Health Economic Assessment Tool (HEAT) for walking and cycling

20 years of the Pan-European Programme on Transport, Health and Environment
13-14 January 2022

Nino Sharashidze
THE PEP Secretariat
WHY walking and cycling is important?

BENEFITS OF WALKING AND CYCLING

THE PEP | Transport, Health and Environment Pan-European Programme

UNECE | World Health Organization Europe
Cities: a dynamic context, constantly reshaped by multiple drivers

- Economic development
- Urbanization
- Demographic change
- Non-communicable diseases
- Migration
- Climate and environmental challenges

- By 2030, more than 80% of Europeans will live in urban areas

- Circa 90% Europeans live in cities smaller than 5 million inhabitants and 65% in urban areas smaller than 500,000
What is HEAT

- Online tool for economic assessment of health impacts of walking or cycling
- Originally designed for transportation planners, but suitable for a wide audience of non-health experts

A simple tool to allow consideration of health in planning decisions that affect walking or cycling

HEAT “core principles”

- Scientific robustness
- Usability
  - Minimal skills requirements (no health background needed)
  - Minimal data input requirements
  - Availability of default values
  - Design and flow of the tool
- Transparency
  - Approach and assumptions
- Conservative
- Adaptable
- Modular and policy relevant

HEAT Walking and Cycling

www.heatwalkingcycling.org
HEAT answers the questions:

- If X people walk or bike an amount Y on most days:
  - What are the health impacts on mortality and their economic value as a result of:
    - physical activity?
    - exposure to air pollution (while walking or biking)?
    - risk of traffic crashes?
  - what are the impacts of carbon emissions as a result of shifts from motorized modes to active travel?
Worldwide use of the HEAT - from Europe to Global

- Project website visited about 1’000’000 times by over 66,000 visitors since 2011
- Multiple applications
- Extremely positive feedback

Now HEAT globally applicable!

Challenges:
- Finding data
- Interpreting findings
- Persuading policymakers