Key messages

Health gains/risks

• A shift to active transport (walking and cycling) and rapid transit/public transport combined with improved land use can yield much greater immediate health “co-benefits” than improving fuel and vehicle efficiency. These strategies need more systematic study by the Intergovernmental Panel on Climate Change (IPCC) in assessment of transport mitigation measures.1

• Potential health gains of a shift from private motorized transport to prioritized walking, cycling and rapid transit/public transport systems include reduced respiratory/cardiovascular disease from air pollution, less traffic injury and noise stress. In addition, large benefits are expected from increased physical activity, which can prevent some cancers, type 2 diabetes, heart disease and other obesity-related risks. Improved mobility for women, children, the elderly, and low income groups enhances health equity.2–4

• Shifting from gasoline to diesel vehicles could increase emissions of health-damaging small particulates (PM_{10}, PM_{2.5}).5 IPCC’s assessment finds diesel vehicles have potential to reduce transport’s CO₂ emissions. However, diesel engines typically emit more small particles, the vehicle pollutant most associated with health impacts. In Europe, large shifts to diesel vehicles over the last decade were a likely cause of stable (not lower) urban PM_{10} levels – despite the introduction of cleaner diesel technologies.6

• Transport-related health risks affect millions of people. Urban air pollution (much from transport) and traffic injuries kill some 2.6 million people annually, mostly in low- and middle-income countries. Active transport can help prevent many of the 3.2 million deaths from physical inactivity.7,8

The climate footprint of transport

Global transport emissions comprised about 23% of direct CO₂ emissions in 2008, with land transport accounting for the largest share (16.5%). Under “business as usual” scenarios, emissions are projected to rise rapidly in absolute terms.1 Diesel particles also contain black carbon, a short-lived climate change pollutant – although biomass combustion is a more important source.18,19

“Win-win” health and transport mitigation strategies

• IPCC should consider more systematically health co-benefits (and risks) of transport mitigation strategies. IPCC’s Fourth Assessment Report on mitigation options for the transport sector gives little, if any, attention to health impacts.1

• Improved active transport and rapid transit/public transport is not only healthy; it is cost-effective. Studies cited by IPCC of Latin American cities note the large greenhouse gas (GHG) mitigation potential (25%) and relatively low cost (US$ 30/ton CO₂ reduced) of combined improvements in bus rapid transit (BRT), pedestrian upgrades and cycleways.20
• More compact land use that integrates urban residential and commercial areas enhances the climate and health co-benefits of transport strategies. Emphasis on “proximity planning” makes walking, cycling and public transport to access schools, jobs and services more feasible. For example, one study in Santiago, Chile estimated that relocating schools closer to existing residential areas could reduce transport emissions by 12% at a cost of only US$ 2 per ton of carbon reduction over 20 years.10

• Cost-benefit assessments (CBA) commonly performed on transport projects, including those by development banks, often fail to quantify health and equity costs of roads in terms of pollution, injuries, and barriers to non-motorized/public transport. CBA tools need to become more “multimodal” comparisons of the costs and benefits of various mixes of BRT/rail, non-motorized and road investments in terms of expected health gains, or losses.

• Well-tested tools exist for considering health in transport and land use policies, including health impact assessment (www.who.int/hia). These tools can be applied more widely in developed countries and in developing cities.

• Investments in active transport and rapid transit/public transport can assist budget-conscious government ministries to achieve development objectives cost-effectively by reducing congestion and the need to fund costly road infrastructure.11 Transport systems with strong walking, cycling and rapid transit/public transport components also are less vulnerable to price shocks and interruptions in supply of oil or other fuels.

Closing the health equity gap

• Low- and middle-income cities may have the most to gain in health terms from low-carbon transport strategies. These cities are experiencing the most rapid urban population growth as well as traffic congestion, air pollution and traffic injury risks. The same cities face growing noncommunicable disease risks from more sedentary lifestyles. Healthy transport strategies can help address these risks.

• Healthier transport strategies will yield a wide range of health benefits for the majority of the world’s population, and large equity benefits for vulnerable groups. Women, older adults, children, disabled people, and lower income groups all have less access to private vehicles, and also may be more exposed to certain transport-related health risks. These same groups benefit most significantly from improved public and non-motorized transport that improves their independent mobility and access to goods, services, employment and education.11–13

• Biofuels production for transport mitigation may pose a threat to food security when diversion of food crops to fuel decreases access to nutritious and affordable foods.14,15 This compromises the right to food.16

• Export of older, more polluting vehicles from developed to developing countries poses health risks for the latter. As developed countries shift to lower-emissions vehicles, older vehicles are still being resold at low prices to developing country markets, where regulatory controls on fuels and vehicle maintenance may be less strict.17 This can exacerbate air pollution, traffic congestion, and injury risks, particularly when public transport systems are weak and inefficient.

BACKGROUND AND RATIONALE

Transport has powerful impacts on health. Well-designed transport policies and infrastructure investment priorities can lead to far-reaching reductions in traffic-related health risks from air and noise pollution and injuries. Cycling and walking, on their own or as part of a rapid transit/public transport journey, can greatly enhance levels of physical activity, and help prevent a range of chronic diseases including heart disease, some cancers, and type 2 diabetes.
SUMMARY OF INITIAL FINDINGS

The major focus of the IPCC review is how improved fuels and vehicle technologies can support mitigation. However, to obtain greater health co-benefits, transport mitigation strategies should place greater emphasis on transport and land use planning that makes cities more accessible by walking, cycling and improved rapid transit/public transport. Greater emphasis on land use planning and mode shift may also enhance the mitigation potential of transport strategies. Land use strategies that reduce the need for motorized travel while promoting better access also need more study.

A systematic evaluation of potential health benefits should be included in the next IPCC mitigation review of strategies involving transport and land use to ensure “win-win”

Table 1: Appraisal of health implications of IPCC-assessed mitigation strategies

<table>
<thead>
<tr>
<th>Mitigation strategy</th>
<th>Potential to reduce emissions (illustrative example)</th>
<th>Likely reduction of health risk factors</th>
<th>Additional effects, limitations and comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Strength of evidence</td>
<td></td>
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<tr>
<td></td>
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<td>Size and direction of effect</td>
<td></td>
</tr>
<tr>
<td>IPCCa</td>
<td>Modified vehicles and fuels</td>
<td>Air pollution - to ++</td>
<td>Moderate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Physical activity 0</td>
<td>Weak</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Road traffic injury 0</td>
<td>Weak</td>
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<td></td>
<td></td>
<td>Noise 0</td>
<td>Weak</td>
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<td></td>
<td></td>
<td>Social effects 0</td>
<td>Weak</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Land use 0</td>
<td>Weak</td>
</tr>
<tr>
<td>IPCCb</td>
<td>Pricing policies regarding vehicle and fuel use, and pricing of travel to urban centers or by different modes (e.g. congestion pricing)</td>
<td>Air pollution - to ++</td>
<td>Weak</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Physical activity 0 to ++</td>
<td>Weak</td>
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<td>Road traffic injury 0 to ++</td>
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<td></td>
<td></td>
<td>Noise 0 to ++</td>
<td>Weak</td>
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<tr>
<td></td>
<td></td>
<td>Social effects 0 to ++</td>
<td>Weak</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Land use 0 to ++</td>
<td>Weak</td>
</tr>
<tr>
<td>IPCCc</td>
<td>Land use changes and alternatives to private motorized transport</td>
<td>Package of walkways, cycleways and bus rapid transit could reduce emissions by 25% at a cost of US$ 30/tCO₂</td>
<td>Can help ensure equity of access for people without cars.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Improved land use could reduce emissions by 21% over a 20-year period at a cost of US$ 91/tCO₂</td>
<td>Can make walking and cycling safer for vulnerable groups, e.g. children, older adults and people without cars.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Air pollution ++</td>
<td>Moderate</td>
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<td></td>
<td></td>
<td>Physical activity ++</td>
<td>Moderate</td>
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<td>Road traffic injury ++</td>
<td>Moderate</td>
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<td>Noise ++</td>
<td>Weak</td>
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<td></td>
<td></td>
<td>Social effects ++</td>
<td>Weak</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Land use Not applicable</td>
<td></td>
</tr>
</tbody>
</table>

Notes: Source for potential to reduce emissions: see Section 4.6 in full-text document online at www.who.int/hia/green_economy/en/index.html

Size and direction of likely health effects were rated from “-” (strongly negative effects) to “++” (strongly positive effects), with the midpoint “0” representing no significant effects.

Strength of evidence was rated from 0 (no evidence) through weak (small number of observational studies only, or good (theoretical or indirect rationale for an effect) to moderate (large number of observational studies, or observational studies plus clear theoretical rationale).
outcomes for health, the environment and people’s mobility and access.

Overarching goals of healthy transport include: a) reduced deaths and disease generally from transport-generated air, noise and water pollution b) reduced exposures of disadvantaged groups to excessive transport-related injuries and health risks; c) safer and more efficient access, especially for vulnerable groups, including to jobs, services and social opportunities; d) increased physical activity, including safe walking and bicycling; e) reduced greenhouse gas emissions from transport that contribute to future, as well as present-day, health impacts. These goals can be achieved via four main strategies:

- Compact land use systems that increase density and diversity of uses;
- Investments in, and prioritization of, transport networks for pedestrian and cyclists;
- Investments in, and prioritization of, transport networks for rapid transit/public transport;
- Engineering and traffic calming measures to protect vulnerable road users from motorized transport's hazards.

Health-oriented transport strategies can be supported by tested policy-support tools such as:

1. Health impact assessment that identifies and addresses health co-benefits and risks at the planning stage, as well as measures to improve health and reduce health inequities.
2. Strengthened land use/transport planning codes and enforcement; for example, ensuring universal access to safe cycling and pedestrian routes and to rapid transit/public transport for basic routines.
3. Development and monitoring of healthy transport performance criteria and indicators, including better indicators for active travel/physical activity; use of non-motorized modes as well as public transport; air/noise pollution exposures; pedestrian injuries; and mobility/access.

Key messages presented here summarize the final outcomes of the review. The full report can be obtained through WHO’s Department of Public Health and Environment or online at: http://www.who.int/hia/green_economy/en/index.html

**SELECTED REFERENCES**


Photo: A modern tram line in Greece provides clean transport. (©Bigstock)