



MEDIA RELEASE

Doctors Prescribing Active Travel for Patients & Communities

Toronto – March 20, 2017: The Canadian Association of Physicians for the Environment (CAPE) is releasing a toolkit today for health professionals on active travel—active modes of transportation, such as walking and cycling, and public transit, which often involves walking or cycling at the front or back of the trip.

“Active travel is the holy grail for health professionals,” explains Kim Perrotta, Executive Director for CAPE. “By building communities that foster walking, cycling, and public transit, we can reduce rates of chronic diseases, improve air quality, slow climate change, and reduce social inequities. Active travel is a quadruple win for public health.”

CAPE’s new toolkit includes five modules, two backgrounders that can be used at public meetings, two factsheets and brochures that can be given to patients, and nine memes that can be used on Twitter or Facebook. The full package is available at <https://www.cape.ca/active-travel-toolkit>

“As physicians, we know that physical activity is essential to good health, but we know that time is a huge barrier for many people,” offered CAPE Board member Dr. Éric Notebaert, an emergency room physician in Montreal. “By creating communities that make it safe and easy to walk, cycle, and use transit for work, school, and errands, we can build physical activity back into people’s lives. At the same time, we can reduce greenhouse gases that are contributing to climate change.”

The toolkit has been created to provide doctors, medical learners, and other health professionals with the scientific evidence and support they need to become advocates for active travel in their clinics and in their communities.

“As physicians, we have learned that we can have a powerful impact on the views of the public and decision-makers when we bring health evidence into public policy discussions,” explained CAPE Board member Dr. Samantha Green, a family physician who works in Toronto. “We hope this toolkit will embolden health professionals to speak out for active modes of transportation and transit, and the public policies needed to support them.”

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CAPE is the only health organization in Canada dedicated to improving human health by promoting policies that protect and/or improve the environment.