

**Gwybodaeth Ychwanegol at Gwestiynau Ysgrifenedig y Cynulliad
Information Further to Written Assembly Questions**

Cyhoeddir atebion yn yr iaith y'u darparwyd, gyda chyfieithiad Saesneg o atebion yn y Gymraeg.

Responses are published in the language in which they are provided, with a translation into English of responses provided in Welsh.

**Gwybodaeth ychwanegol at WAQ64578, a gyhoeddwyd gan John Griffiths, y Gweinidog
Diwylliant a Chwaraeon, ar 30 Ebrill 2013**

**Information further to WAQ64578, issued by John Griffiths, the Minister for Culture
and Sport, on 30 April 2013**

At/To Darren Millar:

Darren Millar (Clwyd West): Will the Minister make a statement on the interface between the Active Travel (Wales) Bill and the nations' health and well-being? (WAQ64578)

The Active Travel (Wales) Bill will lead to an environment where people can be more active in their daily lives, by making walking and cycling part of their normal routine. Increasing levels of physical activity will lead to a reduction in associated health problems such as strokes, obesity and coronary heart disease. Greater levels of physical activity can lead to improved mental health. Enabling people to travel actively for shorter distances can help them feel more integrated into their local communities, and can help overcome feelings of isolation and increase community cohesion. All of these factors combine to improve overall well being.