

# COPENHAGEN



REPORT



## ACTIVE TRANSPORT WITH A BIKE-FRIENDLY CITY

### ISSUE

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

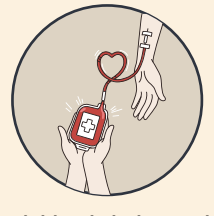
**The risks include:** obesity, high blood pressure, high blood cholesterol, type 2 diabetes and heart disease



obesity



high blood pressure



high blood cholesterol



type 2 diabetes



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

**746km** By 2045  
**45 BIKE ROUTES**



### OUTCOME

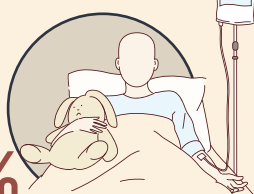
**ACTIVE COMMUTING, SUCH AS CYCLING, IS ASSOCIATED WITH:**



**10%**  
decrease in risk of cardiovascular disease



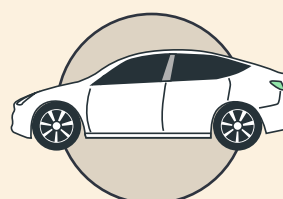
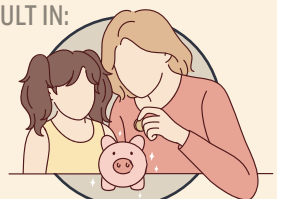
**30%**  
decrease in risk of type 2 diabetes



**30%**  
decrease in cancer-related mortality

**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

