Cycle Chesterfield

United Nations Sustainable Development Goals (UNSDG)

Goal 1: No Poverty - Cycling offers several benefits especially in terms of economic empowerment, access, and cost-saving:

- **Low-cost mobility:** Bicycles are much cheaper to buy, maintain, and operate than motor vehicles, making transportation accessible to low-income individuals**.**
- **Reduces transport costs:** Enables people to save money on commuting, which can be redirected to essentials like food, healthcare, or education.
- **Job access:** Cycling improves mobility to employment opportunities that may be unreachable by foot or unaffordable by public transport.
- **Supports small businesses:** Delivery jobs and courier services on bicycles are common, especially in low-income urban areas.
- **Boosts micro-enterprises:** People can start small delivery, repair, or vending businesses using bicycles.
- **Encourages local economies:** Promotes shopping locally due to the ease of access.
- **Reduces healthcare expenses:** Cycling improves physical and mental health, lowering costs related to chronic diseases like obesity, diabetes, and heart conditions—common poverty-related health burdens.
- **Sustainable infrastructure:** Promoting cycling over car dependency reduces environmental degradation that disproportionately affects low-income communities.
- **Less fuel dependency:** Frees communities from fluctuating fuel costs.

Goal 3: Good Health and Well-being - based on the general connections between cycling and health benefits. Here's how cycling helps achieve the goal:

- **Improved Physical Health:** Regular cycling is an excellent form of cardiovascular exercise. It helps improve heart health, build muscle, and increase stamina. It also lowers the risk of chronic conditions like heart disease, diabetes, and stroke.
- **Mental Health Benefits:** Cycling has been shown to reduce stress, anxiety, and depression. Physical activity, including cycling, triggers the release of endorphins, which can improve mood and mental wellbeing.
- **Increased Life Expectancy:** Regular physical activity, such as cycling, has been linked to longer life expectancy. Cycling helps maintain a healthy weight, which in turn reduces the risk of many age-related health conditions.
- **Promotes Healthy Lifestyles:** Cycling is a low-impact exercise, making it suitable for people of all ages and fitness levels. It encourages an active lifestyle, which is key to preventing obesity and promoting overall health.
- **Reduced Traffic-Related Health Risks: By** reducing the number of cars on the road, cycling helps to reduce air pollution and the associated health risks such as respiratory diseases and cardiovascular issues caused by exposure to harmful pollutants.
- **Social Wellbeing:** Cycling can foster social connections, as it is often done in groups or as part of a community event. This promotes a sense of community and belonging, which is beneficial for mental health.
- **Healthier Environment:** As cycling reduces reliance on motor vehicles, it contributes to cleaner air, which has a direct impact on respiratory health and the prevention of diseases like asthma and lung cancer.

These benefits make cycling an effective way to promote better health, reduce healthcare costs, and support the achievement of Goal 3: Good Health and Well-being.

Goal 7: Ensure access to affordable, reliable, sustainable and modern energy for all. Cycling relates to this goal in several ways:

- **Reducing Fossil Fuel Use:** Cycling is a zero-emission mode of transport, reducing dependence on petrol and diesel, which aligns with the goal of increasing access to clean energy.
- **Energy Efficiency:** Compared to cars, bicycles require significantly less energy to manufacture and maintain, making them a more energy-efficient transportation option.
- **Encouraging Renewable Energy Use:** Many cycling initiatives promote electric bikes (e-bikes), which can be powered by renewable energy sources like solar or wind, further supporting SDG 7's aims.
- **Sustainable Urban Transport:** Investing in cycling infrastructure (bike lanes, bike-sharing schemes) helps reduce traffic congestion and air pollution, creating cleaner and more sustainable cities.

Cycling supports SDG 7 by promoting low-energy, clean, and sustainable mobility, which contributes to a greener future. Would you like more details on any specific aspect?

Goal 11: Sustainable Cities and Communities - based on the general principles of sustainable urban development. Here's how cycling supports Goal 11:

- **Reduced Traffic Congestion:** Cycling reduces the number of cars on the road, leading to less congestion in urban areas. This helps make cities more liveable, with shorter travel times, less stress, and improved quality of life.
- **Improved Air Quality:** Since cycling produces no emissions, it helps decrease air pollution levels. This aligns with the goal of making cities more sustainable and healthier places to live, particularly in urban areas suffering from poor air quality.
- **Sustainable Transport:** Cycling is a low-cost, energy-efficient, and eco-friendly mode of transport, which makes it a key part of developing sustainable urban transport systems. It helps reduce cities' reliance on fossil fuels and supports the shift towards greener, more sustainable cities.
- **Health and Wellbeing:** Cycling promotes physical health by encouraging regular exercise, which can reduce the risk of diseases related to sedentary lifestyles, such as heart disease and obesity. Healthier populations contribute to more sustainable communities.

- **Reduction in Noise Pollution:** With fewer cars on the road, noise levels in cities can decrease, leading to quieter, more peaceful urban environments. This improvement in the quality of life is an important aspect of making cities more sustainable.
- **Affordable Mobility:** Cycling is an inexpensive mode of transport, which is crucial in creating more inclusive and equitable cities, where mobility is accessible to all, regardless of income.
- **Compact and Efficient Cities:** By encouraging cycling, cities can develop more compact and walkable neighbourhoods. This reduces urban sprawl, conserves land, and ensures that essential services are easily accessible.

These benefits contribute directly to making cities and communities more sustainable, healthier, and more resilient, aligning with the targets of Goal 11 for sustainable urban development.

Goal 13: Climate Action - Cycling contributes positively to this goal in the following ways:

- **Reduction in Greenhouse Gas Emissions:** Cycling is a zero-emission mode of transport. By choosing to cycle instead of driving, individuals can reduce carbon dioxide and other greenhouse gases, which are major contributors to climate change.
- **Decreased Air Pollution:** Cycling produces no harmful emissions, thus helping to improve air quality, particularly in urban areas where traffic-related pollution is a significant problem.
- **Reduction in Traffic Congestion:** By cycling, fewer cars are on the road, which can alleviate congestion, reduce the need for

extensive infrastructure, and minimise the environmental impact of car manufacturing.

- **Sustainable Urban Transport:** Encouraging cycling as part of a sustainable transport system promotes environmentally friendly travel, reduces dependence on fossil fuels, and encourages healthier urban living.
- **Health Benefits:** Cycling helps combat air pollution-related health issues, reduces stress, and promotes physical fitness, leading to fewer healthcare costs related to sedentary lifestyles and pollution-induced diseases.
- **Cost-Effectiveness:** Compared to cars, bicycles are far cheaper to maintain, and cycling infrastructure is less expensive to implement than road systems for cars. This makes cycling a more sustainable transport option, particularly for those in low-income communities.

These benefits align with the aims of Goal 13, which seeks to reduce the impact of climate change through various actions, including promoting sustainable transport systems.

Goal 15: Life on Land - which focuses on the protection, restoration, and sustainable use of terrestrial ecosystems. Here's how cycling aligns with this goal:

- **Reduction of Carbon Emissions:** Cycling is a zero-emission mode of transport. By cycling instead of driving, fewer greenhouse gases are released into the atmosphere, which helps combat climate change and its effects on terrestrial ecosystems.
- **Less Pollution:** Cycling produces no air or noise pollution, unlike motorised vehicles. Reducing air pollution is crucial for preserving ecosystems, preventing soil acidification, and protecting biodiversity.
- **Conservation of Natural Resources:** Cycling is energy-efficient and requires far fewer resources to produce and maintain than cars or other motorised transport. This helps reduce the strain on natural resources, contributing to more sustainable land use.
- **Habitat Protection:** By promoting cycling infrastructure, cities and communities can reduce the need for expansive roads and parking lots, thus reducing habitat destruction and land degradation. This helps protect wildlife habitats and ecosystems from urban sprawl.
- **Promotion of Green Spaces:** Cycling encourages the development of green, pedestrian-friendly areas, such as bike lanes, parks, and nature trails. These green spaces are important for biodiversity and offer critical habitats for wildlife.
- **Reduced Urban Heat Island Effect:** With fewer cars on the road, cycling helps mitigate the urban heat island effect, where cities become significantly hotter than surrounding areas due to increased traffic and buildings. Cooler cities support healthier ecosystems and reduce the strain on local wildlife.
- **Encouraging Sustainable Land Use:** Cycling can help promote sustainable land management by reducing the need for large-scale infrastructure projects that disrupt natural habitats and ecosystems. It encourages more sustainable planning and development in urban areas.

By promoting cycling, cities can reduce their environmental footprint, protect ecosystems, and contribute to the health and preservation of life on land, aligning with Goal 15.