far more pleasant place to live(3). The important message from this material is that Low Traffic Neighbourhoods need to made permanent and that we need far more Low traffic Neighbourhoods in Oxford.

Yours sincerely,

Steve Dawe

COWLEY AREA TRANSPORT GROUP – [www.catg.org.uk](http://www.catg.org.uk)

Notes:

1. <https://www.oxford.gov.uk/info/20127/health/457/oxfords_health>
2. SEE: <https://www.nice.org.uk/news/article/commuting-by-walking-or-cycling-can-boost-mental-wellbeing> & <https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/why-cycling-and-walking-are-great-for-your-mental-health>
3. See for a recent full assessment of the overall picture of transport in Oxford: <https://mycouncil.oxfordshire.gov.uk/documents/s50199/CA_MAR1720R09%20-%20Annex%201%20Oxford%20LCWIP.pdf>