

cycle BOOM: Design For Lifelong Health & Wellbeing

Cycling is booming in the UK. But people aged 65+ make only 1 per cent of all journeys by bike whereas it is 9 per cent in Germany. **How can our environment and technology be better designed to help people continue to cycle in later life or to reconnect with cycling?**

Introduction

Cycling can contribute to physical and mental health and wellbeing amongst the ageing UK population. It provides a way of engaging with the outdoor environment and everyday activities.

Many people find cycling more physically challenging as they get older. The risks associated with riding a bicycle in a less than supportive environment also force many to stop cycling for fear of injury.

Programmes to promote cycling: improvements to cycle paths, provision of cycle training and promotional events, together with the growth in availability of assistive technologies such as electric bicycles could help to reverse this trend.

Objectives

01 Understand cycling amongst the older population better: How is it related to the design of the built environment and the technology available? How does cycling in later life affect independent mobility, health and wellbeing?

02 Create a toolkit of advice for policy makers and practitioners: How can the built environment and technology be better designed to promote cycling amongst current, and future, older generations?

Methods



1. Design and policy scoping
2. Two EU 'best practice' cities visited
3. Examining existing data
4. Case studies in the Bristol, Oxford, Reading and Cardiff areas including:
 - Biographic interviews
 - Mobile interviews during routine rides
 - Electric bike trials with wellbeing measures and control group
5. Final integrative analysis

Outputs

Impact on those in and approaching later life, policy makers, practitioners, and academics through:

- Website: www.cycleboom.org
- Social media: Twitter, Facebook, Blog
- TV, radio and newspaper coverage
- Design and policy toolkit: briefing notes and recommended improvements
- Academic articles
- Documentary film
- Annual newsletter and final report
- Seminars:
 - *Methods for understanding older people's mobility (Spring 2015)*
 - *Design for wellbeing: Built environment and cycling mobility (Spring 2016)*
- Secondary schools citizenship sessions

