



# Health benefits of four key climate actions in England and Wales

Life years gained in England and Wales by 2050 from switching to Net Zero policy

Life years gained	Policy area	Health co-benefits	Local Climate Actions	Net Zero policies (CCC's balanced pathway)
<b>Total 2,054,121</b>	<b>Increased Active Travel<sup>1</sup></b>			
<b>124,609</b>		<p>Increased physical activity leading to:</p> <ul style="list-style-type: none"> <li> Reduced risk of CVD</li> <li> Reduced risk of cancer</li> <li> Reduced risk of diabetes and obesity</li> <li> Improved mental health</li> </ul>	<ul style="list-style-type: none"> <li>Cycle facilities</li> <li>Bike hire scheme</li> <li>E-bike infrastructure</li> <li>Safe routes</li> </ul>	5-7% of car journeys could be shifted to walking and cycling (including e-bikes) by 2030, rising to 9-14% by 2050.
<b>412,452</b>	<b>Sustainable diets<sup>2</sup></b>			
		<p>Reduced consumption of red meat and dairy leading to:</p> <ul style="list-style-type: none"> <li> Reduced risk of CVD</li> <li> Reduced risk of cancer</li> <li> Reduced risk of diabetes and obesity</li> </ul>	<ul style="list-style-type: none"> <li>Community food growing</li> <li>Future Food Strategy</li> <li>Sustainable food procurement policy</li> <li>Green infrastructure for food production</li> <li>Low-carbon menus</li> </ul>	20% reduction in meat and dairy by 2030 and 35% reduction for meat by 2050, eating better meat and plant-based alternatives. Societal level shifts & new approaches in public sector settings such as schools and hospitals.
<b>732,786</b>	<b>Energy Supply<sup>3</sup> (Low GHG emission fuels for home &amp; transport, and low emission electricity generation)</b>			
		<p>Reduced air pollution leading to:</p> <ul style="list-style-type: none"> <li> Decreased respiratory disease</li> <li> Decreased risk of CVD</li> <li> Lower rates of cancer</li> </ul>	<ul style="list-style-type: none"> <li>Community energy schemes</li> <li>Support for solar panels</li> <li>Green tariff for electricity</li> </ul>	450% increase in renewables by 2050 (to 481 TWh); gas phased out by 2035 and decreased bioenergy; increased carbon capture and storage; remaining supply through nuclear energy (74 TWh by 2050).
<b>835,882</b>	<b>Improved home energy efficiency<sup>4</sup></b>			
		<ul style="list-style-type: none"> <li> Reduction in cold-related ill-health, better mental health, increased thermal comfort</li> <li> Reduced humidity &amp; damp/improved indoor air quality = less respiratory disease and cancer</li> </ul>	<ul style="list-style-type: none"> <li>Fabric first</li> <li>Green Homes Grants</li> <li>Housing retrofit</li> <li>Energy efficiency measures</li> <li>Future homes standards</li> <li>Guidance for homeowners on low carbon initiatives</li> <li>Fuel poverty assessment of carbon neutral heating</li> <li>Carbon reduction plan</li> <li>New buildings BREEAM 'Excellent'</li> </ul>	10.8 million loft insulation measures, 3.4 million solid wall insulation measures and 3.1 million cavity wall insulation measures by 2050. Low-carbon district heat for 5.5m existing homes, heat pumps for 21m existing homes (including 5m in a hybrid configuration, with some using hydrogen as a back-up) and direct electric heating for around 2m existing homes.

Developed with



**Case Studies:**

1. Increased Active Travel: <https://activetravelengland.gov.uk/case-studies?page=1#>
2. Sustainable diets: <https://www.england.nhs.uk/north-west/greener-nhs/case-studies-greener-nhs/case-study-healthy-eating-retail-unit>
3. Energy Supply: <https://communityenergyengland.org/how-to-pages/case-studies>
4. Improved home energy efficiency: <https://www.sustainabilitywestmidlands.org.uk/wp-content/uploads/2023/12/Climate-change-adaptation-practical-examples-for-local-authorities.pdf>