

COPENHAGEN



REPORT

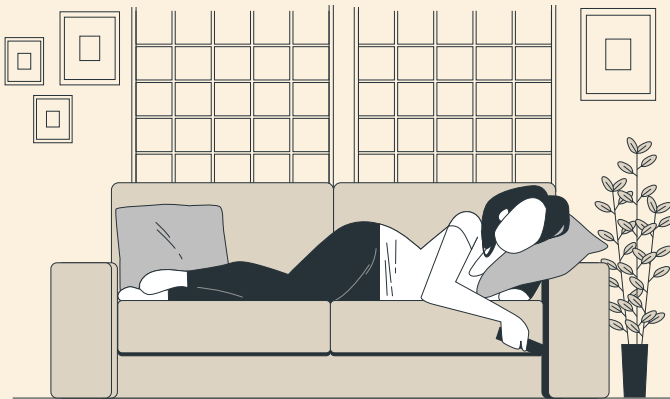


ACTIVE TRANSPORT WITH A BIKE-FRIENDLY CITY

ISSUE

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

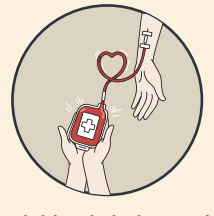
The risks include: obesity, high blood pressure, high blood cholesterol, type 2 diabetes and heart disease



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

By 2045
746km
45 BIKE ROUTES



OUTCOME

ACTIVE COMMUTING, SUCH AS CYCLING, IS ASSOCIATED WITH:



10%
decrease in risk of
cardiovascular disease



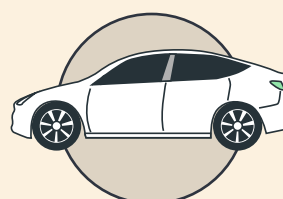
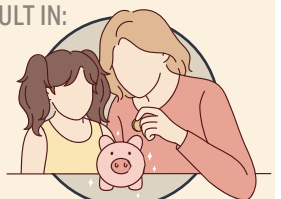
30%
decrease in risk
of type 2 diabetes



30%
decrease in cancer-related mortality

COPENHAGEN'S PLAN IS ESTIMATED TO RESULT IN:

A socio-economic return of
€795 M

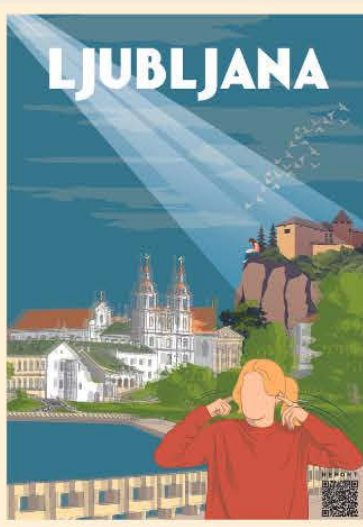
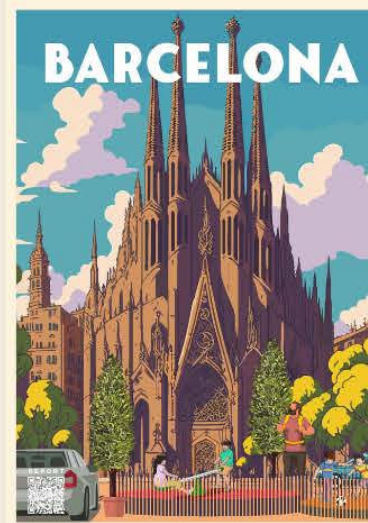


1500
less tonnes of carbon
dioxide annually

30% lower mortality rate for
adults who cycle daily



Take a look at the postcard series!



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