



1a. How to: Encourage active travel

Why is it important?

Active travel has many potential benefits including health, environmental and economic. Encouraging active travel such as walking or cycling will help to reduce the carbon emissions costs and pollution associated with using vehicles.

The National Institute of Clinical Excellence (NICE) recommends that employers develop policies to encourage employees to walk, cycle or use other modes of transport involving physical activity to travel to and from work as part of their working day.

What does a Sustainable practice look like?

Offering incentives such as prizes e.g. a pedometer, sportswear or gym/sports class memberships, signing up to the Government's Cycle to Work Scheme (to enable staff to buy a bike tax-free) as well as hosting activities or cycling and walking events at the practice may encourage your staff to increase active travel.

Electric bikes (or e-bikes) are pedal bikes assisted by an electric motor. This can make cycling accessible to a wider range of people over longer distances – potentially with less sweating involved!

Real Life examples:

NHS Tower Hamlets

To encourage a shift away from car use to walking and cycling to work, a Travel Plan has been produced for NHS Tower Hamlets. Surveys were done to identify travel patterns and targets were set to increase staff cycle to work and decrease staff driving to work. New cycling facilities were installed at various hospital sites. Shower and locker facilities renewal are underway. Momentum is maintained by organising Cyclists' breakfasts, sharing a range of information in the intranet and the creation of a '**Cycle User Group**' email list. The '**Cycle to Work**' Scheme is being implemented to enable staff to buy bikes at a reduced cost, tax free.

King's College Hospital Walking Incentives

An ongoing project by King's College offers goodie bags with free pedometers as well as guided walks to raise awareness and incentivise staff to walk as part of their journey to work.

Hillingdon Hospital Green Travel Incentive

A points scheme has been started for staff members where they can collect points each time they swap from driving to commute on foot/bike and for the miles travelled. Cycling/walking-related prizes are given in exchange for points earned.



Actions

KEY:

Implementation: Easy = 😊😊😊 Less Easy = 😊

Investment Cost: Low = 💰 High = 💰💰💰

Financial return on Investment (ROI): Low = 🐷 High = 🐷🐷🐷

Environmental benefit: Small = 🌍 Large = 🌍🌍🌍

- Install secure cycle parking at the practice 😊 💰💰 🐷 🌍
- Provide showers, changing facilities and lockers where possible 😊 💰💰💰 🐷 🌍🌍
- Sign up to the Government's 'Cycle to Work Scheme' and let staff know that it applies to e-bikes too 😊😊😊 💰 🐷 🌍
- Encourage and promote active travel options by sharing resources in the practice and on the practice website 😊😊😊 💰 🐷 🌍
- Display walking/cycling routes and maps of your local area in the practice 😊😊 💰 🐷 🌍
- Survey travel patterns of your staff and patients using an online survey tool (*such as Survey Monkey*) to find out how they currently travel and what could help them to incorporate more walking or cycling 😊😊 💰 🐷 🌍
- Liaise with your local gyms and sports centres to find out about facilities, membership promotions and options for your staff 😊😊 💰 🐷 🌍
- Start a step challenge! How about collating the pedometer count for the whole staff every week and see how high you can get it? 😊😊😊 💰 🐷 🌍

Sustainable Dentistry: How-to Guide for Dental Practices

1a. Encourage active travel



Resources

Case studies:

NHS Tower Hamlets Travel Plan

<http://map.sustainablehealthcare.org.uk/nhs-tower-hamlets-travel-plan>

King's College Hospital Walking Incentives

<http://map.sustainablehealthcare.org.uk/walking-incentives>

Hillingdon Hospital Green Travel Incentive

<http://map.sustainablehealthcare.org.uk/green-travel-incentive>

More links:

National Institute of Clinical Excellence guidance - Physical activity in the workplace

<https://www.nice.org.uk/guidance/ph13>

Department of Transport research: Cost benefits of active travel

<https://www.gov.uk/government/publications/economic-case-for-active-travel-the-health-benefits>

Government Cycle to Work Scheme

<https://www.gov.uk/government/publications/cycle-to-work-scheme-implementation-guidance>



1b. How to: Install electric vehicle charging points

Why is it important?

Fuel-burning vehicles release emissions into the atmosphere which are harmful to the environment and to our health. A study has found that electric vehicles emit half the carbon emissions of diesel vehicles. Britain has made a commitment to ban all new petrol and diesel cars and vans from 2040 in a bid to tackle air pollution.

Providing electric vehicle charging points at your dental practice promotes the message of sustainability and can encourage staff and patients who travel by car to think about using an electric/hybrid vehicle. Charging points can cost as little as £300 if purchased through the Office for Low Emission Vehicles (OLEV), a government run scheme. Life Cycle Analysis of the Climate Impact of Electric Vehicles, October 2017. VUB university, Brussels

<https://about.bnef.com/electric-vehicle-outlook/>

What does sustainable practice look like?

Real life examples:

Northumbria Healthcare NHS Foundation Trust are now using a fleet of 13 all electric Nissan e-NV200 vans which have low running costs and zero emissions mobility for the delivery of health supplies, mail and sample collection across its hospital and community sites. Its estimated that the vans will save 59 tonnes of carbon emissions annually (the equivalent of flying 5 times from the UK to Hong Kong).

North East Ambulance Service have installed electric vehicle charging points at 6 sites in the North East. They say: “the uptake of electric vehicles was vital for the Ambulance Service. We aim to be proactive in promoting a cleaner environment and the use of electric vehicles also enables us to save money on high fuel costs”.

They used an independent company ‘Elm Electric Vehicle Charging Solutions’ who provide private and public sector organisations with fast and reliable charging solutions.

Whittington Hospital NHS Trust is planning to reduce the rate of its annual parking permit fee for staff with electric vehicles. The charge of the permit is linked to the carbon emissions of the vehicle to encourage individuals to switch to other modes of transport. Electric vehicles will get 6 months free.

Modelled example:

Sam is a dental nurse at a rural village dental practice in Somerset. His commute to work from home takes 40mins by car and would take over 1h30 if using public transport. He has recently bought a new ‘plug-in-hybrid’ to replace and upgrade his old petrol car which was becoming too expensive to run.