



# Walkability: Making the Case

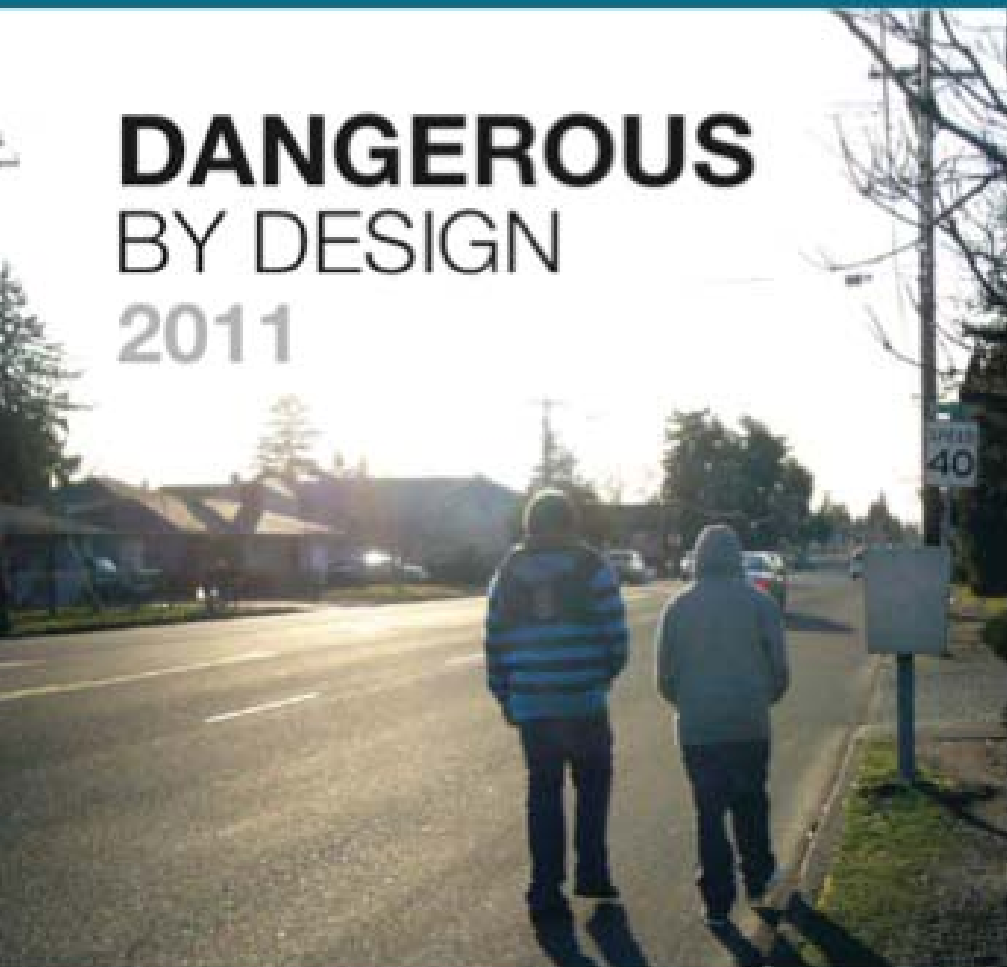
Walkable and Livable Communities Institute

# Walkability: Why?



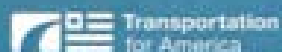
# Safety

## **DANGEROUS BY DESIGN 2011**



Between 2000 – 2009,  
more than 47,700  
pedestrians were killed  
in the U.S.

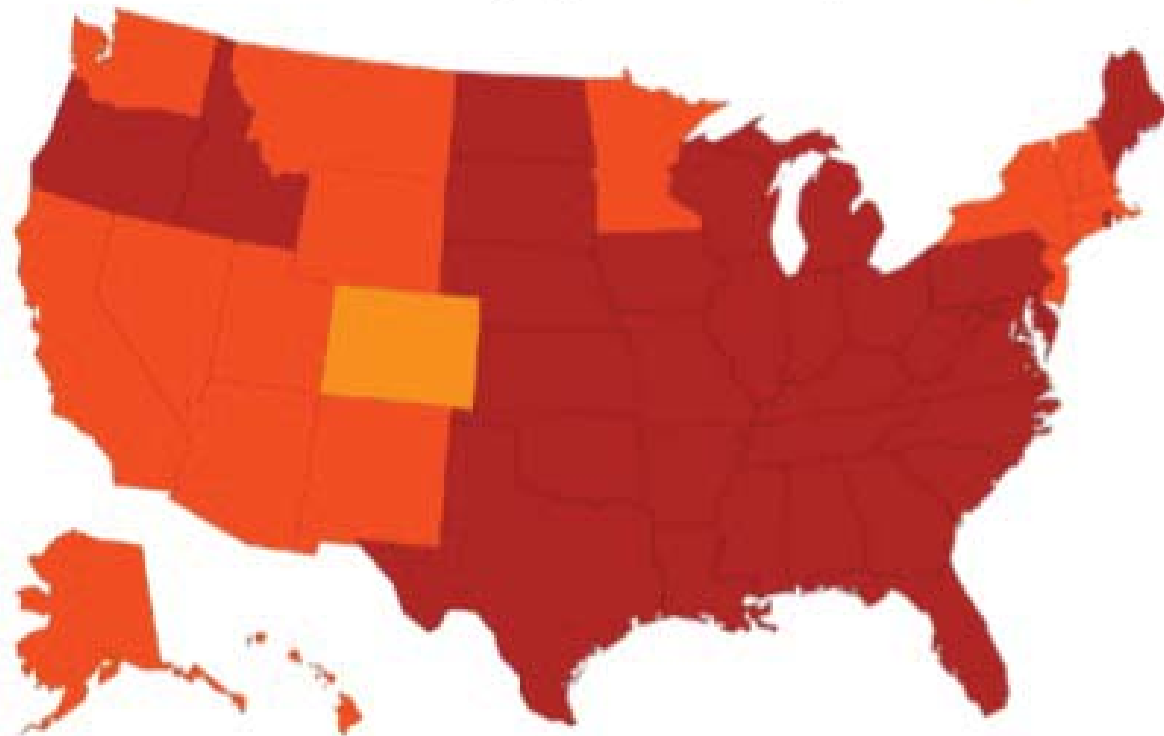
Solving the Epidemic of Preventable Pedestrian Deaths



# Obesity Rates

2010

Obesity (BMI $\geq$ 30)



Missing Data

14.0%–17.9%

22.0%–25.9%

<14.0%

18.0%–21.9%

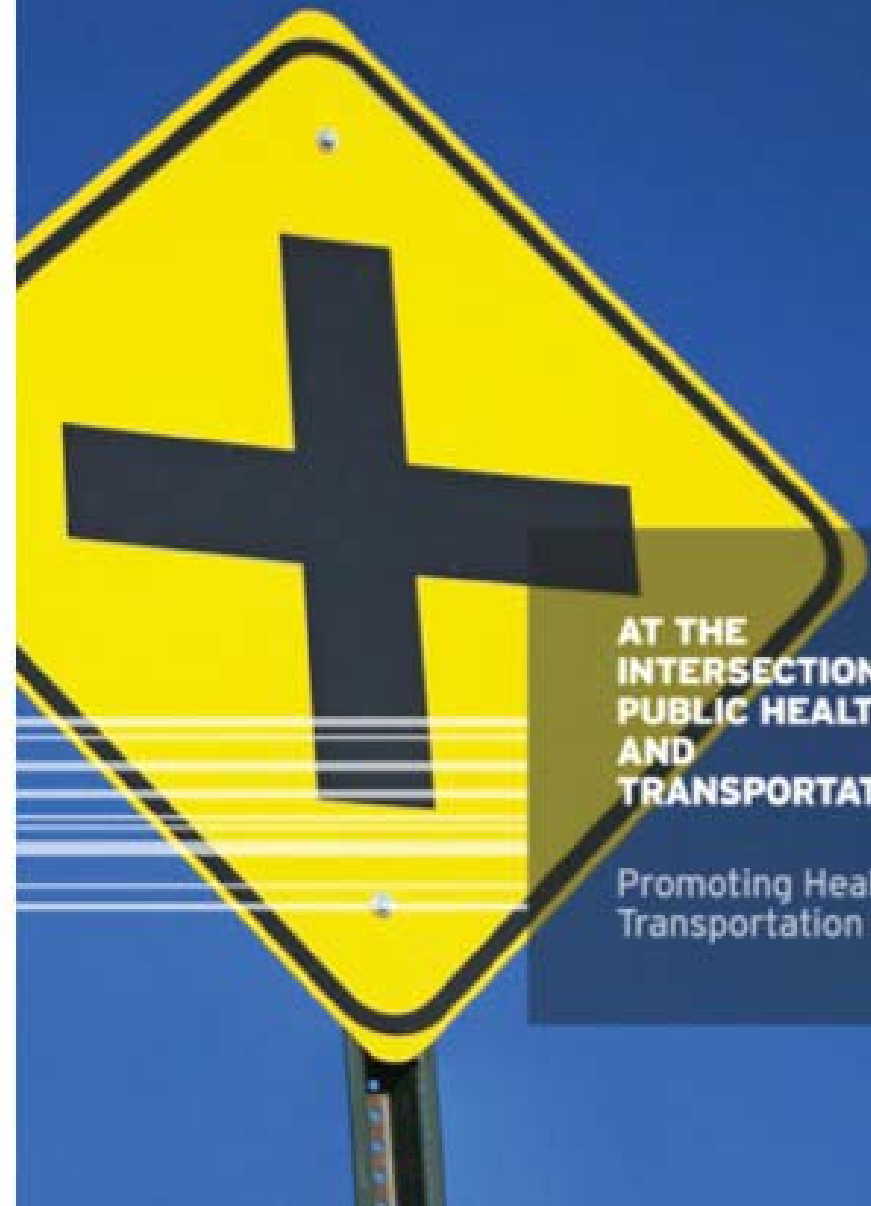
≥26.0%



CDC's Division of Diabetes Translation, National Diabetes Surveillance System  
available at <http://www.cdc.gov/diabetes/statistics>

# Obesity

Vehicle-miles traveled has a stronger correlation with obesity than any other factor.



**AT THE  
INTERSECTION OF  
PUBLIC HEALTH  
AND  
TRANSPORTATION:**

Promoting Healthy  
Transportation Policy

# Obesity



Obesity is the nation's fastest rising public health problem.

Two-thirds of American adults 20 years of age and older are overweight or obese.

# Obesity

Childhood obesity has tripled in the past 30 years.

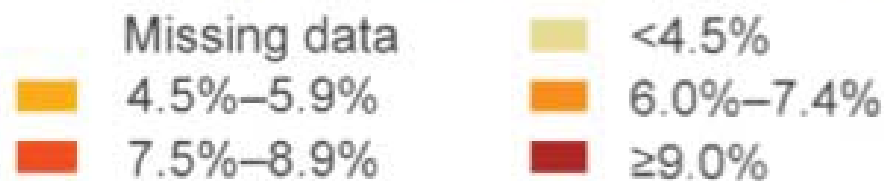
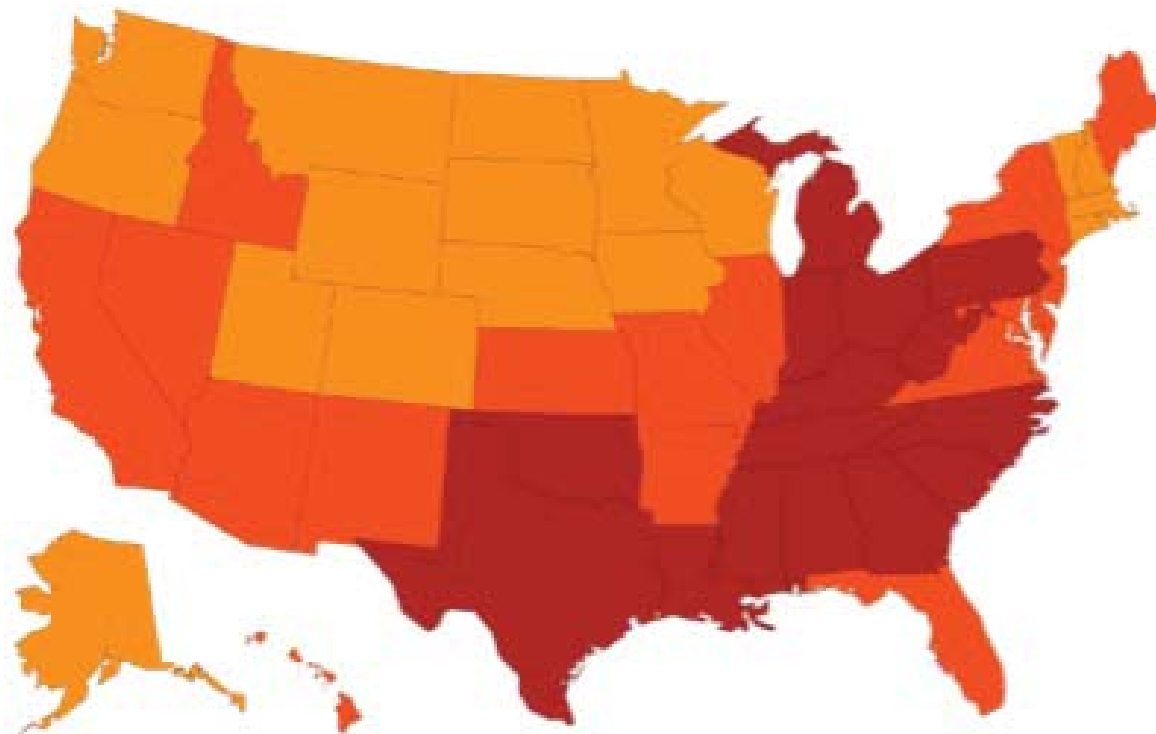
Overweight children are more likely to become obese adults.



# Diabetes Rates

2010

Diabetes



CDC's Division of Diabetes Translation. National Diabetes Surveillance System  
available at <http://www.cdc.gov/diabetes/statistics>



# Diabetes

In October 2010, the CDC reported that if current trends continue, one out of three Americans will have diabetes by 2050.

An American  
Epidemic

**Diabetes**



# Asthma

About 22 million people are currently diagnosed with asthma

Each year, asthma accounts for 14 million days of missed school days by children.



# Asthma



Carbon emissions from transportation will be 41 percent above today's levels in 2030 if driving is not curbed, according to the Urban Land Institute.

# Youth Wellness



From 1969 to 2001, the percentage of students walking and bicycling to school in the United States declined from 41 percent to 13 percent.

# Youth Wellness

Since 2000, antidepressants have become the most prescribed medication in the United States.

This generation of children could be the first in the history of the United States to live less healthy and shorter lives than their parents.



# Social Equity

Americans in the lowest 20 percent income bracket, many of whom live in rural settings, spend about 42 percent of their total annual incomes on transportation, compared to 22 percent among middle-income Americans.





# Social Equity

Nearly 1/3 of the United States population is transportation disadvantaged and without reliable access to food, medical care, employment or educational opportunities.



# Social Equity

Half of all non-drivers age 65 and over – almost 4 million Americans – stay at home on a given day because they lack transportation.





# Sustainability

Congestion cost \$87.2 billion in hours and fuel in 2007.



# Sustainability

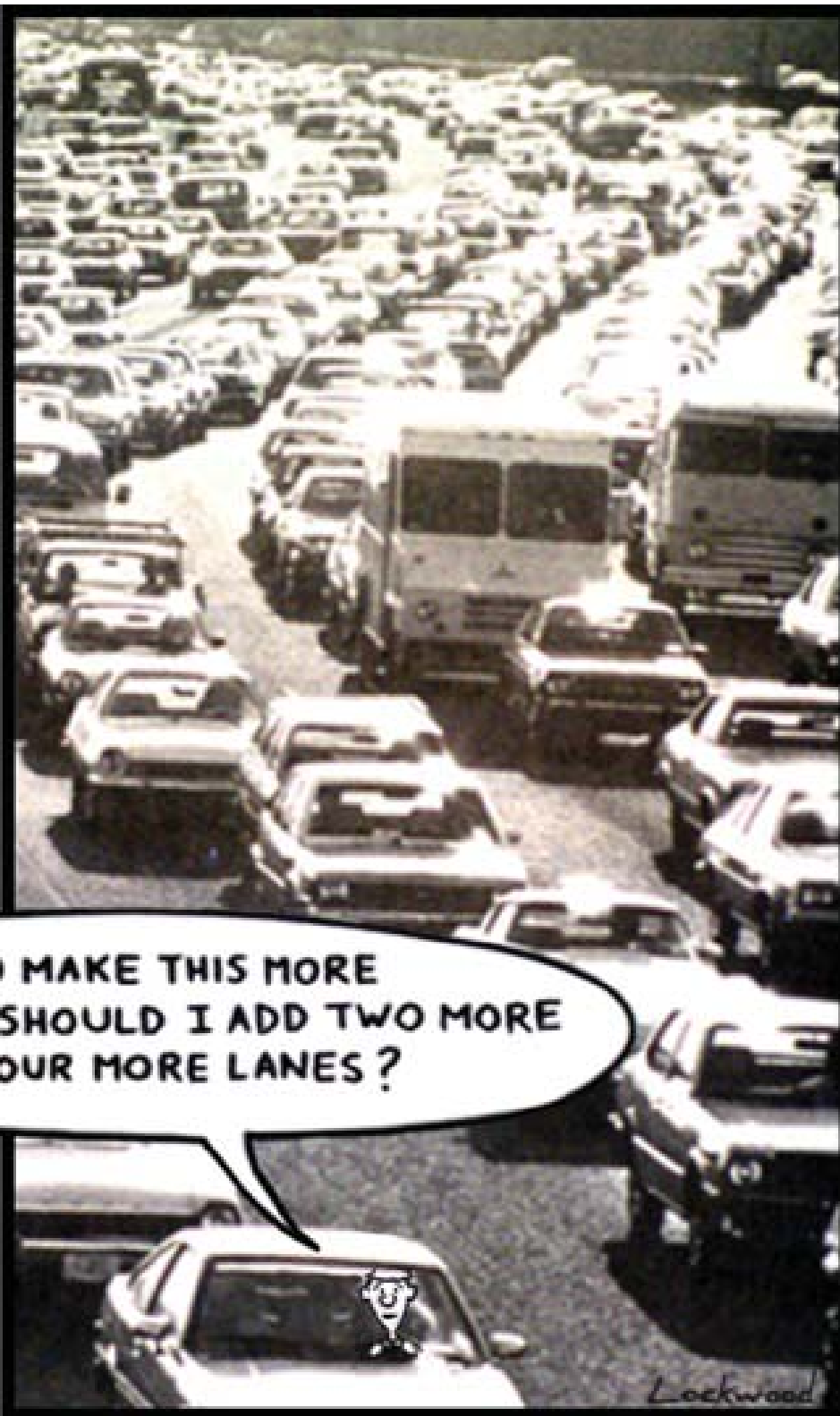
Simply increasing bicycling from 1 percent to 1.5 percent of all trips in the United States would save 462 million gallons of gasoline each year.



# Sustainability



Walking and cycling for transportation can reduce cardiovascular risk by 11 percent.



The modern America of obesity, inactivity, depression and loss of community has not happened to us; rather we legislated, subsidized and planned it.

*Making Healthy Places – Dick Jackson, Andy Dannenberg, and Howard Frumkin*

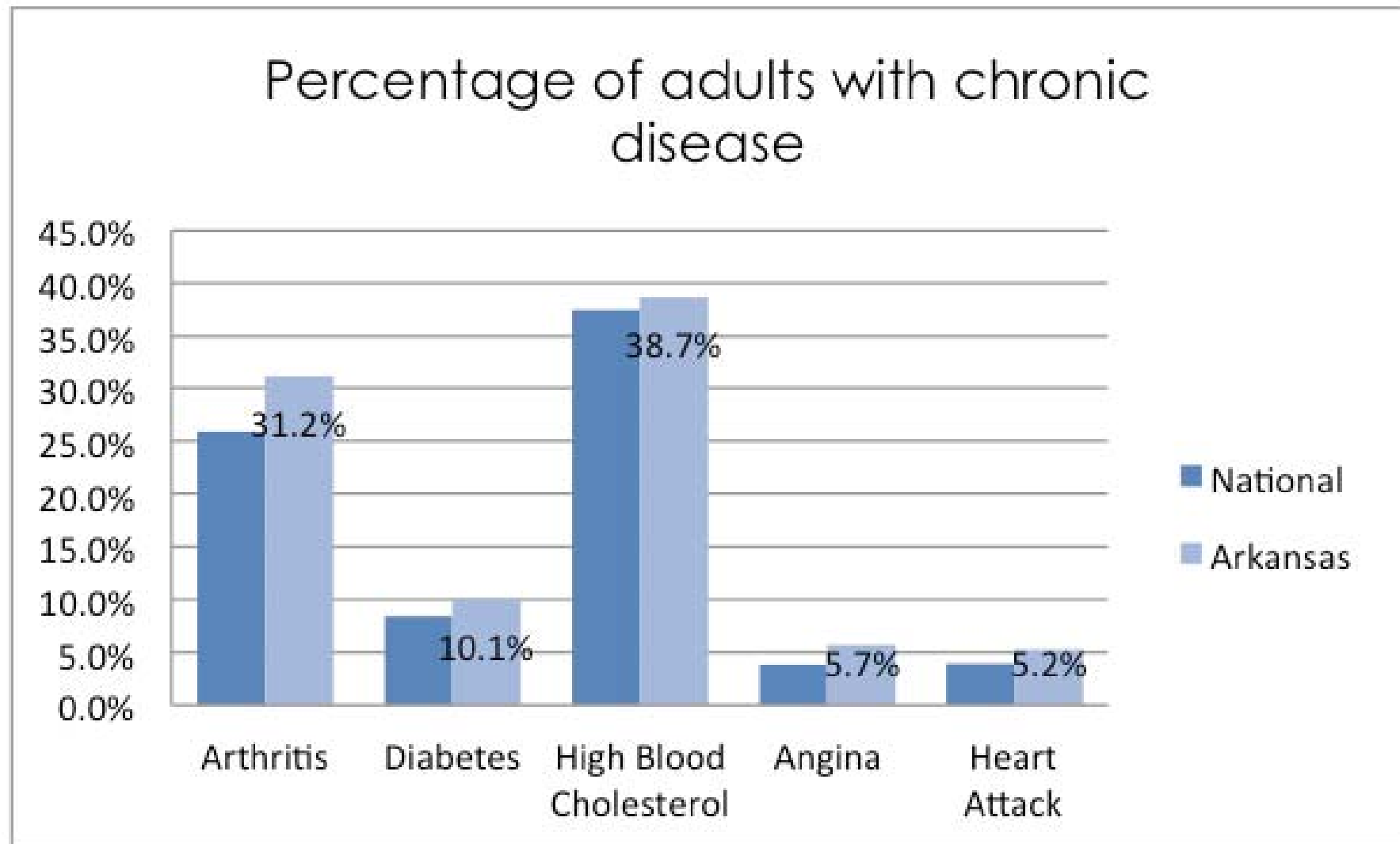
*Cartoon by Ian Lockwood*

# Example Community: Arkansas



# Health Data: Arkansas

## Health – Arkansas





# Air Quality: Arkansas



Arkansas is presently higher than the national average for metric tons of CO<sub>2</sub> from transportation per capita (7.4 tons vs. 6.9 tons).

Between 2000 – 2008, Arkansas ranked #49 for its share of bicycle commuters when compared to the other states at 0.13 percent.

# Social Equity: Arkansas



9 percent of the state's major roads are in poor condition and another 25 percent have been rated mediocre. Roads in need of repair cost each Arkansas driver a yearly average of \$308 in extra vehicle operating expenses.

The poverty rate in Arkansas is 18.5 percent. 26.6 percent of children 0-17 in Arkansas live in poverty – the third highest rate in the nation



# Social Equity: Arkansas



14.4% of Arkansas population is 65 or older. The *AARP Voices of 50+ America: Dreams & Challenges* survey for Arkansas found:

- 85% could not walk to a doctor's appointment
- 81% could not walk to work
- 81% could not walk to public transportation
- 77% could not walk to a pharmacy
- 72% could not walk to the bank
- 68% could not walk to the grocer
- 65% could not walk to a park

For More Information:

Walkable and Livable Communities Institute

1215 Lawrence Street, Unit 001

Port Townsend, WA 98368

[www.walklive.org](http://www.walklive.org)

360.385.3421

