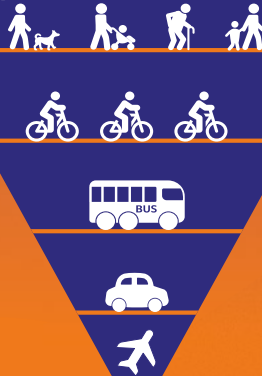


# ACTIVE MOBILITY

**28%** of the population is insufficiently active or completely inactive.<sup>1</sup>

Encouraged mobility proportions to protect the environment.



Active mobility means getting around using your own energy, for example, by walking or cycling. In 2011, the World Health Organization (WHO) assessed global mobility as insufficient (20% of adult men and 28% of adult women, along with 78% of young men and 84% of young women aged 11-20, are at risk of non-communicable diseases and premature death due to insufficient and passive activity). The WHO recommends active mobility as a primary strategy to counteract this lack of movement and reduce the harmful side effects of motorized transportation, particularly in cities.<sup>1</sup>



**Reduces obesity, diabetes, cardiovascular and musculoskeletal diseases**

As well as their complications.<sup>2-4</sup>



**Reduces respiratory diseases**

Air pollution significantly harms health, particularly at the extremes of life. Studies show that engaging in active mobility, even in polluted environments, provides greater health benefits.<sup>2,5</sup>



**Reduces noise pollution**

Has a positive impact on stress, mood disorders, sleep, and cognitive and attentional development in children.<sup>2,4</sup>



## No increase in accidental injuries

Studies show that regular active mobility, combined with safety measures (visibility and helmet use) and supported by appropriate infrastructure, reduces the number of accidents and injuries among pedestrians and cyclists.<sup>2,5</sup>



## BENEFITS FOR THE PLANET

### More green and social spaces have a positive impact on biodiversity

Active mobility requires **50 to 300 times less public space** than individual cars.<sup>2,6</sup> Parks, pedestrian zones, bike paths, and public transport all bring important benefits for communities and give people more chances to connect with nature.<sup>2,7</sup> A study shows that **split commuting** (e.g., bus + bike), even if only part of the journey is done by bicycle, **reduces the risk of premature mortality by 24%.**<sup>8</sup>

### Reduces greenhouse gas emissions

**40% of direct national greenhouse gas emissions** come from motorized transport.<sup>2,9</sup> 60% of trips are under 5 km, and 80% are under 10-15 km.<sup>2</sup>

## THE SUSTAINABLE PRESCRIPTION



### Try to include walking or cycling in your daily routines :

on the way to work or school, during free time, on weekends, and even on holidays.

### Replace motorized transport

as much as possible with **walking, cycling, or public transport.**

### Advocate for pedestrian zones and safe infrastructure.

### When to discuss sustainable mobility?

Particularly in cases of **stress, anxiety, depression, attention deficit hyperactivity disorder (ADHD), overweight/obesity, diabetes, metabolic syndrome, hypertension, sedentary lifestyle, respiratory diseases (bronchitis, asthma, COPD), dysbiosis (constipation), frequent infections, heart failure, or post-surgery recovery.**

## REFERENCES

1. World Health Organisation (WHO) (2011) Action plan for implementation of the European strategy for the prevention and control of noncommunicable diseases 2012-2016

2. Senn N, Gaille M, del Río Carral M, Gonzalez Holguera J (dirs). Santé et environnement. Vers une nouvelle approche globale. RMS Editor, 2022. PDF can be downloaded for free. Chapter 32 pp353-360.

3. ElSayed NA, Aleppo G, Aroda VR, et al., on behalf of the American Diabetes Association. 8. Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes: Standards of Care in Diabetes-2023. Diabetes Care. 2023 Jan 1;46(Suppl 1):S128-S139.

4. Héritier H, Vienneau D, Foraster M, et al. A systematic analysis of mutual effects of transportation noise and air pollution exposure on myocardial infarction mortality: a nationwide cohort study in Switzerland. Eur Heart J. 2019 Feb 14;40(7):598-603.

5. Jiang B, Liang S, Peng ZR, et al. Transport and public health in China: the road to a healthy future. Lancet. 2017 Oct 14;390(10104):1781-1791.

6. Heran F. Vers des politiques de déplacements urbains plus cohérentes. Norois, 2017;245(4): 89-100.

7. Kriit HK, Williams JS, Lindholm L, et al. Health economic assessment of a scenario to promote bicycling as active transport in Stockholm, Sweden. BMJ Open. 2019 Sep 17;9(9):e030466.

8. Celis-Morales CA, Lyall DM, Welsh P, et al. Association between active commuting and incident cardiovascular disease, cancer, and mortality: prospective cohort study. BMJ. 2017 Apr 19;357:j1456.

9. Federal swiss office of statistics.. Impact on environment. 2020 Oct 20.

