

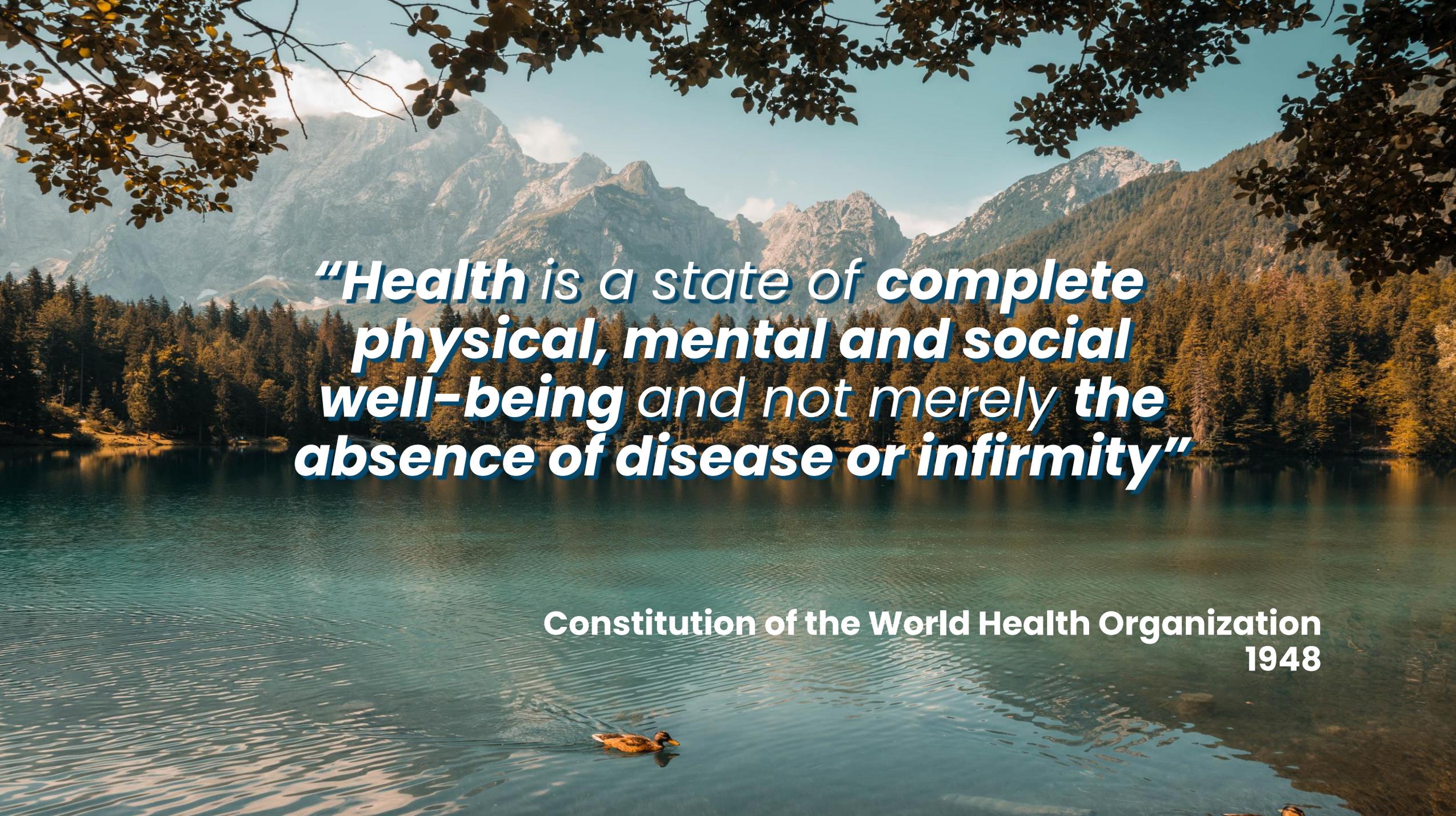
L'importanza dell'esercizio fisico per la prevenzione delle malattie

Francesca Racioppi
European Centre for
Environment and Health



European Region



A scenic landscape featuring a calm lake in the foreground, a dense forest of evergreen trees in the middle ground, and a range of rugged, rocky mountains in the background under a clear blue sky. The scene is framed by tree branches with green leaves at the top and sides. A single duck is swimming in the lake near the bottom center.

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

**Constitution of the World Health Organization
1948**

NONCOMMUNICABLE DISEASE IS LEADING CAUSE OF DEATH AND A GLOBAL HEALTH PRIORITY

71%

of all deaths are due to Noncommunicable diseases (NCD's)

41 Million

deaths each year are due to NCDs

15 Million

Are premature deaths each year (between ages of 30-70 years)

GLOBAL LEVELS OF PHYSICAL INACTIVITY

Globally

28%

of adults do not meet recommended levels of physical activity

Globally

81%

of adolescents do not meet recommended levels of physical activity

Physical inactivity – 4th leading risk factor for global mortality– **3.2 million** deaths globally; **1 million** – in the European region

FOUR NON-COMMUNICABLE DISEASES & FOUR RISK FACTORS

		Causal risk factors			
		Tobacco use	Unhealthy diets	Physical inactivity	Harmful use of alcohol
Noncommunicable diseases	Heart disease and stroke	✓	✓	✓	✓
	Diabetes	✓	✓	✓	✓
	Cancer	✓	✓	✓	✓
	Chronic lung disease	✓			

A ROAD MAP FOR ACTION FOR ALL COUNTRIES



Website: www.who.int/lets-be-active/en/

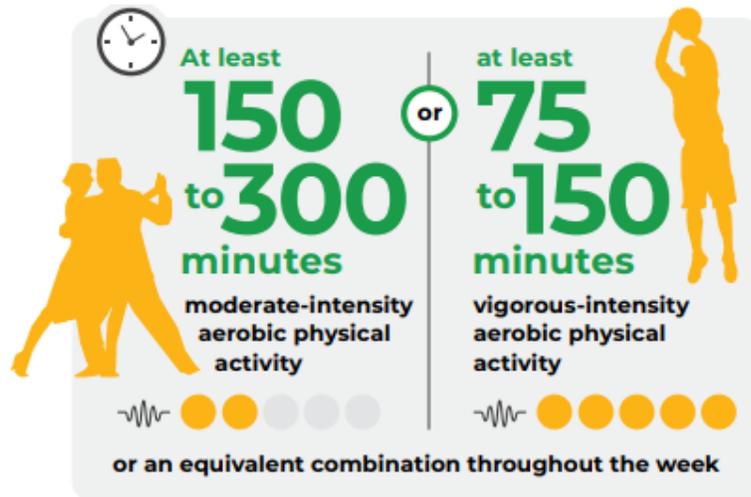
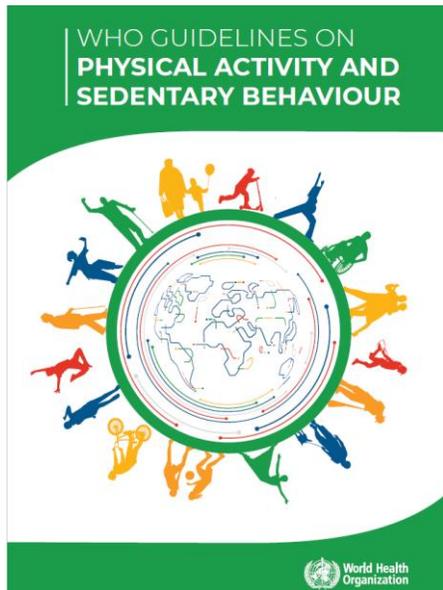
There are many ways to be active – walking, cycling, sport, active recreation, dance and play – and many policy opportunities to increase participation.

GOAL TO REDUCE PHYSICAL INACTIVITY

BY 2025
10%

BY 2030
15%

WHO recommendations for Physical Activity



Adults



Children and adolescents



ACTIVE COMMUTING IS ASSOCIATED WITH

DECREASE IN RISK FOR **CARDIOVASCULAR DISEASE** **10%**

DECREASE IN **TYPE 2 DIABETES RISK** **30%**

LOWER CANCER-RELATED MORTALITY **30%**
AMONG BIKE COMMUTERS

THERE IS A STRONG ASSOCIATION BETWEEN CYCLING TO WORK AND HEALTH OUTCOMES.
A MAJOR COHORT STUDY FOUND AS MUCH AS A

40% LOWER RISK OF **DYING FROM CANCER**

52% LOWER RISK OF **DYING FROM HEART DISEASE**

46% LOWER RISK OF **DEVELOPING HEART DISEASE**

45% LOWER RISK OF **DEVELOPING CANCER**

COMPARED TO THOSE COMMUTING BY CAR.

THE AVERAGE PERSON WHO SHIFTED FROM USING A CAR TO A BIKE, FOR JUST ONE DAY A WEEK, CUT THEIR CARBON FOOTPRINT BY **3.2 KG OF CARBON DIOXIDE**.

WALKING 30 MINUTES OR CYCLING 20 MINUTES ON MOST DAYS REDUCES MORTALITY RISK BY AT LEAST 10%.

Switching From Cars to Bikes Cuts Commuting Emissions by 67%

Cycling is ten times more important than electric cars for reaching net-zero cities

March 28, 2021 3:59pm BST

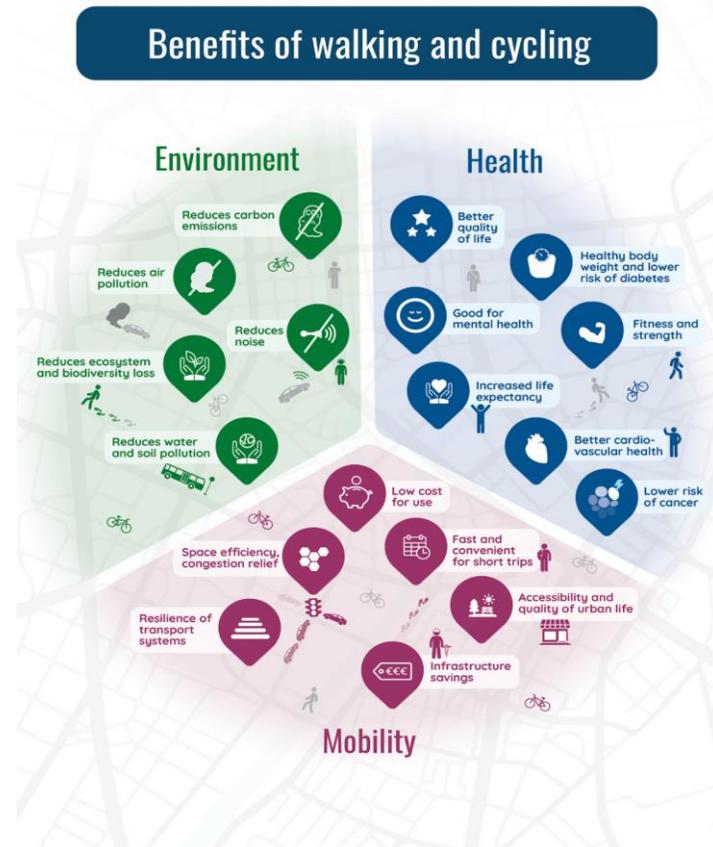
Why should we promote walking and cycling?

 World Health Organization
REGIONAL OFFICE FOR Europe

Walking and cycling:
latest evidence to
support policy-making
and practice



THE PEP Transport, Health and Environment Pan-European Programme
 



“What is the economic value of the health benefits from a given volume of walking or cycling within a defined population?”



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:

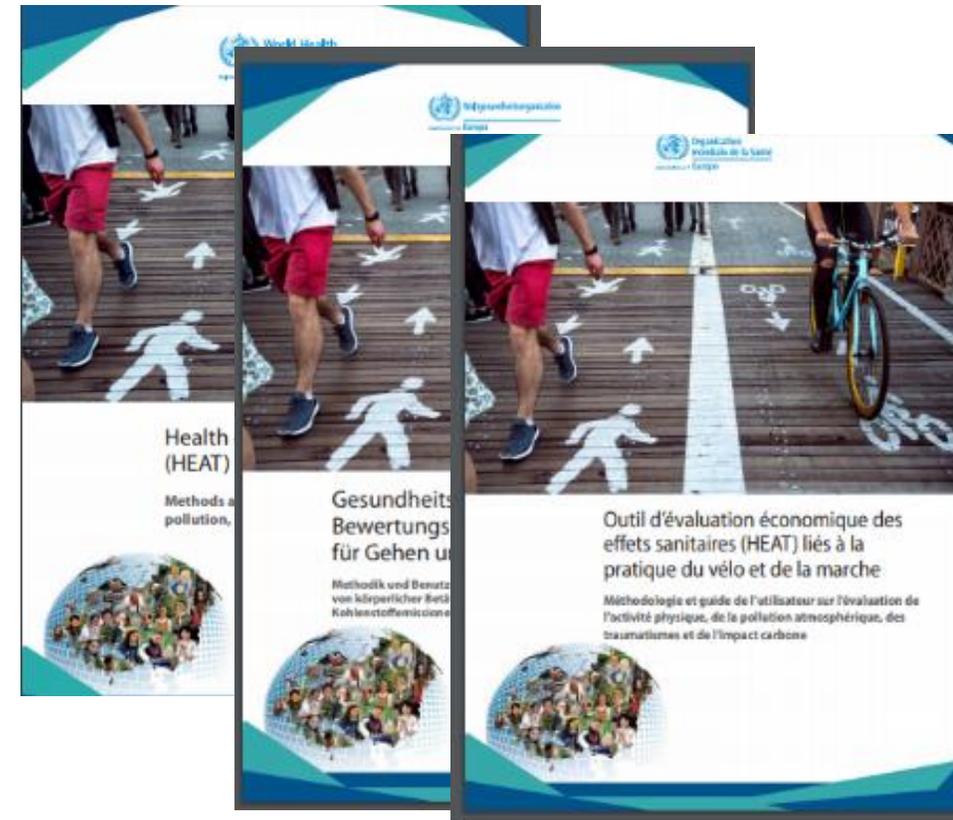
1. When planning a new piece of cycling or walking

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...](#)

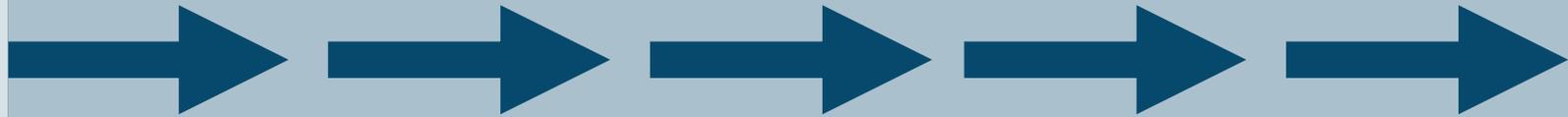


- Online tool www.heatwalkingcycling.org
- Designed for transport planners
- Economic assessment of health benefits of walking or cycling
- Effects on mortality 'only'

Beyond the health benefits

*Walking and
Cycling can*

Strengthen Urban Resilience
Mitigate Climate Change
Address Energy Crisis



Thank you

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<https://www.who.int/europe/health-topics/environmental-health>



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