




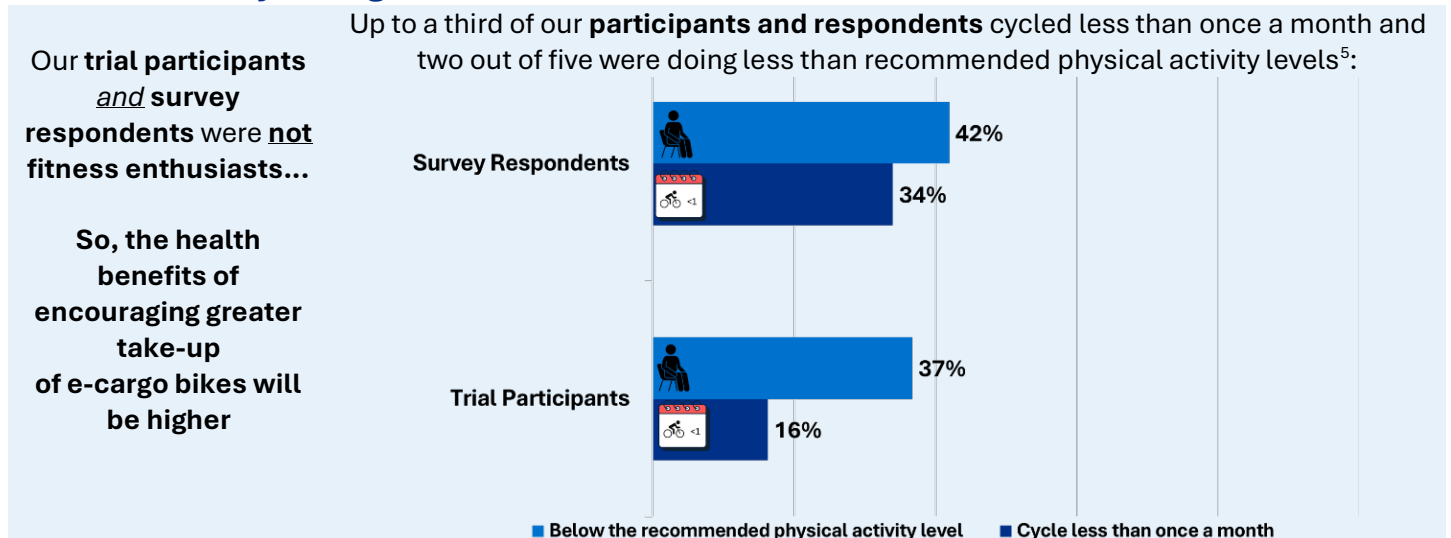
Public Health Benefits of E-cycling: A Short Summary

The [Elevate project](#)¹ lent **e-cargo bikes**² to **49 households** in Leeds, Oxford and Brighton³ for a **month** during **summer-autumn 2023**; **11** of these households also borrowed an ECB for **3-6 months** during **winter-spring 2023/4**. [Elevate](#) also commissioned a survey run by YouGov in spring 2023. This note contains results related to health benefits and impacts of e-cycling and using ECBs.





E-Cycling & Health⁴:

E-cycling improves individual physical fitness:		... E-cycling increases individual physical fitness by up to 10% in inactive adults <i>and</i> those with chronic disease .
Health Gains > Pollution Risks:		... long-term benefits of active travel outweigh the risks of exposure to air pollution in high income countries.
Can help encourage active travel and improve health :		...Those who typically ride e-bikes do so more frequently and for longer periods of time than conventional bicycles.

Trial and Survey Background:



Post-Trial Findings: Health Impacts

ECBs can help meet physical activity goals:		During the trial, our participants met UK physical activity guidelines ⁶ and undertook more active travel minutes compared to non-users
There are positive wellbeing benefits :		Participants spontaneously reported mental health and physical health benefits , as well as social and environmental advantages .
Participants who rode ECBs were more physically active :		ECB users had 2.6 to 3.1 times more exercise than non-users
ECBs have health benefits:		Participants who rode ECBs trended toward healthier BMI and reduced sedentary behavior

¹ funded by the Centre for Research on Energy Demand Solutions, Engineering and Physical Science Research Council grant UKRI EP/S030700/1.

² Leeds: 2 Raleigh Strides, 1 Benno Boost, 1 Tern GSD, 1 Pegedo Cargo. Oxford: 4 Gazelle Makki Loads. Brighton: 4 Riese & Müller Multitinkers

³ Specifically in Guiseley, Yeadon, Menston, Otley and Cookridge (Leeds), Kennington and Radley (Oxford), Preston Park and Hove Park (Brighton).

⁴ Information from: Bourne, J., Levine, J.G., Landeg-Cox, C. and Bartington, S.E. (2022) Environmental and health impacts of e-cycling. Policy Briefing Note No. 4. Birmingham, UK: TRANSITION Clean Air Network. Available at: <https://doi.org/10.25500/epapers.bham.00004119>

⁵ Less than 2.5 hours (150 min) of moderate physical activity

⁶ 150 minutes/week