

Walking and Cycling Promotion as A Best Investment for Health

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Now **non-communicable diseases (NCDs)** kill **36** million people each year, of which nearly **80 %** occur in **low- and middle- income countries.**



World Health
Organization

In Africa, by 2030 **NCDs** would be the most common causes of deaths, exceeding other causes combined.



To prevent NCDs, people must be turned away from **tobacco** use, harmful use of **alcohol** and unhealthy **diets**, and **physical activity** promoted.

Promotion of walking and cycling in daily activities

to enable the population to have
sufficient physical activity is
easy, convenient and low-cost



Health benefits from walking & cycling

- Reduction of heart diseases, Type-2 diabetes, and risk factors for strokes, overweight and obesity, colon cancer, breast cancer, depression, and fall by elderly people

Health benefits from walking & cycling

- Improvement of musculoskeletal system, bone density, sleep, mood and energy
- lower blood pressure
- sharp mind
- Lifespan increase

Being a 'soft' aerobic exercise
suitable for elderly people,

Walking and Cycling

is a good preparation for any country
to become an aging society.



Walking and cycling promotion
also benefit the country in areas of
transport,
energy,
environment,
and the society
with
positive health and economic gains

EXAMPLE

Sufficient **physical activity** would help save Thailand from **loss of working productivity** (1.8 day/person/year in average)

Physical Activity can save more than USD 3 billion per year the Thai government is using to treat people with overweight and obesity.

WHO/Europe HEAT

Health Economic Assessment Tool

HEAT answers the following question:
“If X people cycle for Y minutes on most days, what is the economic value of the health benefits that occur as a result of the reduction in mortality due to their physical activity?”

To access the tool:
www.heatwalkingcycling.org



Since 2011, with supports from
Thai Health Promotion Foundation,
Thailand Cycling Club
has actively advocated
Promotion of Walking and Cycling
in Daily Life



Succeeded in advocating
the 5th National Health Assembly in
December 2012 to pass a resolution
‘Systems and Structures for
Promotion of Walking and Cycling
in Daily Life’



And had the resolution approved by
The National Health Commission
on 16th August 2013
to be proposed for consideration of
the **Government Cabinet**



If the resolution is approved in full
by the Cabinet,
10 government ministries
from Public Health to Transport,
Education, Energy, Industry, Finance
and Interior
would be required to take various
actions to promote
walking and cycling in daily life

The Prime Minister Office is also requested to support and facilitate a process to develop a **National Strategy on Systems and Structures for Promotion of Walking and Cycling in Daily Life** making it a **Public Policy** in 2015

Promotion of Walking and
Cycling in Daily Life
is therefore
Promoting Health in All Policies
and
A Best Investment for Health



THANK YOU

