Pro’s and con’s of cycling in the Netherlands
2 out of 3 trips are short trips

26% car
35% public transport
1% moped
35% bike
2% walking
1% other
Advantages and disadvantages of cycling

- Cycling is safe (for others)
Advantages and disadvantages of cycling

- Cycling is cheap, not-noisy, space- and energy-efficient
Advantages and disadvantages of cycling

-Cycling is good for air quality
Advantages and disadvantages of cycling

- cycling is healthy (?)
Advantages and disadvantages of cycling

-cycling is healthy

WHO: balance of energy intake and energy use

30-60 minutes daily moderate exercise
Advantages and disadvantages of cycling

-cycling is healthy

Diabetes mellitus
Cardiovascular diseases
Cancer
Infertility
Artrosis
Etc, etc…
Benefits of cycling

Saelensminde 2004 Norway 880 Euro/activated person

Persson, Lind, Hyden 2005 Sweden 290-940 Euro/activated person

Rutter 2005 UK 740 Euro/activated person
conclusions

• Need for research on (monetising) effects of cycling and cycling policy on health, specially obesity

• Cycling needs to be seen as a mode on its own, not just as a means to solve car-related problems