

Embedding wellness into policymaking

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Health

**Assessing Health Impacts of Low Carbon Transport Scenarios in
Urban Areas.**

Why should we promote walking and cycling?


World Health Organization
 REGIONAL OFFICE FOR Europe

Walking and cycling: latest evidence to support policy-making and practice



THE PEP | Transport, Health and Environment Pan-European Programme








Comprehensive health impact assessment to estimate the risks and benefits of cycling and walking

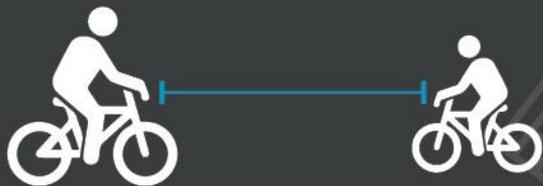


Moving around during the COVID-19 outbreak



Whenever feasible, consider riding bicycles or walking.

This provides physical distancing while helping you to meet the minimum requirement for daily physical activity, which may be more difficult due to increased teleworking, and limited access to sport and other recreational activities.



euro.who.int

ACTIVE MOBILITY AND COVID-19: the individual perspective

- Provides access while **maintaining physical distance**;
- Helps meeting minimum requirements for daily **physical activity**;
- Highly **feasible** (more than 50% of car trips are shorter than 5 km)
- Helps **reducing the need for private motorized transportation** as an alternative to public transport

https://extranet.who.int/kobe_centre/sites/default/files/COVID-19_MovingAround_EN.PDF

ACTIVE MOBILITY AND COVID-19: the societal perspective

- **Strengthening urban resilience, notably by reducing pressure on public transport.** Needs to be supported by:
 - Interventions to provide safe infrastructure;
 - Policies and financial instruments to facilitate sustainable mobility and teleworking;
 - Flexible entry and exit timetables to reduce “peak hours” occupancy of public transport
 - Home deliveries
 - Access to services, goods and amenities “in proximity”
- Achieving environmental objectives
 - Air quality, noise, **climate change**, land consumption, public space use, congestion, urban deterioration
- Quality of urban life
- Intergenerational solidarity



Supporting healthy urban transport and mobility in the context of COVID-19



Œuvrer pour la santé dans les transports urbains et la mobilité dans le contexte de la COVID-19



Träglicher
hme und
ädten unter den
Bedingungen von COVID-19

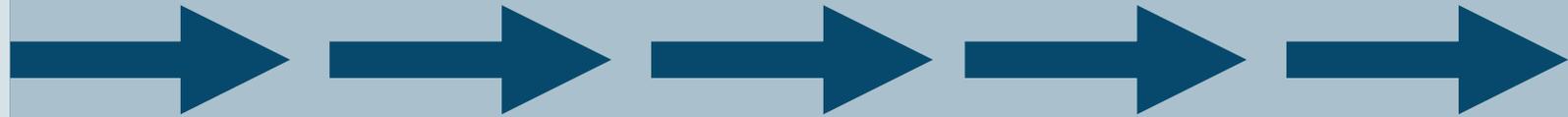


по развитию
здоровья
ранспорта
и средств передвижения в
контексте COVID-19

Beyond the health benefits

*Walking and
Cycling can*

Strengthen Urban Resilience
Mitigate Climate Change
Address Energy Crisis



THE PEP

Transport, Health
and Environment
Pan-European Programme



- Established in 2002
- Joint WHO/UNECE Secretariat
- 56 countries of UNECE-WHO/Europe

How THE PEP operates

- **High-level Meeting** on Transport, Health and Environment
- **THE PEP Steering Committee** - principal decision-making body
- **THE PEP Bureau** – 3 sectors, 9-15 members
- **Implementing mechanisms**



THE PEP High-Level Meetings



Amsterdam – 2009

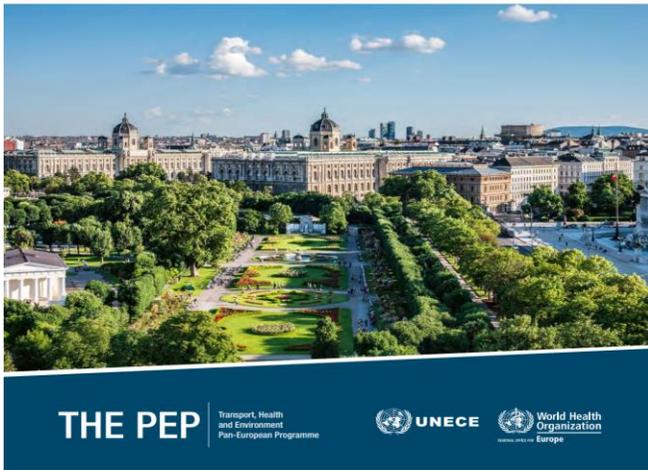
Paris – 2014

Vienna - 2021

WHO/Euro work for sustainable transport

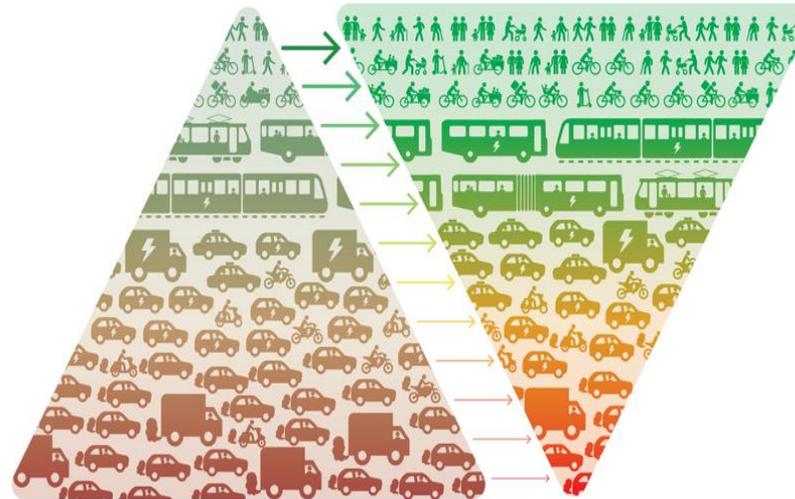
Vienna Declaration

Building forward better by transforming to new, clean, safe, healthy and inclusive mobility and transport



THE TRANSFORMATION THE PEP PROMOTES

PRIORITIZING HEALTHY, GREEN AND SUSTAINABLE MOBILITY



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

<https://thepep.unece.org/>

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

Pan-European Masterplan for Cycling Promotion



Objectives for 2030:

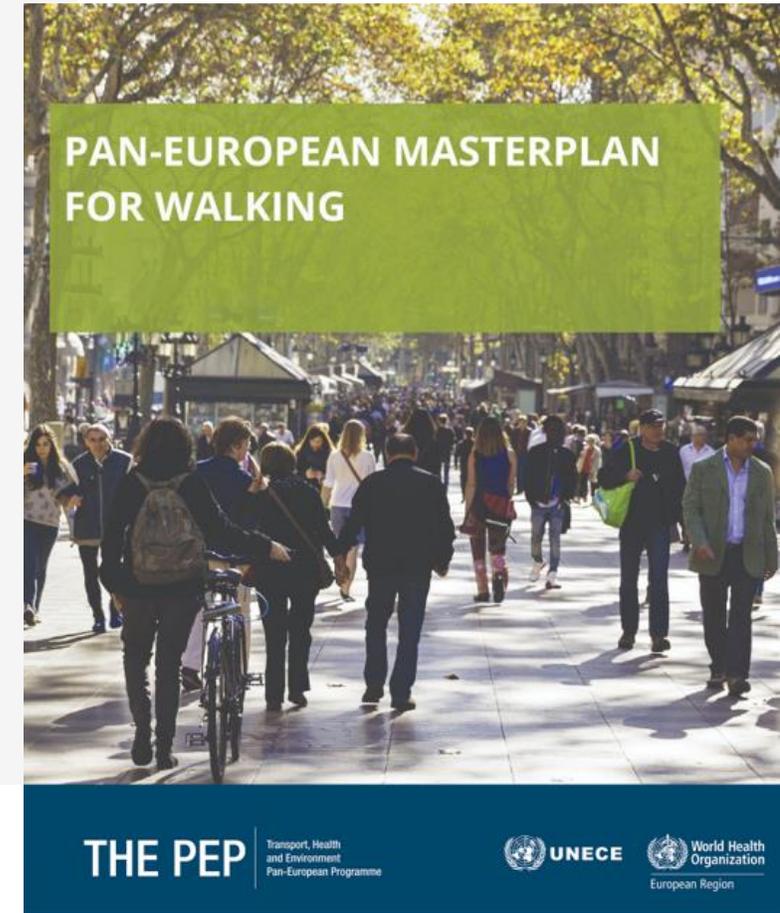
- Double cycling in the region and increase it in every country
- Increase the safety of cyclists and halve the rate of fatalities and serious injuries
- Integrate cycling into health policies
- Integrate cycling, including cycling infrastructure, into land use, urban and regional planning



Pan-European Masterplan for Walking



All people to have safe, accessible, comfortable and enjoyable walking experiences to benefit public health, mitigate climate change, support public transport, reduce pollution and create vibrant and inclusive societies.



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



Introduction

HEAT for cycling

HEAT for walking

Current Assessment

Previous Assessments

Acknowledgements

HEAT ▶ Introduction

Welcome to the WHO/Europe Health Economic Assessment Tools (HEAT) for walking and for cycling.

This tool is designed to help you conduct an economic assessment of the health benefits of walking or cycling by estimating the value of reduced mortality that results from specified amounts of walking or cycling.

The tool can be used in a number of different situations, for example:

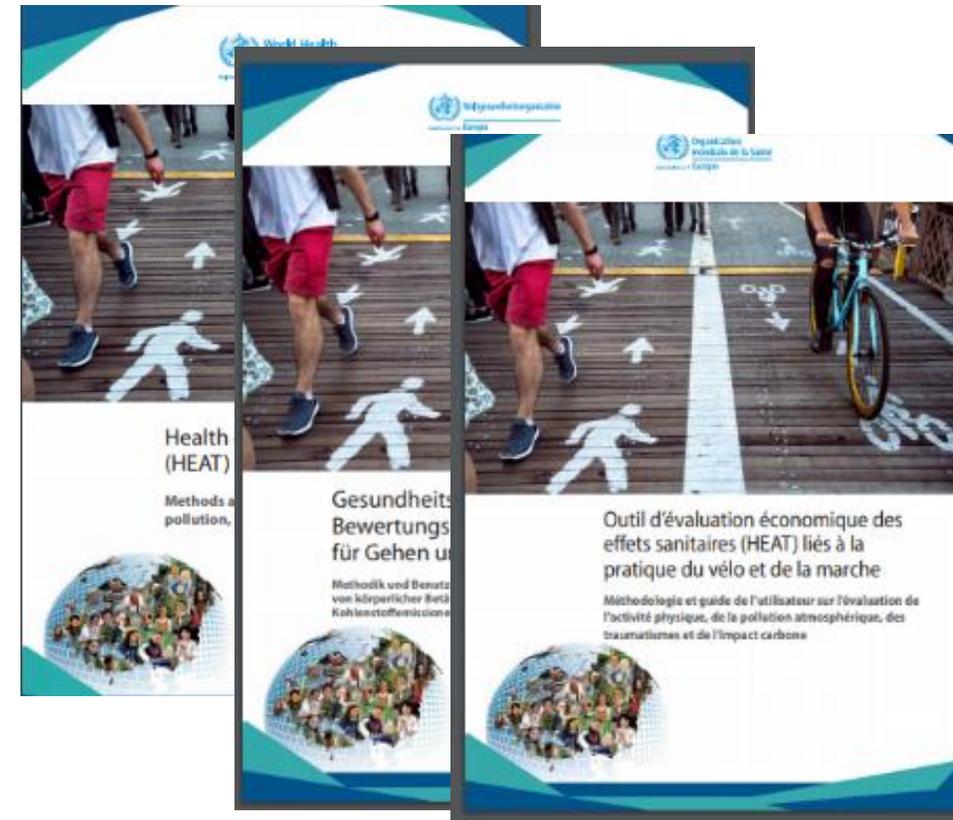
1. When planning a new piece of cycling or walking

More information

What data do I need?

To produce an assessment, you need to provide data on the number of people walking or cycling, and the amount of walking they are doing (or are projected to do).

[more...](#)



- Online tool www.heatwalkingcycling.org
- Designed for transport planners
- Economic assessment of health benefits of walking or cycling
- Effects on mortality 'only'
- “Good enough” to provide sound

Thank you

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<https://www.who.int/europe/health-topics/environmental-health>



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