



*Sustainable transport,  
integrated transport,  
active transport:  
what are they?*



## Definitions

### Sustainable transport

Sustainable transport has been defined as

..... transportation that does not endanger public health or ecosystems and meets the needs for access consistent with sustainable use of renewable resources at below their rates of regeneration, and use of non-renewable resources at below the rates of development of renewable solutions (OECD, 1999) from Hans Westerman, ARRB conference, Dec. 2002

Or put more simply:

Sustainable transport implies transport systems that meet the mobility needs of today without compromising the ability of future generations to meet their needs.

In more practical terms, sustainable transport is often used to refer to the lower impact modes of walking, cycling and public transport.

These definitions imply a balance between resources consumed and emissions according to renewal and absorption capacities. While this may not be fully achievable, it provides a target as a guide to progressively reorient our transport systems and gradually seeking to close the gap between resources consumed and resources renewed or replaced.

### Integrated transport

Integrated transport is a mechanism by which societies can reorient transport planning systems into more sustainable patterns.

Transport is too closely linked to many other society processes (settlement patterns) and community outcomes (health, access) to be considered in isolation. Integrated transport acknowledges and

reinforces the connection of transport infrastructure and investment to broader society goals of sustainability, liveability, health and community well-being.

### Active Transport

Active transport is defined as physical activity undertaken as a means of transport. Rather than a focus on recreational modes of transport, for example cycling for sport, active transport activities focuses on travel to and from a destination. Through the promotion of modal shifts from motorised to active transport modes health and greenhouse benefits can be realised. (ICLEI, Sustainable Transport Project)

Walking, cycling, public transport, skateboard, roller blade are all means of getting about which require physical activity.

Diseases of inactivity and the national concern for obesity have focused attention on the reduced activity of current lifestyles.

At present, walking and cycling are often regarded as largely recreational pursuits. Walking and cycling are two modes of transport that fall within local governments' sphere of influence. By encouraging transport modes of walking and cycling local governments can simultaneously:

- improve community health and well-being by incorporating activity into day to day behaviour patterns
- reduce greenhouse emissions by providing more attractive choices for non motorized transport modes.

Public transport usually requires a walking trip (often taking longer than the public transport ride itself!) and also qualifies as an active transport mode.