Aktiv transport

Adjunkt, Ph.d.
Lars Østergaard

SDU

ACTIVE HEALTHY KIDS GLOBAL ALLIANCE

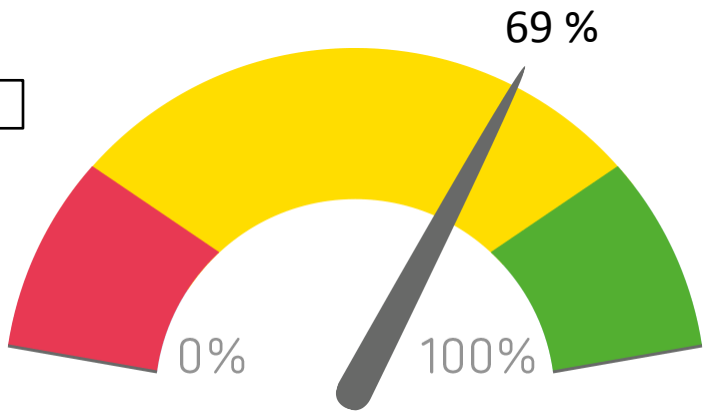
www.activehealthykids.org

Aktiv transport til skole – Danmark

ACTIVE HEALTHY KIDS GLOBAL ALLIANCE

BENCHMARK

- **A 81-100%**
- **B 61-80%**
- **C 41-60%**
- **D 21-40%**
- **F 0-20%**



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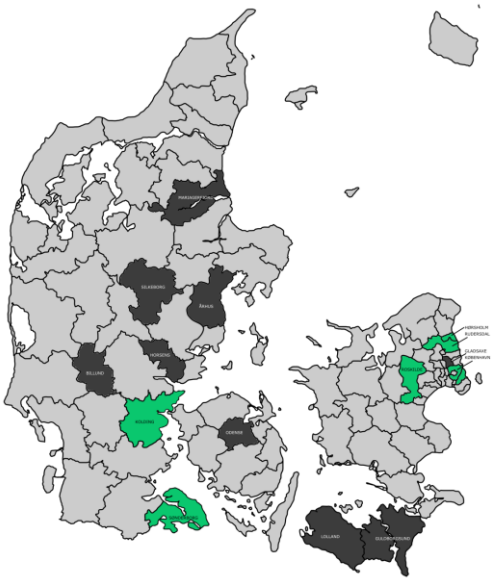
Skoletransportundersøgelse

- den første undersøgelse af skoleelevers transportadfærd



I alt 14 kommuner har kortlagt eller er ved at få foretaget kortlægning af skoletransport

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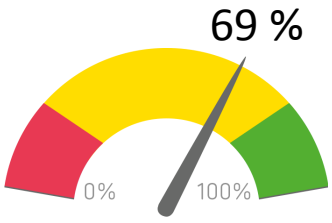
Aktiv transport til skole – Danmark

Datagrundlag



- **Skoletransportundersøgelsen**
- **Forår 2015**

- **Alle kommunalskoler i fire kommuner**
  (Århus, Rudersdal, Gladsaxe og Odense)

- **Én klasse per årgang**
- **I alt ca. 19.000 skoleelever**

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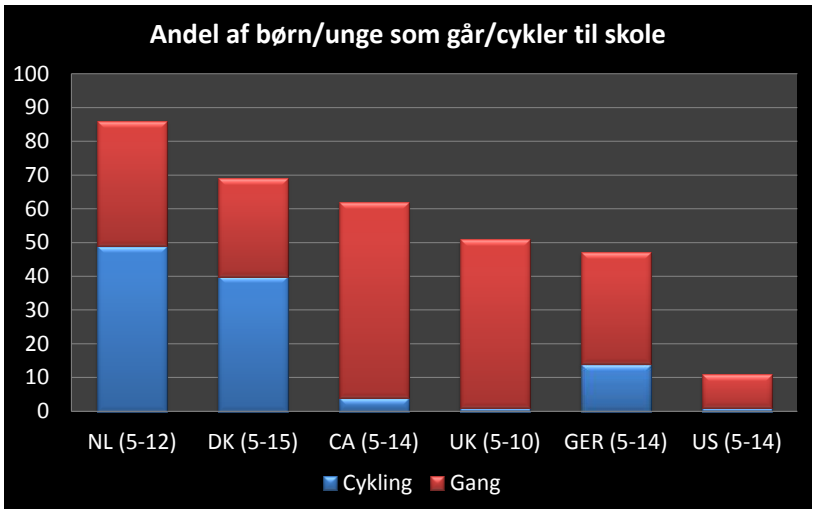
Aktiv transport til skole – sammenligning



AHK data samt tabel 11.1 ”City Cycling” modificeret

Fire argumenter for aktiv transport

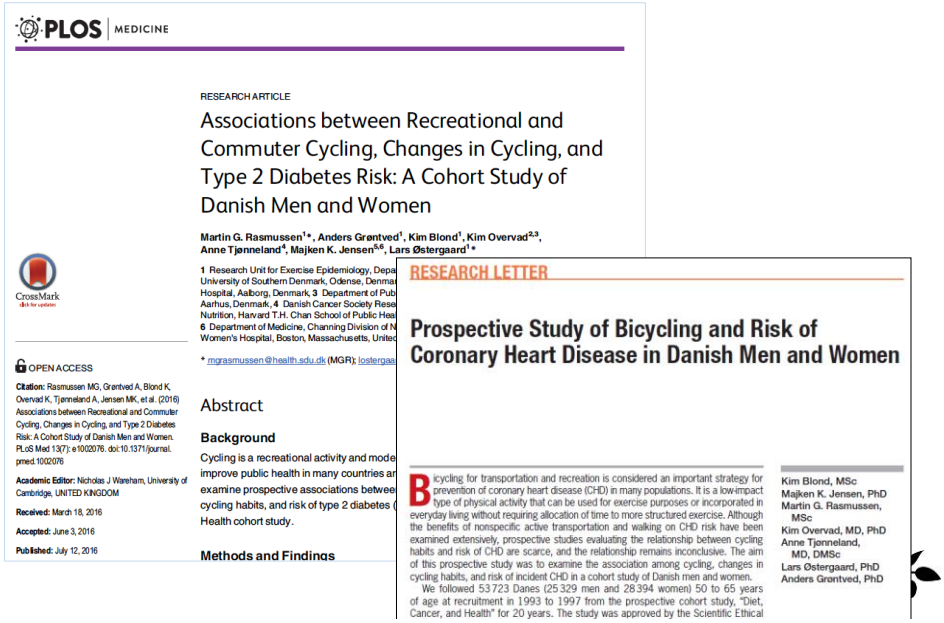

Reducere CO_2 udledning


Økonomiske fordele


Modvirke trafiktrængsel


Forbedre sundheden

Cykling til arbejde – sundhed



PLOS | MEDICINE

RESEARCH ARTICLE

Associations between Recreational and Commuter Cycling, Changes in Cycling, and Type 2 Diabetes Risk: A Cohort Study of Danish Men and Women

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OPEN ACCESS

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Abstract

Background

Cycling is a recreational activity and mode
improve public health in many countries ar
examine prospective associations betwee
cycling habits, and risk of type 2 diabetes (
Health cohort study.

Methods and Findings

RESEARCH LETTER

Prospective Study of Bicycling and Risk of Coronary Heart Disease in Danish Men and Women

Bicycling for transportation and recreation is considered an important strategy for prevention of coronary heart disease (CHD) in many populations. It is a low-impact type of physical activity that can be used for exercise purposes or incorporated in everyday living without requiring allocation of time to more structured exercise. Although the benefits of nonspecific active transportation and walking on CHD risk have been examined extensively, prospective studies evaluating the relationship between cycling habits and risk of CHD are scarce, and the relationship remains inconclusive. The aim of this prospective study was to examine the association among cycling, changes in cycling habits, and risk of incident CHD in a cohort study of Danish men and women.

We followed 53 723 Danes (25 329 men and 28 394 women) 50 to 65 years of age at recruitment in 1993 to 1997 from the prospective cohort study, "Diet, Cancer, and Health" for 20 years. The study was approved by the Scientific Ethical

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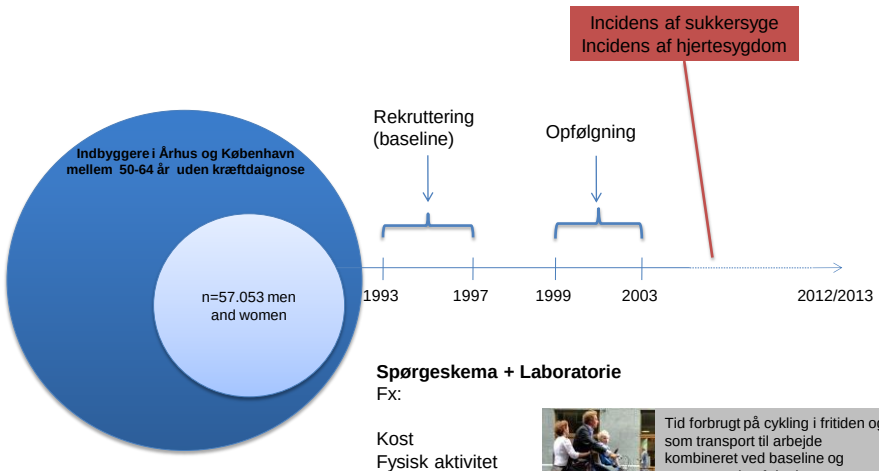
Anders Grøntved, PhD

Kost, kræft helbred undersøgelsen

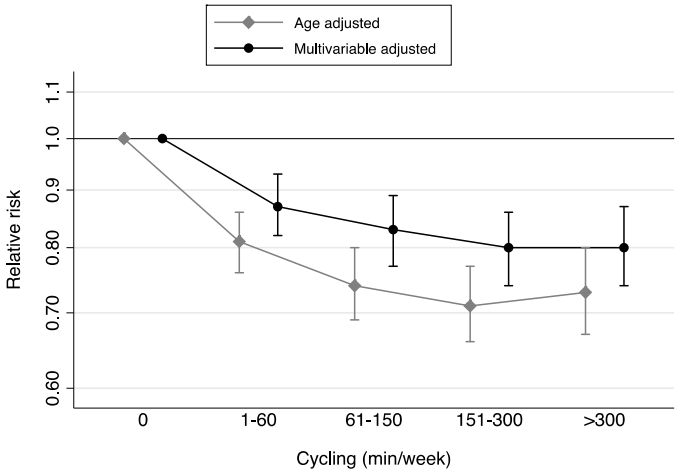


Spørgeskema + Laboratorie
Fx:

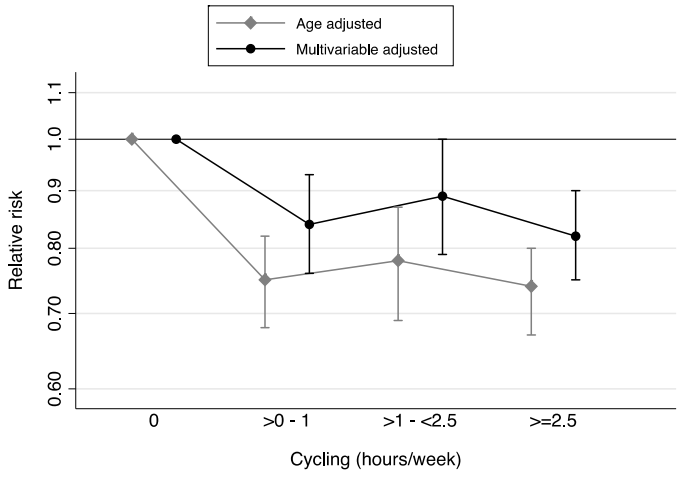
Kost
Fysisk aktivitet
Cykling
Rygning
Alkohol
Uddannelse
Beskæftigelse
…

Tid forbrugt på cykling i fritiden og som transport til arbejde kombineret ved baseline og separat ved opfølgning

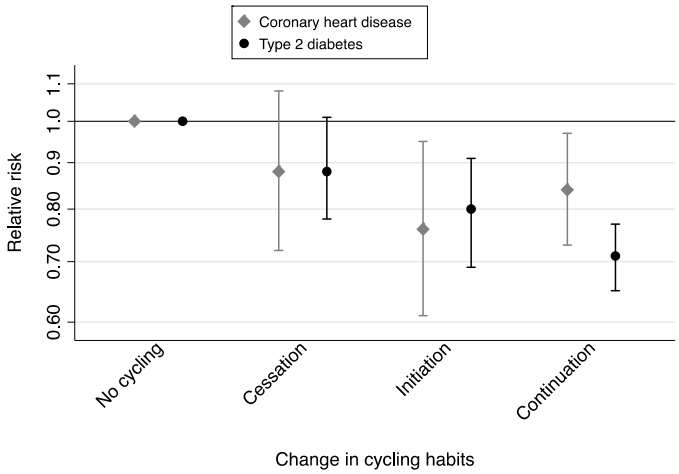
Cykling og risiko for diabetes



Cykling og risiko for hjertesygdom



Ændringer i cykelvaner og risiko for diabetes og hjertesygdom



Aktiv transport – WHO opfordring

ACTIVE HEALTHY KIDS GLOBAL ALLIANCE

"National and local governments should frame policies and provide incentives to ensure that walking, cycling and other forms of physical activity are accessible and safe"
(WHO – Global strategy on Diet, Physical activity and Health 2006)

Hvordan påvirkes aktiv transport?

- Afsæt i data
- Afsæt i litteraturen

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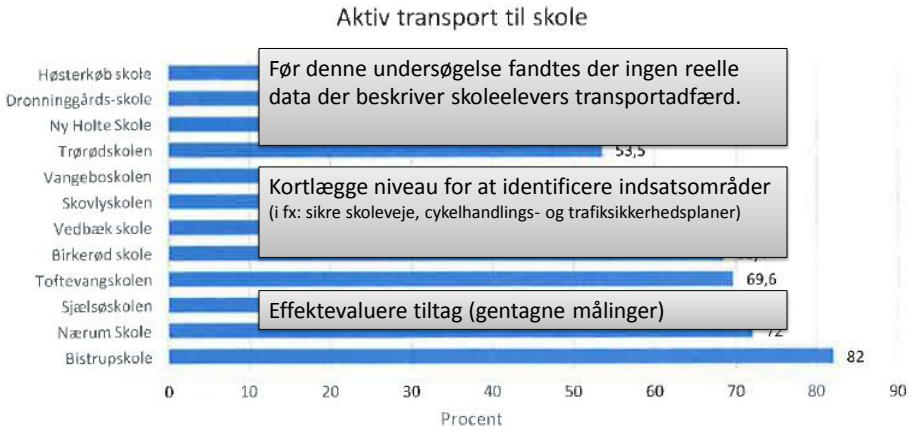
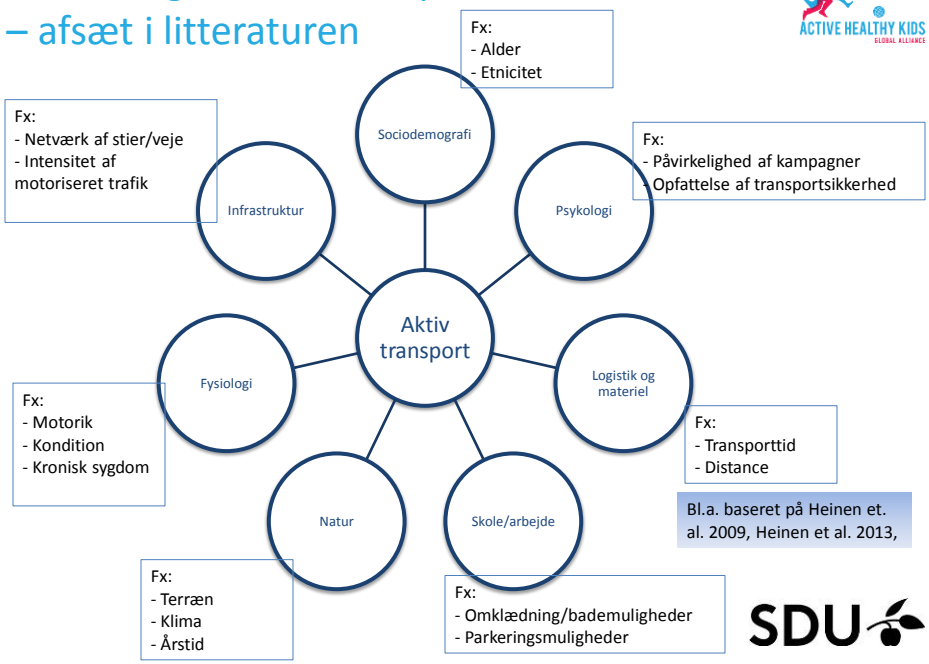
Påvirkning af aktiv transport – afsæt i data



(Trafik og veje 2016, Henriette Jensen , Kræftens Bekæmpelse)

Påvirkning af aktiv transport – afsæt i litteraturen



Tak for opmærksomheden

- Og tak til

Kræftens Bekæmpelse

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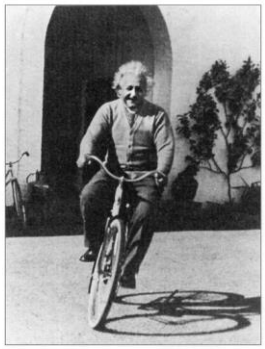

Life is like riding a bicycle.
To keep your balance you must keep moving.
—Albert Einstein