

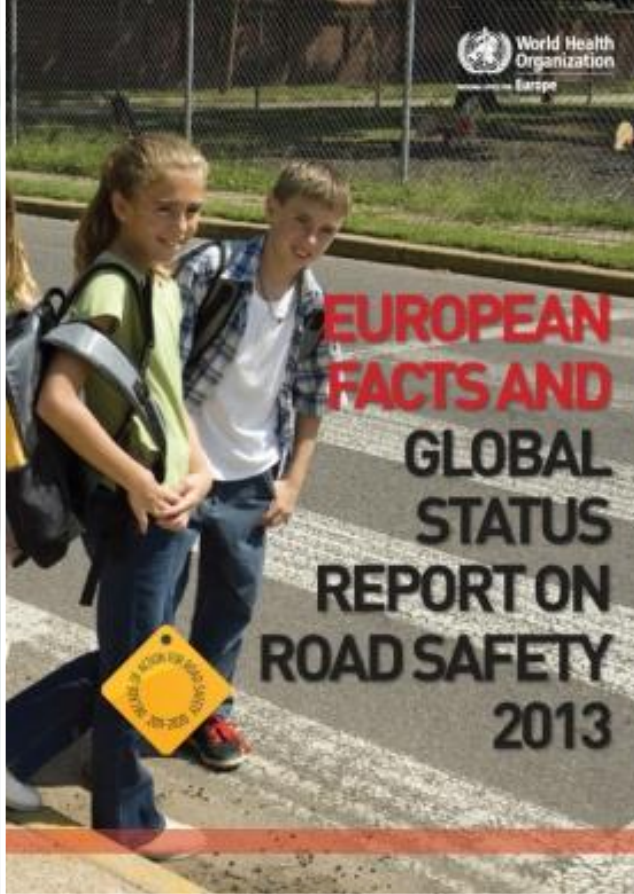
Exploring the links between health and transport: problems and solutions

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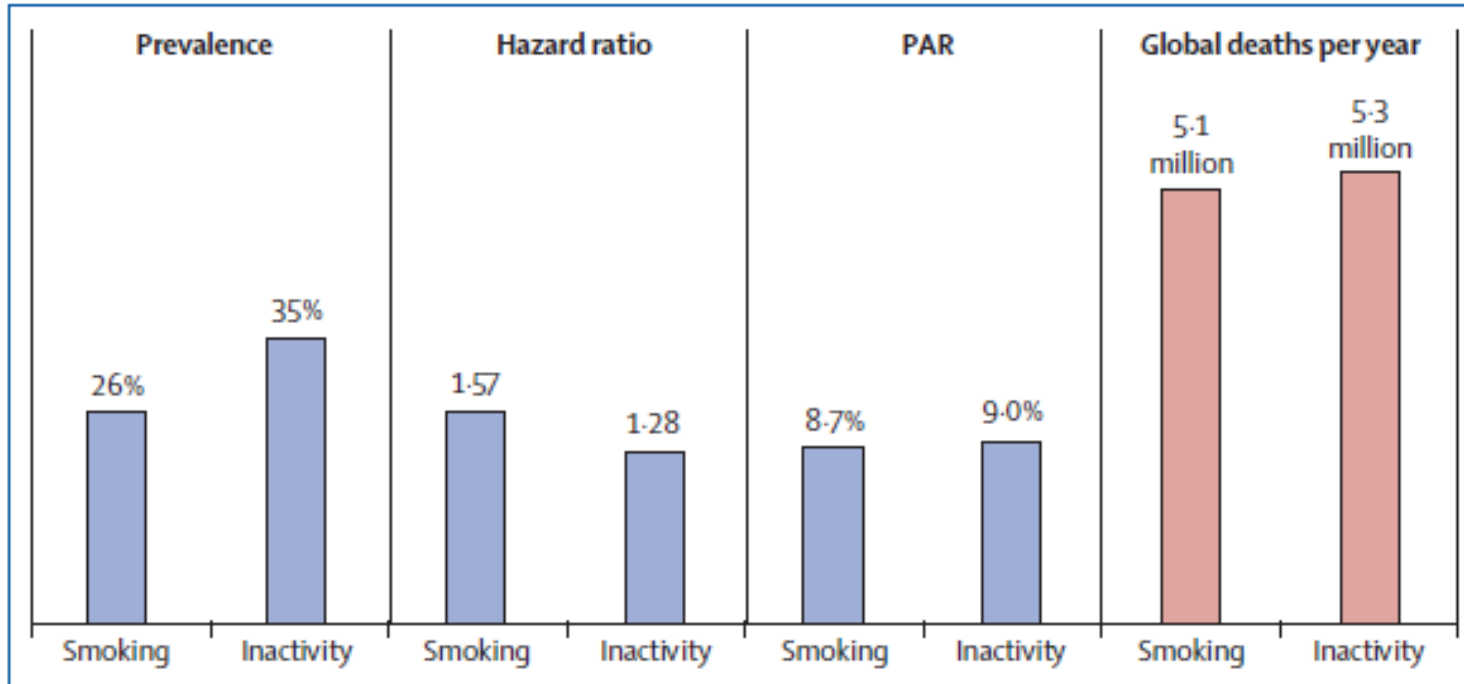
World Health Organization Regional Office for Europe
Copenhagen, Denmark

Madrid, 27 November 2014

Problems.....



Physical Inactivity: a risk factor comparable to smoking



Lancet, 2012
[http://dx.doi.org/10.1016/S0140-6736\(12\)61031-9](http://dx.doi.org/10.1016/S0140-6736(12)61031-9)

Figure: Comparison of global burden between smoking and physical inactivity

Prevalence of smoking, population attributable risk (PAR), and global deaths for smoking were obtained from WHO.⁷ Hazard ratio for all-cause mortality of smoking was obtained from meta-analysis studies.^{8,9} All inactivity data were obtained from Lee and colleagues.⁵

Solutions.....

Regular walking and cycling reduces mortality by ca. 10 %

- It can have a big impact also beyond health
 - Improve road safety, air quality and noise
 - Reduce congestion, energy consumption and CO2 emissions
 - Reduce need for more expensive infrastructure for cars
 - Improved accessibility and quality of urban life
 - Big potential for replacing car trips

It's easy and fair

- Equitable and easily accessible
- Does not require much extra time
- Minimal investment of household income



Making the “invisible” more “visible”

Integrate health into transport planning

- Recognizing the importance of economic analysis in transport: benefit-cost ratio is king
- Economic assessment of health benefits of walking or cycling
- Practical online tool designed for transport planners

For a given volume of walking or cycling within a defined population what is the economic value of the health benefits?

Health economic assessment tools (HEAT) for walking and for cycling



A collaborative project

<http://www.euro.who.int/HEAT>

<http://www.heatwalkingcycling.org>



Federal Ministry for the
Environment, Nature Conservation
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Открыть новые возможности
Рабочие места в экологически чистом и здоровом транспорте



Ouvrir de nouvelles perspectives
Les emplois liés aux transports respectueux de l'environnement et de la santé



Unlocking new opportunities
Jobs in green and healthy transport

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Case studies on investing in jobs in green and healthy transport

Number of jobs generated:

- USA: 36,000 jobs per USD 1 billion
- EU: 21, 500 jobs per EUR1 billion

**Higher job
intensity**

**More local
jobs**

**Broad
range of
jobs**

Potential for jobs in green and healthy transport

- Extrapolation from Copenhagen to major cities in the European region: if all selected 56 major cities would have cycling levels like Copenhagen:
 - 76,600 jobs new jobs
 - 9,400 lives saved each year



The way forward.....

Research & Partnerships



Physical Activity through Sustainable Transport Approaches: the PASTA project

14 partners and 7 case-study cities (14,000 participants):
Vienna, Zurich, Antwerp, Barcelona, Örebro, Rome, London



Working in partnership:
Fourth High-level Meeting on Transport, Environment and
Health: City in motion: people first!
Paris, 14-16 April 2014



In conclusion

1. Present transport and land use patterns pose high risks to health and the environment.
2. Evidence is rapidly emerging about the opportunities offered by active mobility and public transport as policies that can deliver multiple societal benefits
3. There is a need to further develop tools and arguments to support a shift in policy and attitudes
4. Research and multisectoral partnerships involving governments, civil society and the academia at the international, national and local level are **KEY** to move forward.

- Moving towards a paradigm shift?



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