

Evidence Collections for Climate and Health

What we found

Food Environment Evidence Directory (FEED)

160 reviews on interventions and policies aiming to influence people's consumption patterns. This evidence landscape showed:

- Few reviews explicitly looked at both sustainability and consumption or health outcomes
- Identified reviews primarily focussed on specific settings and younger demographics. Vulnerable populations seem to be the least studied subpopulation.

Active Travel Evidence Collection

- There was limited evidence on how to frame car-reduction policies for effective communication. If a particular framing is related to wider issues (health, economy), it must be clear to the public how the frame is related to the car-reduction policy.
- Active travel interventions are unlikely to harm the local economy and may produce positive returns.
- Planning policy can help increase active travel, but implementation challenges of translating policy to action must be addressed for benefits to be realised.

Why we did this project

Climate change poses a growing threat to public health in the UK. This research addresses this critical challenge by identifying evidence on interventions that can improve population health while mitigating climate change.

We focused on two key behaviour 'shifts' which offer significant "win-win" opportunities for health and the climate crisis: healthy and sustainable diets and increasing active travel. The project aimed to fill evidence gaps and create open access evidence collections to support evidence-based policy in both areas.

What we did

FEED: We created a comprehensive evidence resource - the Food Environment Evidence Directory (FEED) - providing access to 160 reviews on population-level interventions and policies aimed at influencing food consumption patterns. Relevant literature was identified through a comprehensive literature search and mapped. The result is two interactive and open access tools, the FEED [Map](#) and [Visualiser](#).

Active Travel: This collection on active travel was developed through a participatory research design. We reviewed the UK policy landscape and consulted with active travel stakeholders in the UK to help identify existing evidence gaps. Using AI supported methods, we then conducted three rapid reviews on active travel, exploring:

- Effective policy framing for 'push' interventions to promote modal shift away from car use to active travel.
- Local economic impacts of active travel interventions.
- The effectiveness emphasising active travel in planning policy.

What are the implications

Policymakers and other users looking to implement interventions to shift diets can use the interactive evidence directory (FEED) to explore and identify relevant evidence for decision making. Further research on dietary shifts should make sure to address the impact on vulnerable populations.

The rapid reviews provide a resource for policymakers considering active travel interventions. Interventions to increase active travel can be implemented in the knowledge that the local economy may benefit, or not be impacted by the intervention. Local authorities should include active travel within planning policy, ensuring there is sufficient implementation support. Active travel policies require more than just legislation to achieve action at a local level. To be successful, these policies need to be supported by funding, political commitment, and active community engagement.