The WHO Health Economic Assessment Tool for Walking and Cycling – 10 years and counting

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Health and environment challenges in transport

- Physical inactivity
- Air pollution
- Climate change
- Injuries
- Psychosocial effects
- Noise
- Nature and landscape effects
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?
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
What is the HEAT?

• Online tool [www.heatwalkingcycling.org](http://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

2000 Initial thinking (Barcelona)
2005 Nordic countries brainst. Seminar (Magglingen)
2006 First Consensus meeting (Graz)
2007 HEAT for cycling launched as Excel sheet
2009 HEAT for cycling manual
2010 - 2011 Second Consensus meeting (Oxford) Web-based HEAT for walking launched
2013 Third Consensus meeting (Bonn)
2014 Fourth Consensus meeting (Bonn) HEAT for cycling and walking update
2015 - 2017 Fifth Consensus meeting (Copenhagen) 3 new modules on air pollution, injuries carbon

Int. Cycling Conference 19-21 Sept 2017 Mannheim
A collaborative project

Expertise involved:

- Epi / Public Health
- Environmental Science
- Air pollution
- Health Economics
- Transport Economics
- Transport Planning
- Policy making
- Practice / Advocacy

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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