

## America Walks to Work

More Americans Are Hitting the Streets for Their Commutes



Top 25 Cities:  
Percent of Commute by Foot (2016)

More Americans are walking to work in cities and towns across the US. New data released by the League of American Bicyclists and analyzed by America Walks shows a growth in regular walking trips made by adults on their way to and from work. Over 4 million people opted to hit the pavement as part of their commute in 2016, an increase from similar data collected in 2005 and 2011.

Daily commutes are a great way to make physical activity, such as walking and biking, part of one's routine and to help meet the guideline of 150 minutes of moderate aerobic physical activity set by the *2008 Physical Activity Guidelines for Americans*. People who walk to work enjoy benefits in addition to their individual physical health. Walking has been proven to increase productivity and energy throughout the day, supports mental well-being, and helps the environment by reducing the number of trips taken by car. It also provides an opportunity to strengthen relationships with friends and family, especially children, as walking commutes are taken together to both work and school.

Want to encourage more walking commutes in your community? Talk to employers about hosting a walk to work challenge over the course of a set period of time, perform walk audits with neighbors and colleagues to identify ways to improve walking infrastructure, and share your own experiences walking to work to encourage the behavior in others.

# AMERICA WALKS

Making America a Great Place to Walk

Cities and towns of all shapes and sizes are seeing an increase in the number of trips walking to work. These tables represent the growing demand for walkable communities across the US that are supported by America Walks and our network of local and state advocates.

Community	% walk Commute
Washington, DC	13.70%
Boston, MA	13.50%
Seattle, WA	11.10%
San Francisco, CA	11.10%
New York, NY	9.90%
Philadelphia, PA	8.30%
Baltimore, MD	6.70%
Chicago, IL	6.60%
Portland, OR	5.80%
Milwaukee, WI	4.90%

Top 10 Cities (Walk to Work)  
500k+ Population

Community	% walk commute
Norfolk, VA	11.50%
Pittsburgh, PA	10.30%
Honolulu, HI	8.70%
Madison, WI	8.50%
Jersey City, NJ	8.20%
Minneapolis, MN	7.30%
Rochester, NY	6.80%
Newark, NJ	6.50%
Richmond, VA	6.30%
Arlington, VA	6.20%

Top 10 Cities (Walk to Work)  
200k-499k Population

Community	% walk commute
Cambridge, MA	25.60%
Columbia, SC	21.50%
Ann Arbor, MI	14.40%
Provo, UT	14.30%
Berkeley, CA	13.60%
Boulder, CO	12.90%
New Haven, CT	11.60%
Providence, RI	11.00%
Wichita Falls, TX	10.10%
Syracuse, NY	10.00%

Top 10 Cities (Walk to Work)  
100k-199k Population

Community	% walk commute
Iowa City, IA	17.70%
Portland, ME	15.50%
Jacksonville, NC	14.10%
Bloomington, IN	13.60%
Somerville, MA	12.20%
Albany, NY	12.10%
Union City, NJ	11.40%
Miami Beach, FL	11.00%
Ames, IA	10.00%
Muncie, IN	9.90%

Top 10 Cities (Walk to Work) up to  
99k Population

America Walks is grateful to the League of American Bicyclists for gathering and sharing their data with us. The data was from the 2016 1-year estimate from the Census Bureau's American Community Survey C08006 table (for commuting data) and B01003 table (for population estimates). Data collection and tracking of walking and biking is a critical piece to demonstrating the need for more support and funding for all forms of active transportation.

