

## **Better Mobility Options for Creating Healthier Zones in Cities**

### **Introduction**

Urban areas worldwide are facing significant health challenges due to pollution, sedentary lifestyles, and lack of access to healthy food options. The problem is exacerbated by inadequate and inefficient mobility options. These contribute to air and noise pollution, and limit residents' ability to access health-promoting resources.

There is an urgent need to create healthier zones in cities by improving mobility options. This involves developing sustainable, efficient, and inclusive transportation systems that reduce pollution and traffic congestion and promote physical activity and equitable access to health-promoting resources.

### **How can this be addressed?**

There are several examples of healthier mobility options that cities around the world are implementing:

**Public transport infrastructure:** Cities are developing public transport infrastructure and digitizing transport system processes. This includes mass transit systems like buses, trams and metros.

**Pedestrian and cycling infrastructure:** Many cities are expanding pedestrian and cycling infrastructure to encourage active transportation. For example, Paris plans to add 180 kms of segregated bicycle lanes and triple the number of bike parking spots throughout the city.

**Shared mobility options:** Cities are implementing mobility hubs that integrate different transport modes with shared mobility options such as electric bikes and scooters.

**Green transport:** Some cities are promoting the use of electric vehicles and creating more charging stations.

**Water transport:** In some cities, water transport is being used as an alternative to buses and underground trains (for example, Kochi's water taxis).

These healthier mobility options reduce pollution and traffic congestion and promote physical activity and equitable access to resources.

The challenge lies in designing and implementing such systems in a way that meets the diverse needs of urban residents, while also being economically viable and environmentally sustainable. Select any hot spot in an urban area (Chennai, Bengaluru, etc.) and plan for a healthier zone based on analysing mobility and designing appropriate non-motorized transport and public transport.