

# WALKING AND CYCLING

GOOD FOR THE CLIMATE, EVEN BETTER FOR YOUR HEALTH

In light of the climate crisis, cities' transport infrastructure and mobility patterns are under scrutiny. This is an excellent opportunity to transform car-focused cities into spaces for people, and improve their health.

## BENEFITS INCLUDE: A REDUCTION IN...



### Death and Diseases

If only 25% of the population in EU cities would cycle instead of use other modes of transport, **over 10,000 premature deaths could be avoided each year.**



### Health Costs

For Porto, a shift towards active transportation could lead to **up to €6.7 billion in health benefits annually**, through reductions in cancer, diabetes, heart and cerebrovascular disease.



### Social Costs

If 40% less long-duration car trips were substituted by public transport and cycling trips, this would result in **reductions of 127 cases of diabetes, 44 of cardiovascular diseases, 30 of dementia**, in the case of i.e. Barcelona.



### Climate Costs

In Barcelona, Basel, Copenhagen, Paris, Prague and Warsaw an increase in bicycle trips to 35% of all trips would **reduce carbon dioxide emissions in the six cities by up to 26,423 metric tonnes per year.**

## BENEFITS ARE POSSIBLE FOR EACH CITY FOR...

PHYSICAL ACTIVITY

HEALTHY AIR

LESS NOISE

CLIMATE ACTION

WE CALL ON DECISION-MAKERS TO:



Prioritise walking and cycling



Involve citizens in planning decisions and measures



Invest in safe cycling routes



Designate and increase green and public spaces



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