



**Economic and Social  
Council**

Distr.  
GENERAL

ECE/AC.21/2005/7  
EUR/05/5046203/7  
31 January 2005

Original: ENGLISH

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**ECONOMIC COMMISSION FOR EUROPE**

**WORLD HEALTH ORGANIZATION**

Regional Office for Europe

**HIGH-LEVEL MEETING ON TRANSPORT, ENVIRONMENT AND HEALTH**

**THE PEP Steering Committee**

(Third session, 11 and 12 April 2005,  
agenda item 4.A (d))

**PROMOTION OF SAFE WALKING AND CYCLING IN URBAN AREAS**

**I. INTRODUCTION**

1. This paper has been prepared by the WHO/Europe and UNECE secretariats for submission to the Steering Committee of the Transport Health and Environment Pan-European Programme (THE PEP) at its third session, 11 and 12 April 2005, under agenda item 4.A (d) on “Progress reports and proposals for further action”.

2. It outlines the progress achieved and the further steps to be taken in the implementation of the project on promotion of safe walking and cycling in urban areas, taking into account the latest development in this area.

3. At its second session, the Steering Committee considered, and endorsed the importance of, the project proposed by the secretariat outlined in document ECE/AC.21/2004/13 – EUR/04/5045236/13 to exchange and disseminate existing good practices of the different countries in the region to promote safe conditions for people to walk and cycle in urban areas, and to take

stock of on-going work to improve the assessment of health effects related to levels of cycling and walking and of the costs and benefits of promoting non-motorized transport means. The Committee recommended focusing the project on planning processes and tools, bringing together and coordinating on-going projects. The Committee welcomed the expression of interest by several member States to contribute to the project by making available results of relevant studies, experiences and possibly financial resources. It also decided to establish a Task Force of experts, interested member States and organizations for the implementation of the project.

4. At its third session, the Committee may wish to review the progress in the implementation of this activity including the setting up of a Task Force, as decided by the Steering Committee at its second session (ECE/AC.21/2004/14 - EUR/5045236/14).

## **II. MAIN RECENT DEVELOPMENTS**

5. Since the second session of the Committee, the following developments have taken place, which should be taken stock of in the further implementation of this project:

### **(a) Publication of the Swiss report on “Transport and Physical Activity”**

6. This report<sup>1</sup> has been developed as a contribution to THE PEP project “Transport-related health impacts, costs and benefits, with a particular focus on Children” and launched at the third Ministerial Conference on Environment and Health (Budapest, 23-25 June 2004) on the occasion of the side event presenting the outcomes of this project.<sup>2</sup>

7. The report presents a state-of-art overview of methods for assessing the exposures, epidemiological status, effects and health impacts of transport-related physical activity and identifies research gaps in these areas.

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<sup>1</sup> The full report can be downloaded from the web site: <http://herry.at/the-pep/down/budapest/CH-Topic-FINAL.pdf> and <http://www.hepa.ch/gf/mat/thepep/documents/default.htm>

<sup>2</sup> Please, refer also to “Report on the contribution of THE PEP to the 4th Ministerial Conference on Environment and Health “The future for our children” (Budapest, 23-25 June 2004) ECE/AC.21/2005/10- EUR/05/5046203/10.

**(b) Establishment of the European Network for the Promotion of Health Enhancing Physical Activity (HEPA)**

8. The re-establishment of a European Network for the Promotion of Health Enhancing Physical Activity (HEPA – Network) has been catalyzed by the Swiss Federal Offices for Sports (BASPO) and Health (BAG)<sup>3</sup>. The network aims at bringing together different institutions and organizations from all over Europe and is open for membership from different countries.

9. The Network aims to strengthen and support efforts and actions that improve the conditions favourable to a healthy lifestyle, in particular with respect to health-enhancing physical activity, such as walking and cycling. In particular, the network intends to contribute to the development and implementation of national policies and strategies for the promotion of health- enhancing physical activity (HEPA) in European countries; to facilitate the development of multi-sectoral approaches for the promotion of HEPA and to promote and disseminate innovative HEPA strategies, programmes, approaches and other examples of good practice.

10. The secretariat will be hosted by the WHO in Rome, with a view to maximizing synergy with THE PEP, in particular with respect to the implementation of the project “Promotion of safe cycling and walking in urban areas” and to the dissemination of knowledge about successful approaches to cycling and walking in the context of urban transport through THE PEP Clearing House.

**(c) Publication of the ECMT report “National policies to promote cycling”**

11. This report provides an overview of policies at the national level for promoting cycling. It is based on information obtained from 21 ECMT member States and Associate Member countries in 2002 and 2003. It discusses main trends in cycling, existing policy frameworks, main challenges and clarifies how national commitments can be useful in developing cycling at the local level.

12. The report was presented to the ECMT Ministerial Council held in Ljubliana in 2004, where a Declaration on National Cycling Policies was agreed, that recognizes the importance of cycling policy as an integral part of a national policy framework for sustainable travel in cities.

13. The report represents a useful resource for the development of THE PEP project, providing a state of art reference to understanding the policy dimension of cycling promotion.

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<sup>3</sup> Please, refer also to <http://www.hepa.ch/gf/europe/> for additional information about the HEPA network.

**(d) Improving cost-benefit analysis (CBA) of cycling infrastructure investments**

14. This project has been developed by the Nordic Council under the leadership of the Swedish Environmental Protection Agency. The purpose of the project is to improve the cost-benefit analysis of investments in cycling infrastructure in order to allow comparison with other investments in transport infrastructure.

15. A workshop on “Cost-Benefit Analysis of cycling – current experience in the Nordic countries” took place on 1-2 February 2004 to share and discuss the Nordic experiences of CBA, with views of reaching a common understanding and platform for further work in this area.

16. The results of this project will be fed into the development of THE project “Promotion of safe cycling and walking in urban areas” and disseminated through THE PEP Clearing House.

17. In addition, on the occasion of the Bureau meeting, Mr. Saari informed the Bureau of another relevant report, which provides guidance and recommendations at the international, national and local level about managing commuting trips, with an emphasis on promoting public transport, cycling and walking. This report would be made available for dissemination through the Clearing House and would represent relevant background material for further development of this project.

**(e) UK South East Public Health Observatory (SEPHO)/Department of Health work on quantifying the health and economic effects of changes in cycling**

18. This project is based on economic evaluation of the health benefits resulting from regular cycling. It aims to determine the mortality benefits of regular cycling in terms of years of life gained, and place a value upon these benefits. It then considers the different interventions that might be used to achieve the required increase in cycling in the light of the potential cost savings they could achieve.

19. It is highly relevant for the project outcome, as it will provide a basis for calculating the overall health effects of cycling using aggregated measures such as years of life gained/years of life lost by target populations.

**III. ESTABLISHMENT OF A TASK FORCE**

20. In line with the recommendations of the Steering Committee, invitations have been sent in January 2005 to member States to consider active participation in the task force for the implementation of the project “Promotion of safe cycling and walking in urban areas”.

21. The Task Force is being established taking into consideration the expertise already made available through THE PEP project “Transport related health impacts and their costs and benefits in particular as regards the children”, the initiative of the Nordic countries and the group of scientific advisors to the WHO for the development of WHO guidelines for health impact assessment of cycling and walking and the European HEPA Network. It will operate mostly by electronic means of communication, with the possibility of meeting once, if appropriate, for example, back-to-back to other relevant events.

22. Several member States, as well as members of the Bureau have already expressed their interest in participating in this task force, which will operate mostly through electronic means. The terms of reference for the task force are contained in the annex.

23. The Committee is invited to endorse the terms of reference for the task force.

#### **IV. NEXT STEPS**

24. In line with the recommendation of the Steering Committee to implement the project with a strong practice-oriented focus building on the work already carried out to strengthen the capacity of evaluating the effectiveness of interventions which promote walking and cycling, and to explore also mental health aspects, the following next steps are proposed for the implementation of this project, which should also contribute to the implementation of the Children’s Health and Environment Action Programme for Europe Regional Priority Goal II<sup>4</sup>.

(a) Develop a critical review of existing relevant studies and approaches to quantify the health effects related to changes in levels of cycling and walking and conduct cost-benefit analyses, taking stock from existing work and knowledge (see above paragraphs on “Recent developments”) (Months 1-6);

(b) Convene a meeting of experts to identify possible common methodology, both concerning the identification of the health end-points and metrics to be used in assessing the effects of changing patterns of cycling and walking on health and the development of economic valuations to be used in cost-benefits analysis (Month 12);

(c) Development and publication of a report with methodological recommendations and guidance on how to increase cycling and walking in urban areas (Month 18). Such a report would be published and disseminated through THE PEP Clearing House, with translation into Russian.

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<sup>4</sup>Regional Priority Goal II: “We aim to prevent and substantially reduce health consequences from accidents and injuries and pursue a decrease in morbidity from lack of adequate physical activity, by promoting safe, secure and supportive human settlements for all children”. See also <http://www.euro.who.int/document/e83338.pdf>

Estimated costs (in US\$)

Items	Extra-budgetary (XB) costs (including in-kind contributions)	Regular Budget (RB) costs (UNECE and WHO/Europe)
Coordination and preparation of documentation		X
Consultancy funds for review of relevant policy and technical documents, (equivalent to approximately 3 person/months)	24,000 (to be covered partially or totally by secondments of technical experts)	
Preparation and servicing of the workshop, involving - Drafting of the workshop programme; - Identifying, inviting and following up the preparation of background papers from participants; - Managing organizational and logistical aspects; - Preparation, translation, circulation of workshop report and co-ordination of its publication/dissemination, also through THE PEP Clearing House. Travel and accommodation of experts from countries in transition (15 persons at 2,000/person)	30,000	X
Travel and accommodation of invited keynote speakers (5 persons at 2,000/person)	10,000	
Workshop Chair (2.5 work days)	in-kind	
Conference rooms and equipment	in-kind	
Interpretation	in-kind	
Liaison officer	in-kind	
Workshop personnel (2 persons x 2.5 days)	in-kind	
Registration of participants, hotel reservation	in-kind	
Reception	in-kind	
Travel and subsistence of UNECE/ WHO staff (3-4 persons, at 2,000 per person)	8,000	
<b>Total</b>	<b>72,000</b>	

**Annex**

**TASK FORCE FOR THE IMPLEMENTATION OF THE PEP PROJECT  
“PROMOTION OF SAFE CYCLING AND WALKING IN URBAN AREAS”**

Proposed Terms of Reference

(April 2005 – April 2007)

The Task Force for the implementation of THE PEP project “Promotion of safe cycling and walking in urban areas” will contribute to the development of this project, working in close collaboration with the UNECE and WHO/Euro secretariat and technical experts, such as members of the European Network for Health Enhancing Physical Activity.

In particular, members of the Task Force are invited to:

- (a) make available state-of-art knowledge from national and/or international projects which have dealt with the promotion of cycling and walking, e.g. in the forms of reports, publications, web sites;
- (b) facilitate the identification and possible contribution (including through in-kind contributions) of national experts in the following areas: urban transport policy development, cost-benefit analysis of projects which have an influence on cycling and walking, health and environmental impact assessment of changes in patterns of physical activity;
- (c) support the development of case studies and their dissemination, including through THE PEP Clearing House;
- (d) provide comments to technical reports and guidelines to be produced as part of the project implementation;
- (e) support the dissemination and exchange of experiences and expertise in the following main areas: promotion of physically active transport modes; quantification of the costs and benefits of promoting cycling and walking; assessment of the types and extent of health effects related to changing patterns of physical activity in different population groups;
- (f) exchange good practices and lessons learned (such as success criteria for the promotion of cycling and walking at different policy levels) including by identifying case studies and participating in pilot testing of the guidance developed by this project;
- (g) support the project implementation by making available the necessary resources, via in-kind or financial contributions to: (a) develop reviews; (b) host meetings; (c) support the

participation of representatives of EECCA and South Eastern European countries; (d) support the publication and translation into Russian and possibly French of reports.

The Task Force will report to the Steering Committee and to its Bureau.

The Task Force will, to the extent possible, work via electronic communication channels that will be established and organized by the secretariat in due course. It may also meet, if required, back-to-back to sessions of the Bureau.

UNECE and WHO/Euro Member States and organizations representing the transport, environment and health sectors are invited to nominate experts to participate in the work of the Task Force on technical and substantive issues.

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