



## CASE: CYCLING ROUTES Benefits of cycling

Cycling increases physical activity and has a positive impact on health care costs, the city landscape, the space requirements of traffic, air quality, and noise level. This is why investing in cycling infrastructure is a health-related decision and also an effective economic decision.

The Urban Environment Division of the City of Helsinki analysed the benefits and expenses for two annual investment budgets of 10 million and 20 million euros. The analysis showed that in both of these investment budgets, the benefit-cost ratio is remarkably higher in comparison to usual road investment projects: in both scenarios, the benefit-cost ratio is almost eight. Overall, the annual investment budget of 20 million euros is still a more profitable option.

### Costs and savings

According to estimates, an investment of 114 million euros (according to the current value) would yield 888 million euros. In the 20 million budget, the benefits mainly come from health benefits and saved time due to shorter travel times. Cycling route maintenance costs, time-related costs, vehicle costs, environmental effects, health effects, and accidents have been taken into account when calculating the benefit-cost ratio.



**One life**  
Enjoy every day.



The One Life health project strives towards a healthier Finland. The Finnish Brain Association, the Finnish Diabetes Association, the Filha Finnish Lung Health Association, the Organisation for Respiratory Health, the Finnish Association for Mental Health, the Finnish Heart Association, and the Cancer Society of Finland have teamed up to promote people's health and welfare throughout their lives. Duodecim participates in the project as an expert organisation.

The reliability of the impact assessment was evaluated for factors which affect the cost-benefit ratio and net present value the most. Risk assessment software was utilised to assess the reliability of the benefit-cost ratio and the net present value using Monte Carlo simulations.

The economic benefit calculation of health effects indicates that 51–62% of the benefits of cycling are health-related. The Urban Environment Division has estimated that if cycling doubled in Helsinki by 2025, this would create health benefits worth 80 million euros each year.

### **Please note:**

The presented benefits can be achieved if an average person living in Helsinki cycles 50–80 additional kilometres per year by 2025. In reality, the increased number of kilometres is not evenly distributed across the population of Helsinki.

### **Sources:**

- Pyöräilyn hyödyt ja kustannukset Helsingissä [Benefits and costs of cycling in Helsinki]. A study by the Traffic Planning Department of the Urban Environment Division of the City of Helsinki, 2014:5: [http://www.hel.fi/hel2/ksv/julkaisut/los\\_2014-5.pdf](http://www.hel.fi/hel2/ksv/julkaisut/los_2014-5.pdf)



**One life**  
Enjoy every day.



The One Life health project strives towards a healthier Finland. The Finnish Brain Association, the Finnish Diabetes Association, the Finnish Lung Health Association, the Organisation for Respiratory Health, the Finnish Association for Mental Health, the Finnish Heart Association, and the Cancer Society of Finland have teamed up to promote people's health and welfare throughout their lives. Duodecim participates in the project as an expert organisation.