



PHYSICAL ACTIVITY THROUGH
SUSTAINABLE TRANSPORT APPROACHES

The WHO Health Economic Assessment Tool for Walking and Cycling

—
10 years and counting

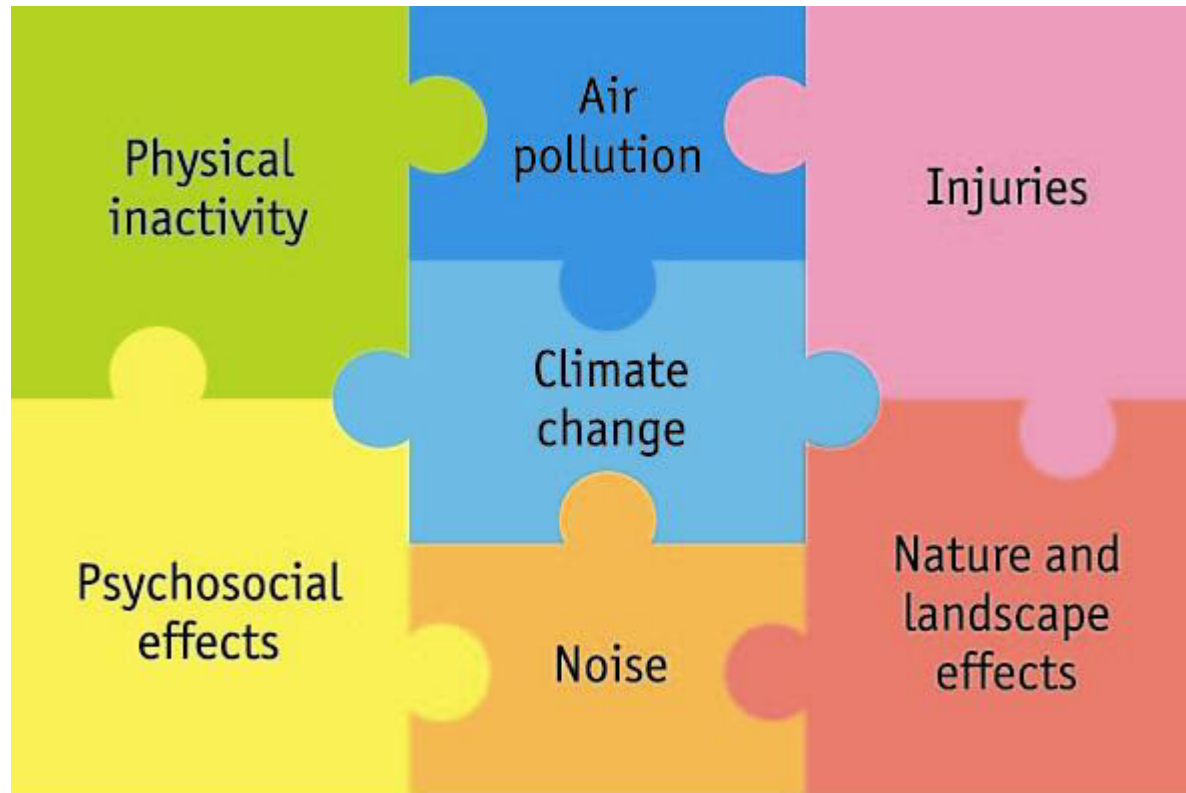


**University of
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Woodcock J, Sommer H, Dinsdale H



Health and environment challenges in transport



Physical inactivity

- **A lack of adequate physical activity causes:**
 - Ischaemic heart disease
 - Hypertension
 - Diabetes type 2
 - Cancer (e.g. breast and colon)
 - Stress, anxiety, depression, loneliness
- **A leading risk factor for health in Europe: nearly 1 million deaths/year**
- **40% of car trips in EU28 are < 5km long**

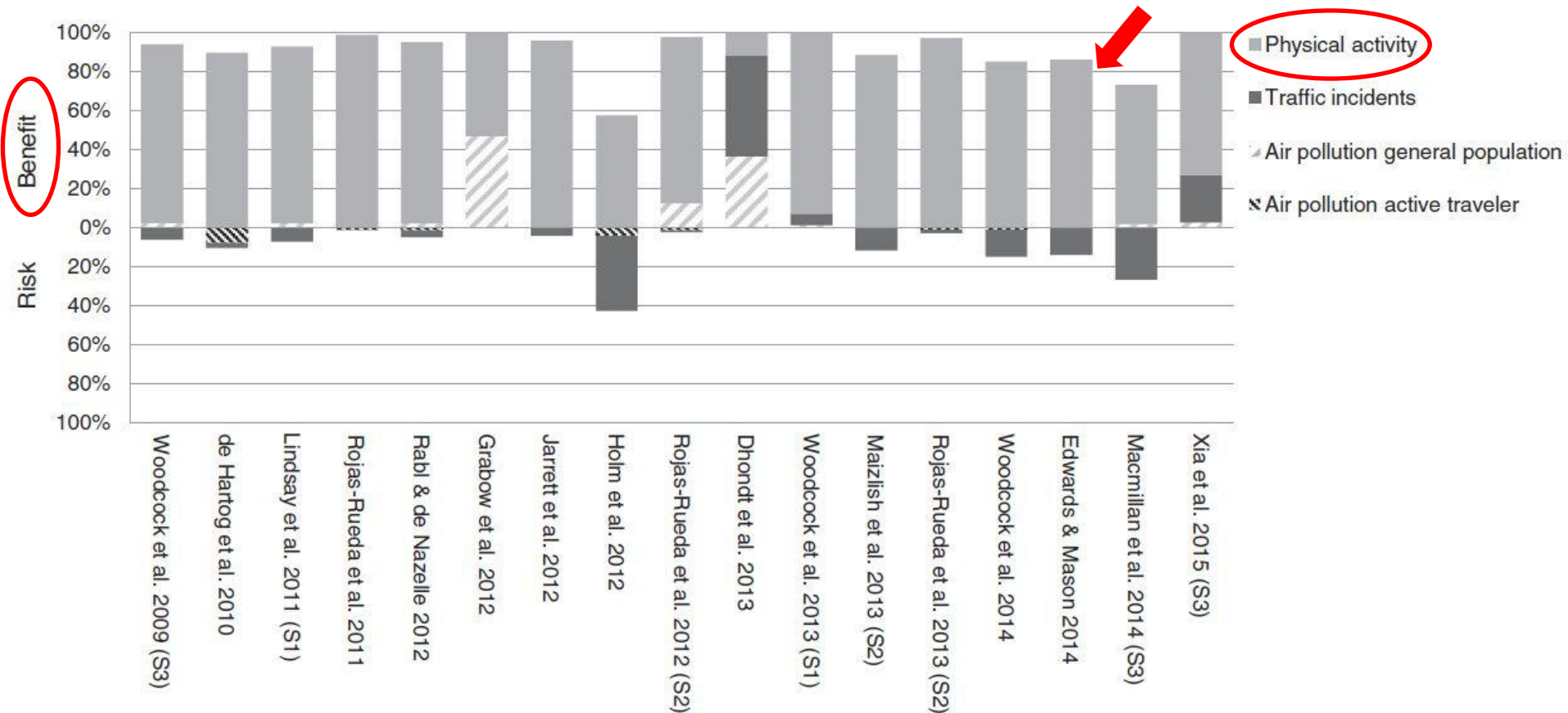






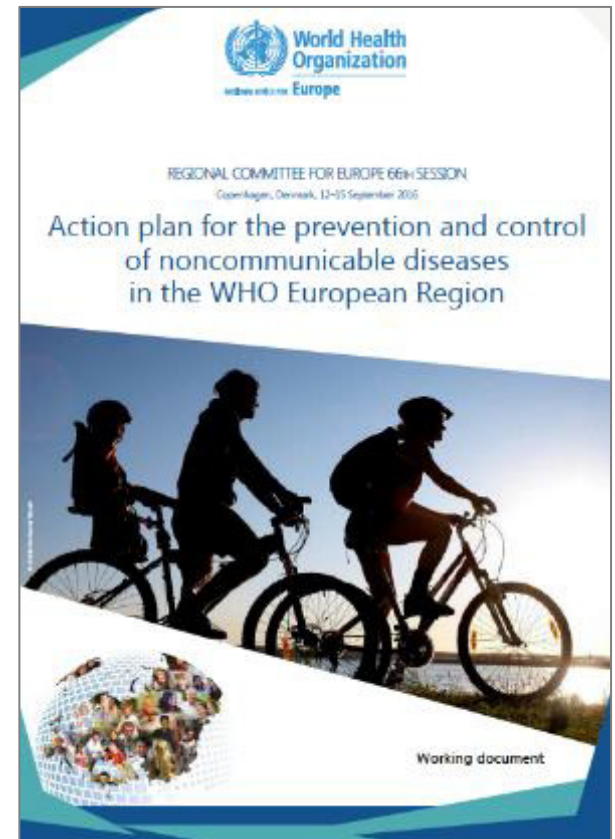
Health effects of walking and cycling: integrated assessment

17 Health impact assessments (2015)



Opportunities for better health through transport

- Health potential from reduced air pollution and increased physical activity clearly recognized
- But: collaboration across relevant sectors to find win-win-win situations needed
- **How to integrate health into transport planning?**



CAFE BAR

Onelle 100ml
Fruitade 100ml
Starch 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml

Starch 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml
Fruitade 100ml



Menu
Moussaka (4.40) 3.50
Bouillabaisse 4.50

Omelette Volaille
Salade Compositée
Steack Frites 4.50
Pommes Frites 4.50
Foufou Frites 4.50
Poulet Frites 4.50
Crisp de Poulet 4.50
Crisp de Saumon 4.50
Crisp de Saumon 4.50

Steack Sans Os
P.Frites 4.50
L'Omelette Complète 9.50
(Cela change tout le temps)
Salade de Poulet 4.50
Salade Quaillette 4.50
Poulet Frites Frites 4.50
P.Frites
Prix 1995

Menu
Café
Bouillabaisse 4.50
Bouillabaisse 4.50



Integration of health in transport planning

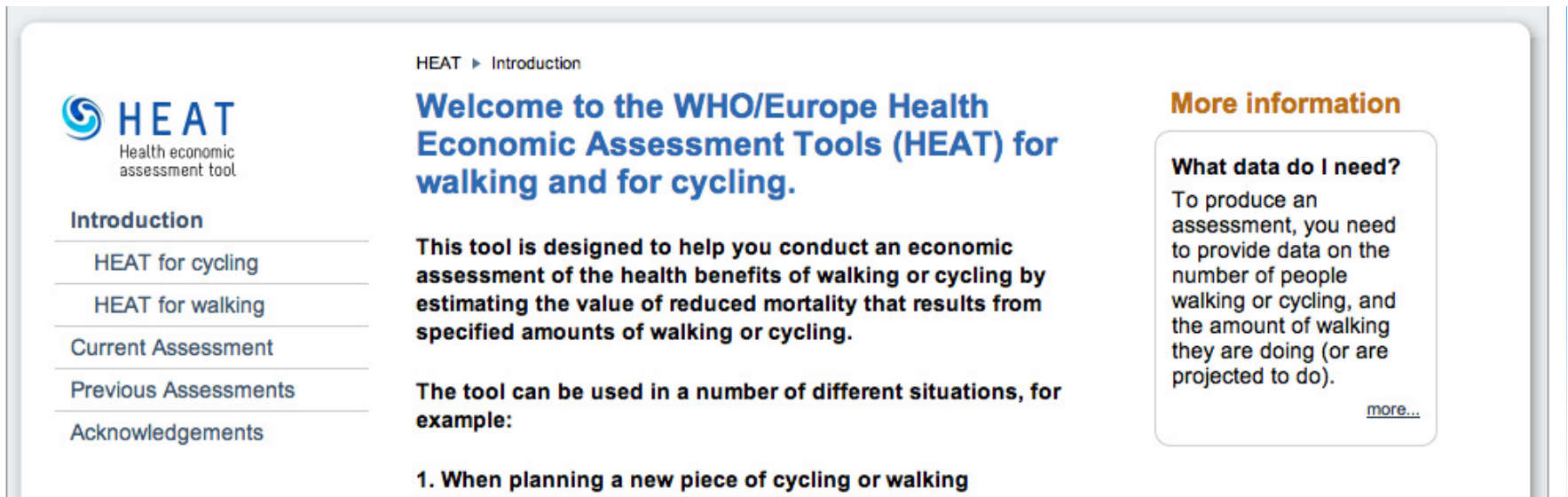
- Importance of economic analysis in transport planning
- Economic value of the health benefits of regular walking and cycling

-> easy-to-use tool needed



The answer: Health Economic Assessment Tool (HEAT) for walking and cycling

www.euro.who.int/HEAT



The screenshot shows the introduction page of the HEAT website. On the left is a navigation menu with the HEAT logo and links for Introduction, HEAT for cycling, HEAT for walking, Current Assessment, Previous Assessments, and Acknowledgements. The main content area features a heading 'HEAT > Introduction', a welcome message, a description of the tool's purpose, and a list of situations where it can be used. A 'More information' box on the right contains a section titled 'What data do I need?' with a brief description and a 'more...' link.

HEAT
Health economic
assessment tool

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?

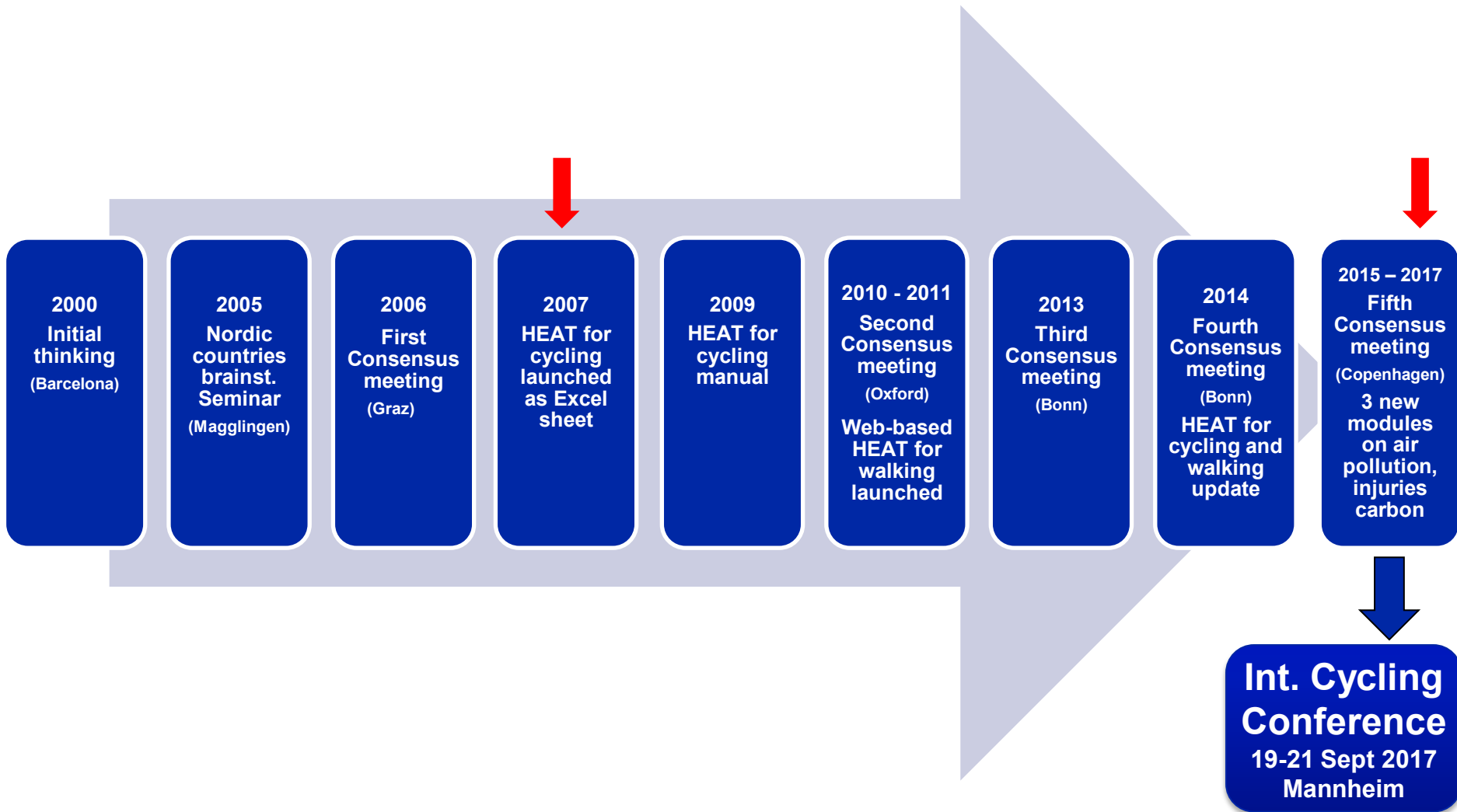
To produce an assessment, you need to provide data on the number of people walking or cycling, and the amount of walking they are doing (or are projected to do).

[more...](#)

What is the HEAT?

- Online tool www.heatwalkingcycling.org
- Designed for transport planners
- Economic assessment of health benefits of walking or cycling
- Prevented premature mortality 'only'
- Evidence-based
- Transparent
- Adaptable

A bit of history: key milestones



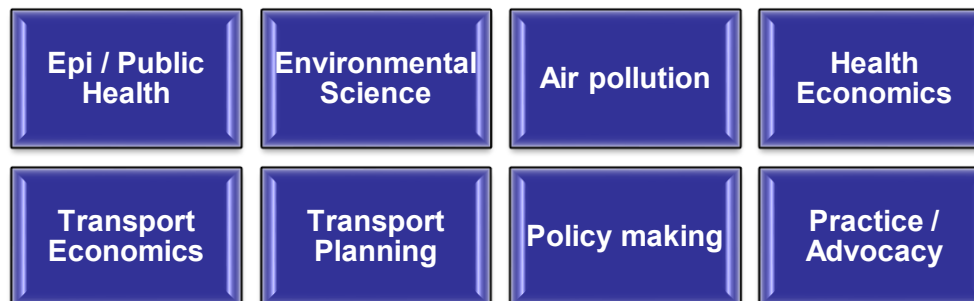
A collaborative project



Harry Rutter, Francesca Racioppi, Sonja Kahlmeier, Nick Cavill, Christian Brand, Pekka Oja, Heini Sommer, Vicky Copley, Charlie Foster, Paul Kelly, Thomas Götschi, Christian Schweizer, James Woodcock,

Karim Abu-Omar, Lars Bo Andersen, Hugh Ross Anderson, Finn Berggren, Tegan Boehmer, Nils-Axel Braathen, Alberto Castro-Fernandez, Dushy Clarke, Andy Cope, Baas de Geus, Audrey de Nazelle, Rune Elvik, Mark Fenton, Jonas Finger, Francesco Forastiere, Richard Fordham, Eszter Füzeki, Frank George, Regine Gerike, Anna Goodman, Mark Hamer, Max Herry, Marie-Eve Heroux, Gerard Hoek, Luc Int Panis, Nicole Iroz-Elardo, Eva Heinen, Meleckidzedek Khayesi, Michal Krzyzanowski, I-Min Lee, Christoph Lieb, Brian Martin, Markus Maybach, Christoph Schreyer, Marie Murphy, Nanette Mutrie, Mark Nieuwenhuijsen, Laura Perez, Randy Rzewnicki, Gabe Rousseau, David Rojas Rueda, Candace Rutt, Tom Schmid, Elin Sandberg, Mulugeta Yilma, Alexander Santacreu, Lucinda Saunders, Daniel Sauter, Peter Schantz, Peter Schnohr, Joe Spadaro, Dave Stone, Jan Sørensen, Gregor Starc, Robert Thaler, Marko Tainio, Miles Tight, Sylvia Titze, Wanda Wendel Vos, Paul Wilkinson

Expertise involved:



The question

If x people walk/cycle an amount of y on most days, what is the economic value of the health benefits that occur as a result of the reduction in mortality due to their physical activity?

What can you use it for?

- **Project evaluation:** new or old projects
 - Value of health benefits of investments
- **Assess current use**
 - What is walking/cycling worth now in my city, region, country?
- **Modeling projected future walking/cycling**
 - How much value walking/cycling can have...

... and does it work....??



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