C40 and Novo Nordisk are working with mayors to support healthier, more liveable cities. From rising wealth and increasing consumption, to more sedentary lifestyles and inequality of access to healthcare and healthy environments, urban living presents a major challenge to health and climate.

Our work supports cities to not only tackle urban health and climate change challenges, but more importantly realise the vast potential of doing so. The benefits of climate action – from green jobs and growth, to active, happier lives and cleaner air and water – have an immediate, tangible impact on people’s lives.

This research enables cities to evidence the benefits of climate action as efficiently, effectively and expeditiously as possible. By making a stronger case for climate and health policies and projects, cities can unlock the much greater speed and scale of action that is required.

WHY CITIES?
- More than half the world’s population live in cities, about 3.7Bn people
- Cities generate 70% of global CO₂ emissions
- Inactivity is the 4th biggest global killer, responsible for around 3.2M deaths every year
- Worldwide obesity has nearly tripled since 1975, over 1.98Bn adults are overweight and of these over 650M are obese
- Diabetes healthcare costs US$673Bn, 12% total global health care costs
- Non-communicable diseases are emerging as the new urban epidemic – 39.5M people die every year from NCDs
- 2/3 of adults with diabetes live in cities

THE HEALTH CHALLENGE
- 415 million adults with diabetes
- 12% worldwide health costs

THE CLIMATE CHALLENGE
- 14 thousand actions by 2020
- 49 gigatonnes of CO₂ per year
- 38 billion euros in benefits

THE OPPORTUNITY
- Health benefits off-set mitigation policy costs up to ten times
- 20 month increase in life expectancy

Find out more: C40.org/benefits

HOUSTON CASE STUDY

Drivers for Action
- Only 51% adults do recommended weekly activity
- 8.5% adults diabetic
- 32% children obese

Houston Bike Plan
- The Houston Bike Plan was launched in 2017 to improve safety, access, ridership and facilities
- Plans to increase existing 270 miles of high comfort cycle facilities to 872 miles across the city
- Goal to increase cycling from 0.5% to over 1.8% mode share

White Oak Bayou Greenway
- The White Oak Bayou Greenway is a 17-mile green landscaped and off-street bike trail used for over 250,000 trips by an estimated 1,282 regular riders per year
- 1,282 cyclists per year
- 250,000+ trips per year
- 17 miles of green trail

This research demonstrates benefits from the 17 mile white oak trail, one of the first sections of the greenway 2020 – illustrating the huge potential of the city-wide bike plan
### Health Benefits

- **12% Diabetes Reduction**: 12% reduction in type 2 diabetes risk, an average of additional 8 months of healthy, diabetes-free life.
- **20% Heart Disease Reduction**: 20% reduction in heart disease and stroke risk.
- **12% Reduced Risk of Depression**: Improved mental health and wellbeing, 12% reduced risk of depression and 9% reduced risk of dementia.

### Environmental Benefits

- **117,000 Car Trips Avoided**: In 2016 alone, nearly 117,000 car trips, over 4,000 bus rides and nearly 2,500 taxi rides were avoided as a result of cyclists on the White Oak Trail...
- **Reduced Air Pollution**: ...offsetting the release of approximately 350,000 kg of CO₂, 270 kg of NOₓ, 10 kg of SO₂, 23 kg of PM₁₀ and 10 kg of PM₂.₅.
- **350 Tonnes of CO₂ Saved**: The benefits of reduced mortality of $2M per year, exceeding the costs of the scheme by 2.38 times.

### Economic Benefits

- **12 Jobs Created Each Year**: The value of emissions saved in 2016 was estimated at $24,300.
- **$2 Million Annual Savings**: Potential benefits of over $80M per year, representing a 2.64 return on investment.
- **328 Jobs Created During Construction**: Increased physical activity, over 25,000 new cyclists and over 5M trips per year.

### Scaling-Up to City-Wide

- **125 Active Minutes Per Week**: 200 direct jobs and 128 indirect jobs were created during the construction period.
- **12 Jobs**
- **$80+ Million Annual Benefits**
- **Over 12 Premature Deaths Avoided**

Full report: C40.org/benefits