Cycling in Groningen: Paving the way for Healthy Ageing
What do we mean by Healthy Ageing

- Health
- Prevention
- Intervention
- Ambition
- Societal Benefit

Life course
Our dream is making healthy behaviour part of daily routine
Focus: influencing the environment of people

- House
- Village
- School yard
- Working place
- Sporting grounds
- Supermarket
- Health Care
- Park
- etc

- Housing companies
- Municipalities
- Schools
- Companies
- Sports clubs
- Supermarkets
- Health Care Organizations
- Environment agencies
- etc
Health policy city of Groningen

- Active citizenship
- Accessible Green
- Active Relaxation
- Healthy Living
- Healthy Food
- Healthy Mobility
Healthy Mobility is almost part of our DNA
## Average cycling distance per person per day, 2015

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Distance (km)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 to 17 years</td>
<td>6.2</td>
</tr>
<tr>
<td>18 to 24</td>
<td>2.7</td>
</tr>
<tr>
<td>25 to 34</td>
<td>2.2</td>
</tr>
<tr>
<td>35 to 49</td>
<td>2.3</td>
</tr>
<tr>
<td>50 to 64</td>
<td>2.6</td>
</tr>
<tr>
<td>65 to 74</td>
<td>2.6</td>
</tr>
<tr>
<td>75 or older</td>
<td>1.4</td>
</tr>
</tbody>
</table>

**Source:** Statistics Netherlands, The Hague/Erasmus, 2017.
Being Dutch, Luitzen Dijkstra didn’t have to look far to find the activity he needed in retirement. After a heart attack, he especially wanted something to maintain his health and to increase life-giving interaction with others. In fact, Dijkstra, 62, probably could spot his eventual solution by glancing outside any time day or evening, just about anywhere in his country: bikes.
Healthy Ageing Tour

- 5 Day Stage race for world class womens cycling (both junior and elite riders)
- Healthy Movement, promoting
  - Daily Mile at schools
  - Vitality at home
  - Safe cycling for senior citizens
  - Mental health at work
Thank you

@healthyageingeu

www.hannn.eu

Daan.Bultje@hannn.eu