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)
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

- Air pollution
- Traffic
- Exercise

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