



Enabling and Supporting Walking and Cycling

Natalia Lleras, Programme Manager, Walk21



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LEADING
THE WALKING
MOVEMENT

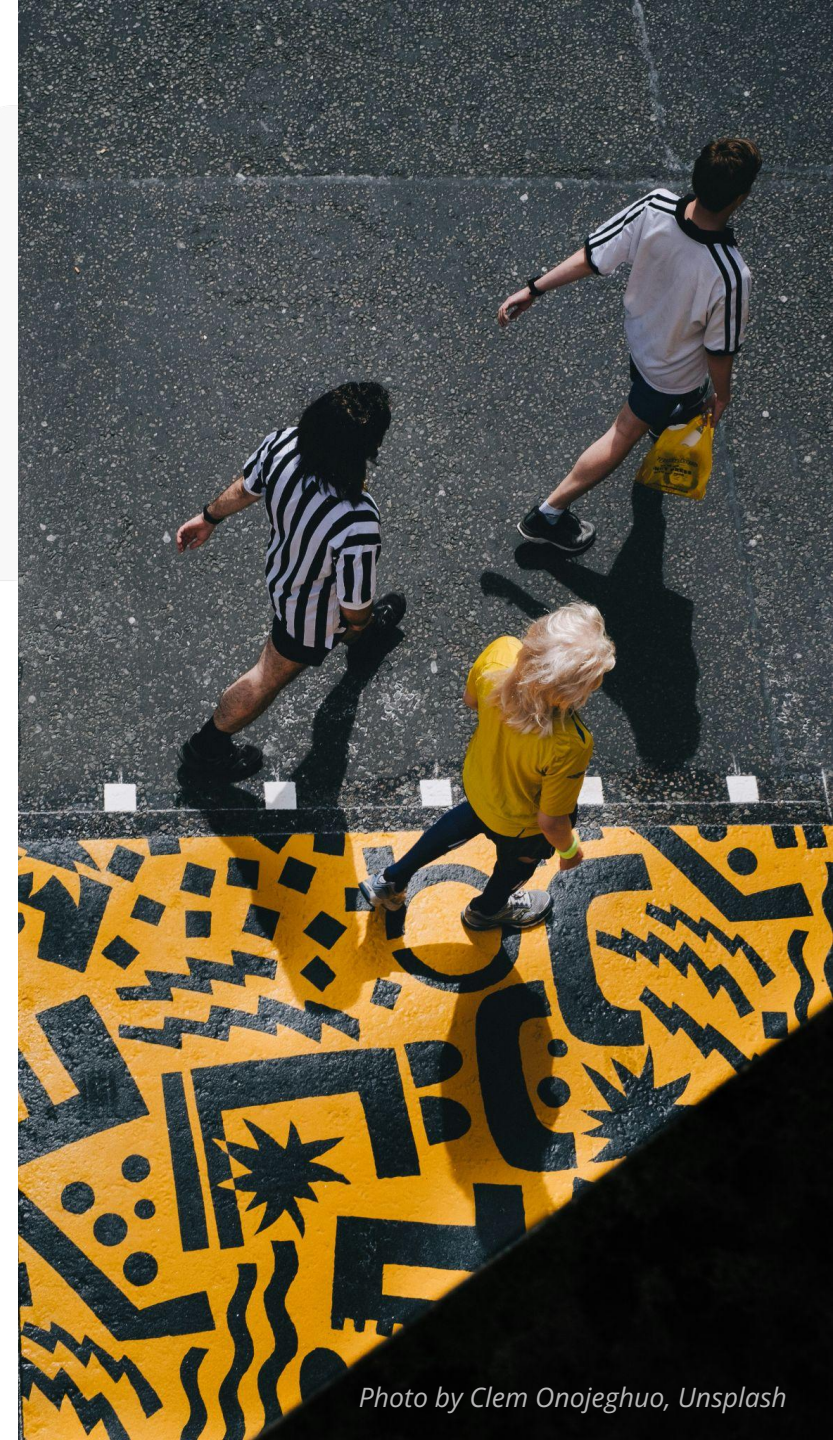


Photo by Clem Onojeghuo, Unsplash

Cities and NCDs



- Key determinants
- Air quality
- Physical activity levels (walking and cycling)

Photo by [Juan Nino](#) on [Unsplash](#)

***Cities are both a threat to health
and a potential enabler of change .***

and how can their impact be reduced?



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CityMove (2024-2027)

- 9 organizations, 50 international researchers.
- Accelerate and support actions for physical activity at the city level.
 - **6 cities (13 interventions)**
 - Adapting and implementing WHO's GAPPA actions to a city context (city-GAPPA).
 - Developing of a cross-contextual evaluation framework to guide transferability and scalability.

GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030 (GAPPA)



**CREATE
ACTIVE
SOCIETIES**

SOCIAL NORMS AND
ATTITUDES

**CREATE
ACTIVE
SYSTEMS**

GOVERNANCE AND
POLICY ENABLERS

**CREATE
ACTIVE
ENVIRONMENTS**

SPACES AND PLACES

**CREATE
ACTIVE
PEOPLE**

PROGRAMMES AND
OPPORTUNITIES

GAPPA evidence-based actions



CityMove Cities



Physical Activity Actions



PA Initiatives	Latin America		Africa	Europe		
Stage	Lima	Bogotá	Kampala	Antwerp	Rotterdam	Ljubljana
Early	Pan American Games Legacy (target: 20,000)	Happiness Centres (target: 10,000)	Annual Open Street Days (target: 830,000)	Safe Street for Girls Project (target: 5,500)	Citywide 30 km/h limit (target: 623,000)	Walking-game App (target: 7,000)
Late	Green Belt Independencia (reach: 200,000)	CicloVía (reach: 1,400,000)	NMT Pilot Corridor (reach: 714,000)	Health Kiosk (reach: 3,600)	GPs Prog. for Minorities (unknown)	Route along the wire (reach: 3,000)
Failed				Square Full of Health		

Walking and cycling



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Active Societies

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GOVERNANCE AND
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Ciclovía (Open Streets Program)

- Sundays / Holidays
- 7:00-14:00
- 127,7 km
- Since 1974
- 1976 official decrees
- 1.5 million users (77% low income)



Source: IDRD, 2023

Safe Street for Girls - Antwerp

- Girls are much less present in the public space.
- Reduce street intimidation of girls in the city.
- Inclusive, safe, accessible spaces where girls can dare to move freely.
- 5,500 girls aged 10-19



Source: vitalcities.be, 2024



Active Environments

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GOVERNANCE AND
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NMT Pilot Corridor - Kampala

- Walking share 42%
- 1st NMT strategy in Africa (2012)
- Upgrade of 8 roads (2 km)
- Potential reach: 714,000 people (improve utilisation / safety).
- Surveys on barriers and experiences



Source: WRI.org, 2023

30 km/h Citywide Speed Limit - Rotterdam

- Impact the entire population
- Safe and attractive city.
- Expected to reduce car journeys by 78,000
- Improve air quality and road safety
- 18 streets in (2022)



Source: collegevanrijksadviseurs.nl, 2020



Thank you

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