COPENHAGEN
Copenhagen, Denmark

ACTIVE TRANSPORT WITH A BIKE-FRIENDLY CITY

**ISSUE**

A silent epidemic: Physical inactivity causes one million deaths per year in the European Region

The risks include: obesity, high blood pressure, high blood cholesterol, type 2 diabetes and heart disease

**SOLUTION**

Copenhagen’s extensive cycling infrastructure has meant it has become the dominant means of transport

By 2045, Copenhagen aims to have 45 bike routes that reach up to 746km

**OUTCOME**

ACTIVE COMMUTING, such as cycling, is associated with:

- 10% decrease in risk of cardiovascular disease
- 30% decrease in cancer-related mortality
- 30% decrease in risk of type 2 diabetes

COPENHAGEN’S PLAN IS ESTIMATED TO RESULT IN:

- A socio-economic return of €795 M
- 1500 less tonnes of carbon dioxide annually
- 30% lower mortality rate for adults who cycle daily

Sources can be found on the EPHA website