Active mobility for improved public health and sustainable cities

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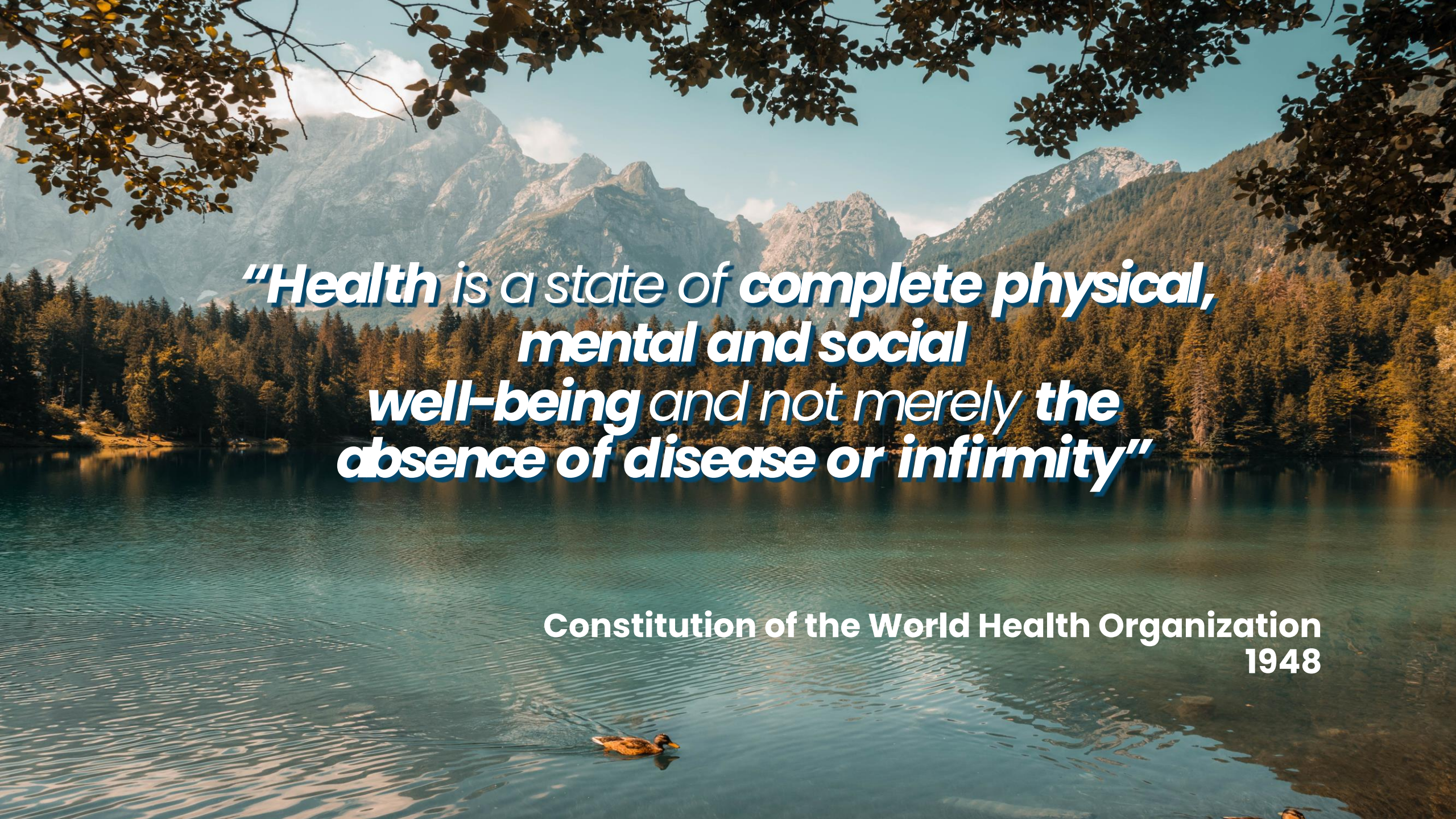
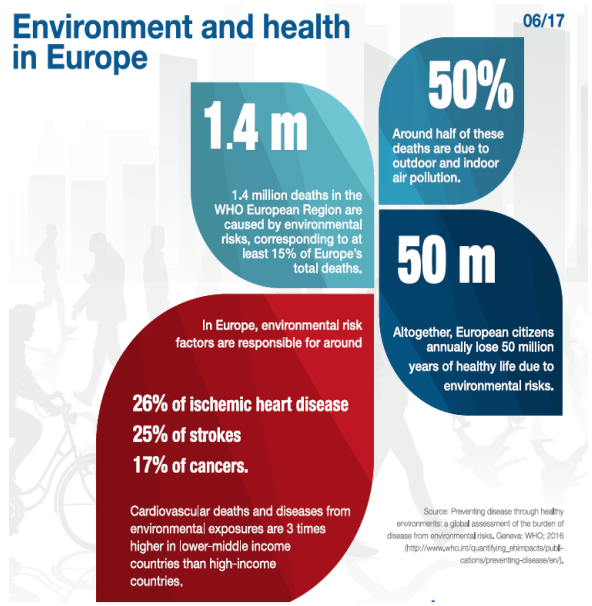

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"
Constitution of the World Health Organization
1948

Health and environment effects of transport

- **Air pollution** – ca. 500 000 deaths/year in WHO/Europe region
- **GHG** emissions from transport (20%)
- **Noise** (100 mln people exposed from transport noise in EEA-33 state only)
- **Road traffic injuries** - 70 000 deaths/year in WHO/Europe - leading cause of death for children and young adults aged 5-29 years



NONCOMMUNICABLE DISEASE IS LEADING CAUSE OF DEATH AND A GLOBAL HEALTH PRIORITY

71%
of all deaths are due to Noncommunicable diseases (NCD's)

41 Million
deaths each year are due to NCDs

15 Million
Are premature deaths each year (between ages of 30-70 years)

GLOBAL LEVELS OF PHYSICAL INACTIVITY

Globally
28%
of adults
do not meet recommended levels of physical activity

Globally
81%
of adolescents
do not meet recommended levels of physical activity

Physical inactivity - 4th leading risk factor for global mortality-
3.2 million deaths globally;
1 million - in the European region

FOUR NON-COMMUNICABLE DISEASES & FOUR RISK FACTORS

		Causal risk factors			
		Tobacco use	Unhealthy diets	Physical inactivity	Harmful use of alcohol
Noncommunicable diseases	Heart disease and stroke	✓	✓	✓	✓
	Diabetes	✓	✓	✓	✓
	Cancer	✓	✓	✓	✓
	Chronic lung disease	✓			

A ROAD MAP FOR ACTION FOR ALL COUNTRIES

There are many ways to be active – walking, cycling, sport, active recreation, dance and play - and many policy opportunities to increase participation.

GOAL TO REDUCE PHYSICAL INACTIVITY

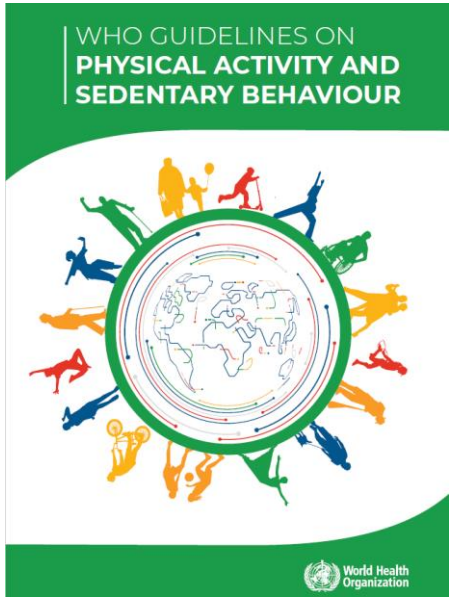
BY 2025
10%

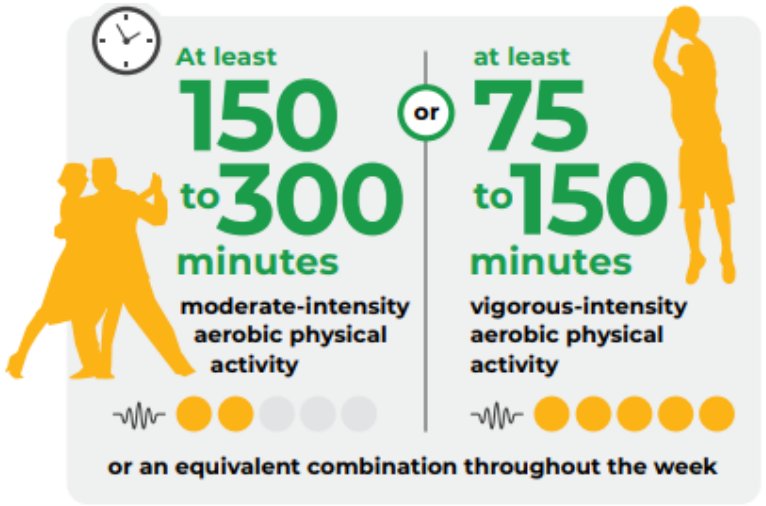
BY 2030
15%

Website: www.who.int/lets-be-active/en/

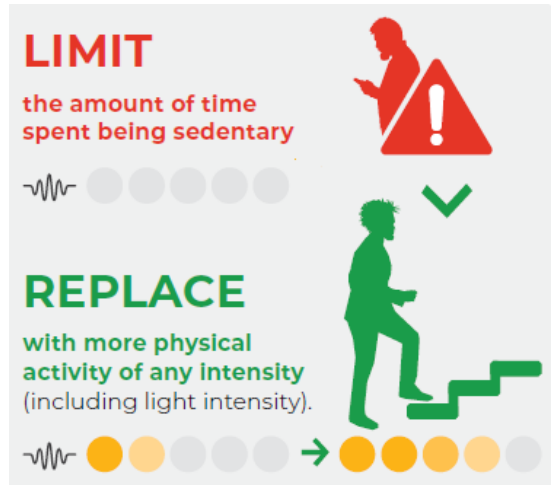
https://apps.who.int/iris/handle/10665/272722

WHO recommendations for Physical Activity





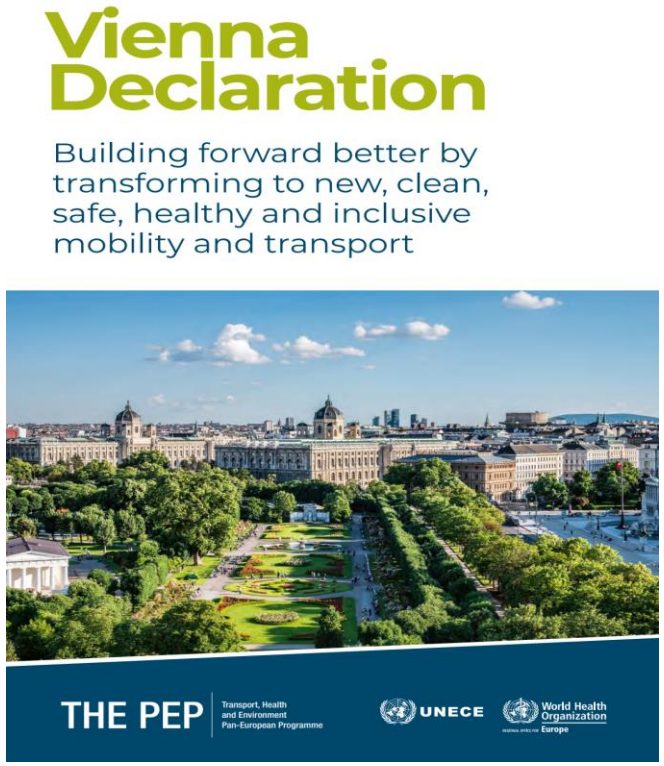
Adults



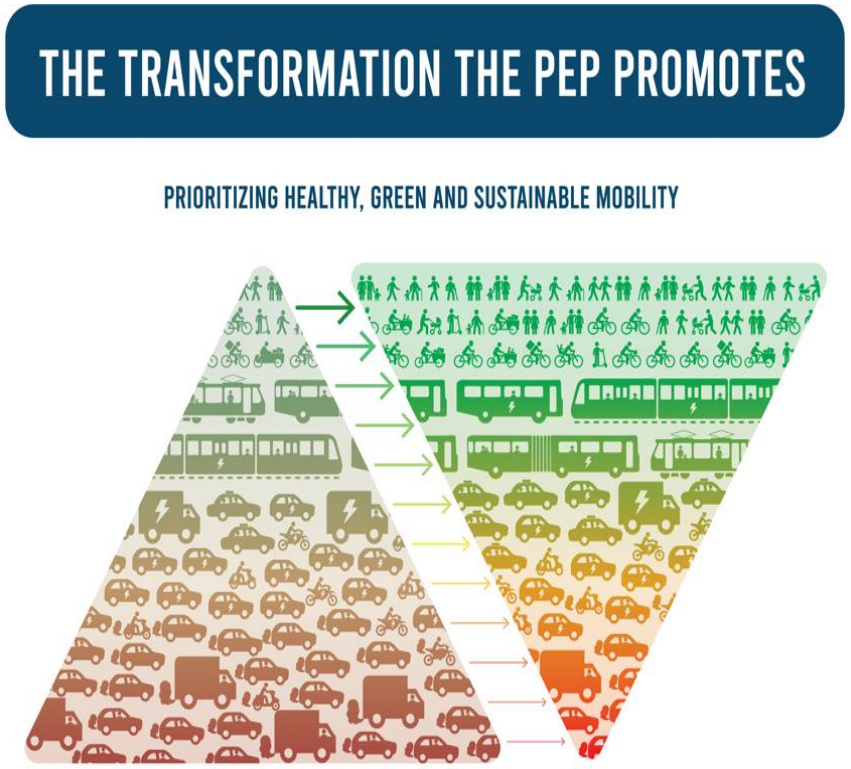
Children and adolescents

https://www.who.int/publications/i/item/9789240014886

WHO/Euro work for sustainable transport



https://thepep.unece.org/node/843



https://thepep.unece.org/

https://thepep.unece.org/sites/default/files/2018-09/online%20version.pdf

Pan-European Master Plan for Cycling Promotion

Objectives for 2030

- Double cycling in the region and increase it in every country
- Halve the rate of fatalities and serious injuries
- Integrate cycling into health policies
- Integrate cycling into land use, urban and regional planning

https://thepep.unece.org/node/825

Cycling - an equal mode of transport!

Why should we promote walking and cycling?

https://apps.who.int/iris/handle/10665/354589

ACTIVE COMMUTING IS ASSOCIATED WITH

DECREASE IN RISK FOR **CARDIOVASCULAR DISEASE** — **10%**

DECREASE IN **TYPE 2 DIABETES RISK** — **30%**

LOWER CANCER-RELATED MORTALITY AMONG BIKE COMMUTERS — **30%**

THERE IS A STRONG ASSOCIATION BETWEEN CYCLING TO WORK AND HEALTH OUTCOMES

40% LOWER RISK OF **DYING FROM CANCER**

52% LOWER RISK OF **DYING FROM HEART DISEASE**

46% LOWER RISK OF **DEVELOPING HEART DISEASE**

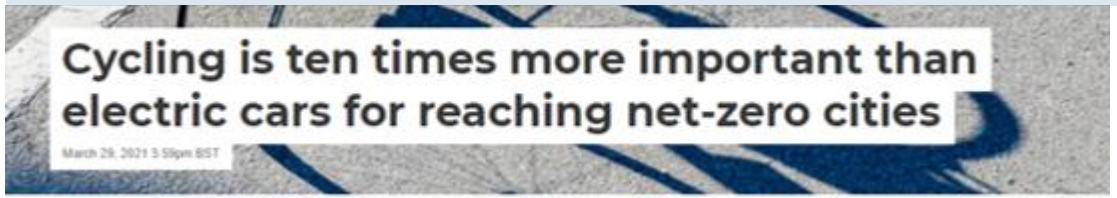
45% LOWER RISK OF **DEVELOPING CANCER**

COMPARED TO THOSE COMMUTING BY CAR.

THE AVERAGE PERSON WHO SHIFTED FROM USING A CAR TO A BIKE, FOR JUST ONE DAY A WEEK, CUT THEIR CARBON FOOTPRINT BY **3.2 KG OF CARBON DIOXIDE**.

WALKING 30 MINUTES OR CYCLING 20 MINUTES ON MOST DAYS REDUCES MORTALITY RISK BY AT LEAST 10%.

Switching From Cars to Bikes Cuts Commuting Emissions by 67%



"What is the economic value of the health benefits from a given volume of walking or cycling within a defined population?"

- Online tool www.heatwalkingcycling.org
- Designed for transport planners
- Economic assessment of health benefits of walking or cycling
- Effects on mortality 'only'

Beyond the health benefits

Walking and Cycling can

Strengthen Urban Resilience
Mitigate Climate Change
Address Energy Crisis

Thank you

Read more at:

http://www.euro.who.int/ecehbonn

thepep.unece.org

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World Health Organization

European Region