



Health benefits of cycling

From message to policy

NL Health stats

- Life expectancy at birth relatively high
f: 83,6 m: 80,0
- Overweight and obesity relatively low,
but still almost 1 in 2 persons is overweight
- Health care expenditure 14% of GDP in 2015
(95,3 billion euros)

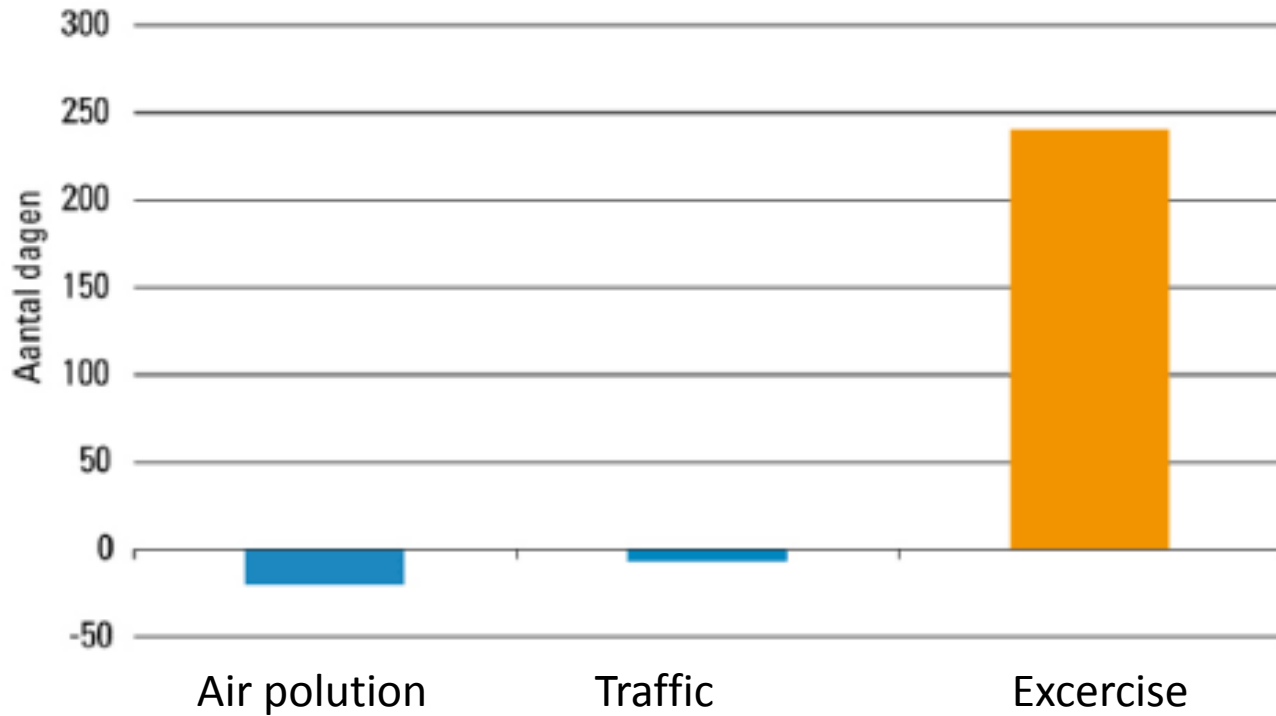
A woman in a blue jacket and sunglasses is riding a tandem bicycle on a paved path in a park. She is smiling and looking to the right. The passenger is wearing a grey jacket and a blue beret. The bicycle has a black frame with 'Bakfiets.nl' written on the side. There are trees and a path in the background.

**Everybody
knows cycling is
healthy**

Cycling in the Netherlands

- Business as usual
- Mobility, not sports, health, air quality related
- Bikenomics
- Cycling as prevention / life style instrument

Increase and decrease of life expectancy for cyclists in cities Compared to car drivers



Bron: IRAS - Universiteit Utrecht, 2010

Bikenomics + Health = HEAT

- The value of cycling
- Main effects are health benefits
- HEAT puts a value on them

HEAT (out of) scope

- Disability Adjusted Life Years
 - Years of Life Lost (YLL)
 - Years Lived With Disability (YLD)
- Monetary Valuation:
 - Quality of life, saved health care cost, higher productivity, costs of traffic accidents

Other relevant research

- Schepers & Wijnen (several studies)
 - Adjusted for YLD
 - Total health value of cycling for Dutch society
 - Research on the health benefits of an extra km of cycling infrastructure

Results

Results of application of disease burden method to the level of bike use in the Netherlands are:

- € 4.1 to € 6.8 million benefits per year
- € 0,28 to € 0,47 per bike km

From message to policy



It's a bumpy road

Main goals

- Having the health departments involved (local, regional, national, EU + WHO)
- Stressing the importance of data for policy makers
- More focus on the health benefits of cycling within prevention-programs