



Fostering Active MObility to bUild healthy communities

Azeb Tesfaye Legese

Department of Cycling and Sustainable Mobility

University of Kassel, Germany

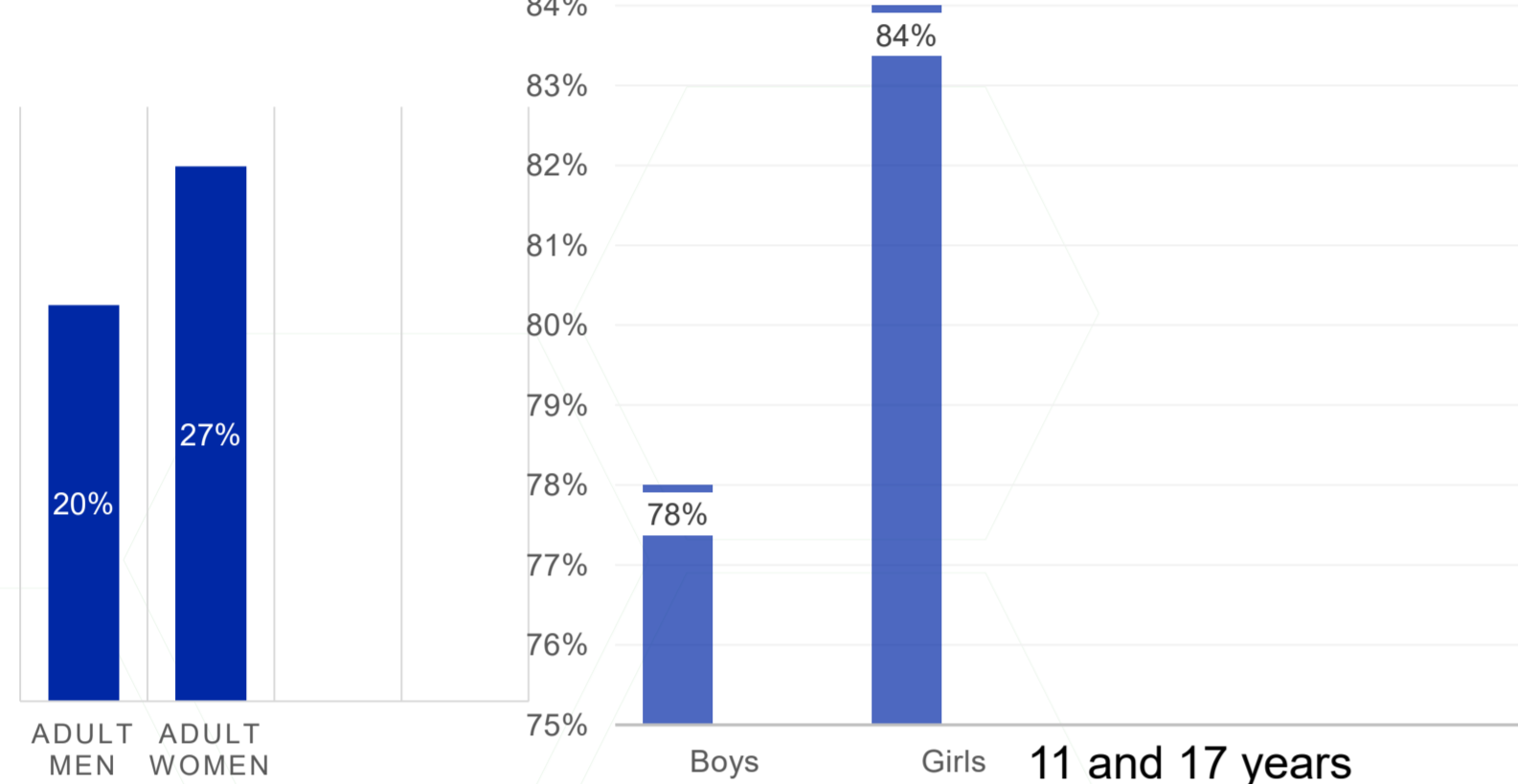
Case: Kassel, Germany



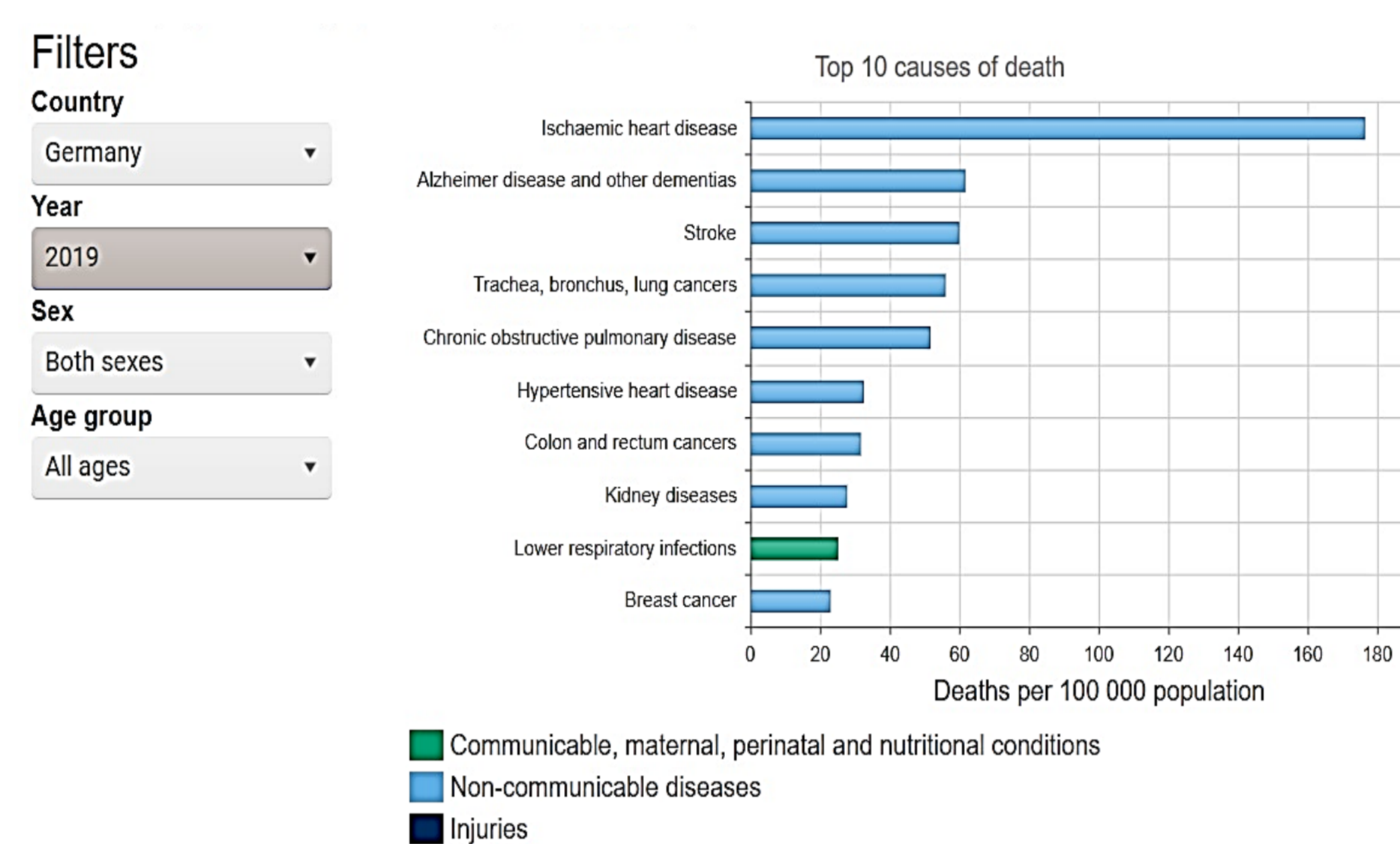
Background and justification

- The trend of globalization and modernization ↔ socioeconomic dynamics ↔ increased car dependency and mobility behavioural changes
- Major risk factors for NCD - physical inactivity
- Urban development approaches and motorization ↔ sedentary lifestyles, diminished space and opportunities for physical activity ↔ non-communicable diseases [1]
- One out of ten people breathes polluted air - WHO, 2018 report
- 150 minutes of moderate-intensity physical activity per week for adults – WHO [2]

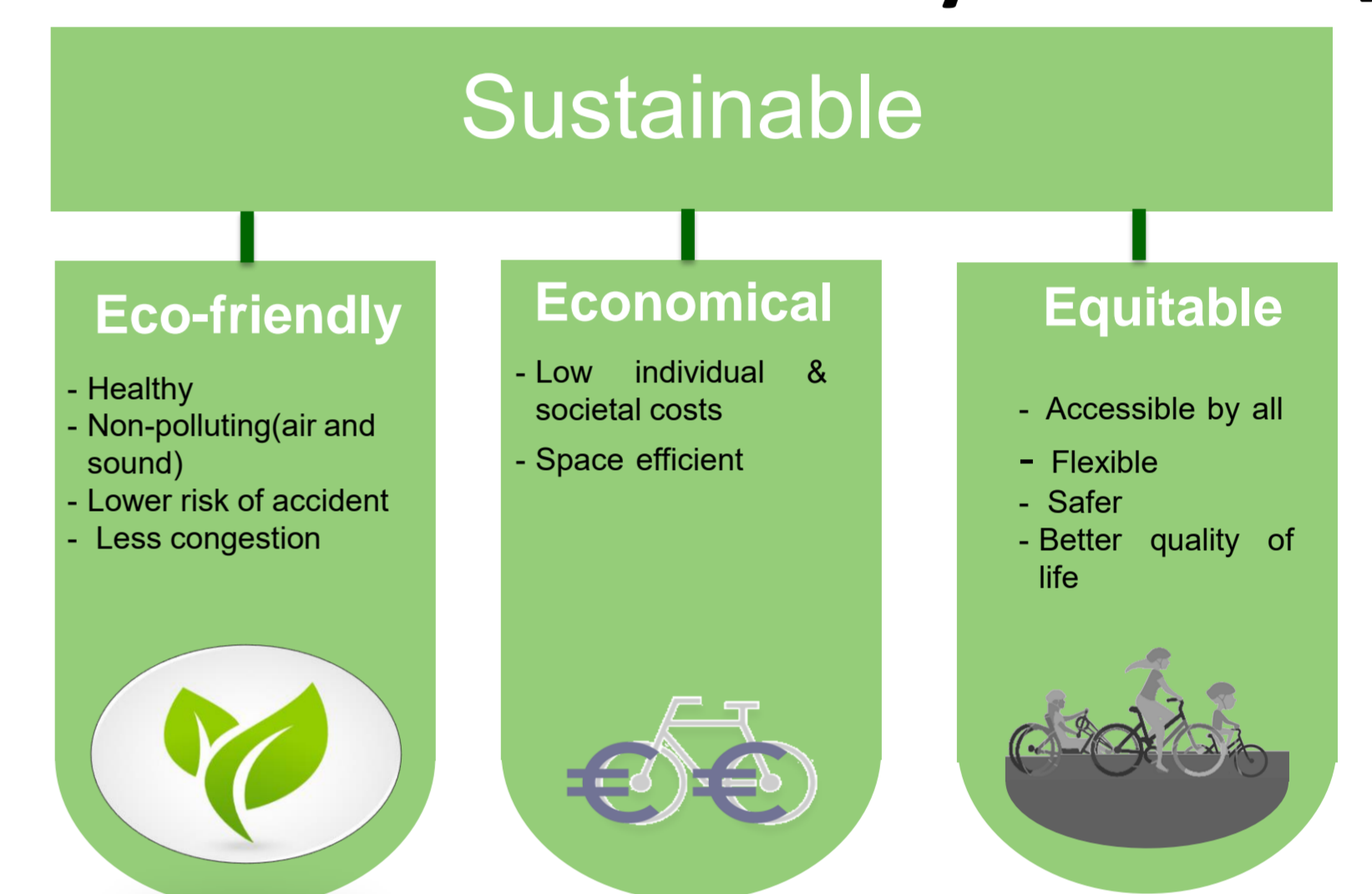
Did not fulfill WHO's recommendations globally [2]



NCD in Germany [3]



Active Mobility Benefits [4]



Objectives

Investigate the change in the user's health and insight towards walking and cycling

Assessing the impact of urban infrastructure on the safety and wellness of active mobility users

Investigating users' preferences and perceptions toward walking and cycling

Examining how walking and cycling can improve the health of people with NCD using a comprehensive HIA

To suggest strategies and approaches that can help to enhance the equity and accessibility of active mobility users

Methodology



Mixed research methodology



Approach

- Sidewalk audit
- Quantitative data collection
- Examination - volunteer NCD patients using HIA parameters

Expected output

Credible and useable findings and recommendations on the impact of urban infrastructure on safety and on building healthy community among the residents in Kassel city Germany

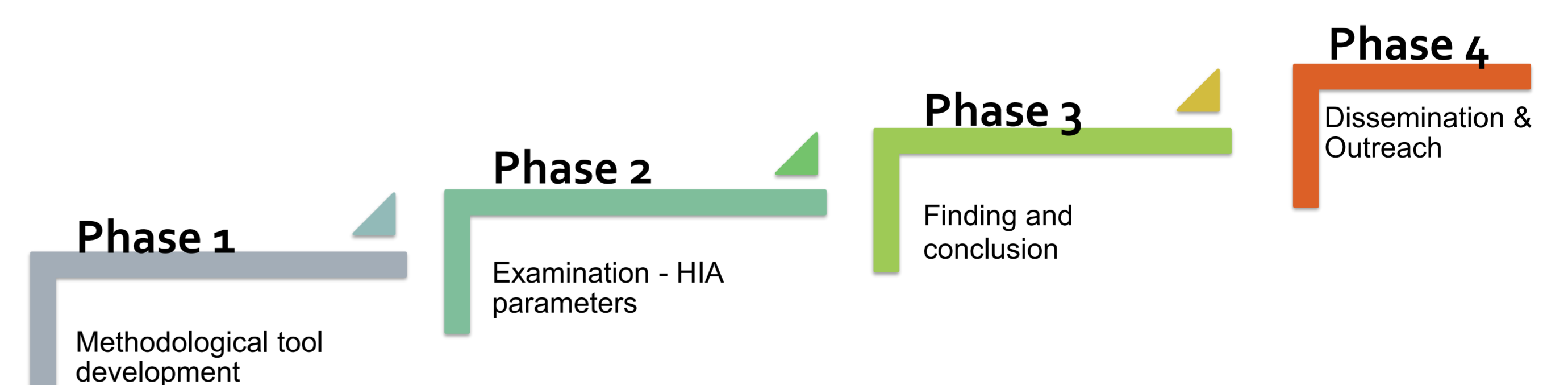
Authentic data that can be used as a basis for developing strategies that can reshape and transform equity and accessibility among active mobility users in Kassel

A detailed report outlining the main findings of the study with appropriate and new knowledge

Policy briefs for policymakers addressing any gaps identified in existing policies in line with the findings of the study

Publications in international peer-reviewed scientific journals

Work plan



Referenzen

1. WHO (World Health Organization). Global Status Report on Road Safety; WHO: Geneva, Switzerland, 2015
2. World Health Organisation (WHO): Prevention and control of noncommunicable diseases in the European Region: a progress report. 2014 <<http://www.euro.who.int/en/health-topics/noncommunicablediseases/cancer/publications/2013/prevention-and-control-of-noncommunicable-diseases-in-the-european-region-a-progress-report>> (17 Dec 2017)
3. <https://www.who.int/data/gho/data/themes/mortality-and-global-health-estimates/ghe-leading-causes-of-death>
4. Koszowski, C., Gerike, R., Hubrich, S., Götschi, T., Pohle, M., Wittwer, R. (2019). Active Mobility: Bringing Together Transport Planning, Urban Planning, and Public Health. In: Müller, B., Meyer, G. (eds) Towards User-Centric Transport in Europe. Lecture Notes in Mobility. Springer, Cham. https://doi.org/10.1007/978-3-319-99756-8_11

Acronyms - NCD- Non-communicable diseases, WHO- World health organization. HIA- Health impact assessment

Kontakt

Azeb Tesfaye

azebibi2019@gmail.com

+49 177 9576327

www.uni-kassel.de/go/radverkehr