Three Things to Remember

1. Walkability is a wonder drug
2. 25 million more
3. CDC’s Active People Healthy Nation is a key ingredient
Physical Activity
The “Wonder Drug”
Have you had your dose today?
One Of The Best Things People Can Do To Improve Their Health

Benefits for Children
- Improves aerobic fitness
- Improves bone health
- Improves academic performance

Benefits for Adults
- Active adults generally live longer and are at less risk for serious health conditions like -
  - Heart disease
  - Some cancers
  - Type 2 diabetes
  - Obesity
- For people with chronic diseases, it can help improve disease management

Benefits for Healthy Aging
- Reduces risk of falling
- Extends years of active life
- Delays onset of cognitive decline
- Helps prevent weak bones and muscle loss

Just to name a few…
Physical Activity Benefits Our Communities

- Active and walkable communities can help
  - Increase retail activity and employment
  - Increase property values
  - Support neighborhood revitalization
  - Reduce health care costs
- Walkable communities can improve safety for people who walk or roll in wheelchairs, ride bicycles, and drive
- Physical activity improves productivity because physically active people tend to take fewer sick days
Importance of Physical Activity

Too few Americans get the recommended amount of physical activity

31 MILLION

About 31 million adults aged 50 or older are inactive, meaning they get no physical activity beyond that of daily living.

Only 1 in 5 adults and 1 in 5 high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities.
Both obesity and low levels of physical fitness increase the risk for injury among active military personnel.

Nearly 1 in 4 young adults are too heavy to serve in our military.

Obesity has risen 61% among active duty service members.
Inadequate levels of physical activity are associated with $117 billion in annual health care costs.

Inactivity contributes to premature deaths.

1 in 10
Why walkable communities are part of the magic sauce?

- They solve the two of the most common barriers...
  "Not enough time to "go to the gym"
  "Unsafe places"
LEVEL UP . . . Our goal is to save lives and protect health by helping 25 million Americans become more physically active
What Can We Do Together To Increase Physical Activity for Americans?

1. Deliver Programs That Work
   GOAL: Use proven programs to promote physical activity at national, state, and local levels.

2. Mobilize Partners
   GOAL: Support partners to create and sustain national, state, and local efforts to increase physical activity.

3. Share Messages that Promote Active Lifestyles
   GOAL: Connect and communicate the benefits of adopting an active lifestyle.

Active People, Healthy Nation frames CDC’s vision supporting “Active People in an Activity Friendly World”

4. Train Leaders for Action
   GOAL: Prepare local and state leaders to promote and support physical activity.

5. Develop Technologies, Tools, and Data that Matter
   GOAL: Address gaps in monitoring and evaluating physical activity, walking, and walkable communities.
Deliver Programs That Work
Deliver Programs That Work

Goal
– Use proven programs to promote physical activity at national, state, and local levels

Current Activities
– Support state health departments and NGOs to support *Activity-friendly Routes to Everyday Destinations*

Policy supports:
- CDC Community Guide Recommendations on Built Environment and Physical Activity
- Surgeon General’s Call to Action to Promote Walking and Walkable Communities
- CDC Transportation Recommendations

https://www.cdc.gov/nccdphp/dnpao/state-local-programs/funding.html
Combine interventions from two major categories

**Pedestrian or Bicycle Transportation Systems**
- Pedestrian infrastructure
- Bicycle infrastructure
- Public transit infrastructure and access

**Land Use and Environmental Design**
- Proximity to destinations
- Mixed land use
- Residential density
- Parks and recreational facilities
## State Health Departments supporting Programs that Work

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Key Priorities supporting Programs that Work

- Complete Streets
- Safe Routes to School
- Community/Master Plans
- Zoning Codes
Just released: Metropolitan Planning Organization Planning Guidebook for Bicycling and Walking

- Case Studies
- Guidebook
- Healthy MPO Symposium

http://t4america.org/maps-tools/mpo-case-studies/
http://t4america.org/maps-tools/healthy-metros/
Upcoming – Fact Sheets on Physical Activity-Friendly Zoning Codes

Upcoming Fact Zoning Guides and Fact Sheets

Institute for Health Research and Policy, University of Illinois at Chicago

https://www.ihrp.uic.edu/study/impact-zoning-code-reforms-built-environment-and-physical-activity-behaviors

Zoning Code Reforms are Associated with Walking Behaviors in a Nationwide Evaluation

Local Land Development and Related Policy Strategies for Supporting Walkable Communities: A Primer for Public Health Practitioners

Zoning Elements are Associated with Walking Behaviors in a Nationwide Evaluation
A checklist of key features or elements that grantees can measure at the community-level is in the initial stages of development.

Features/element that might be included:
- Existence and/or qualities of a policy or plan
- Existence of programs like Safe Routes to School
- Measures of the built environment or transportation infrastructure
Mobilize Partners
Mobilize Partners

- **Goal**
  - Support partners to create and sustain national, state, and local efforts to increase physical activity

- **Current Activities**
  - Support physical activity initiatives through networks (YMCA, SRTSNP, LAB, SGA, T4A, NCSC, APHA)
  - Develop leadership coalitions at the local level (AW, NCSC)
  - Coordinate national efforts across different settings (NPAPA, ACSM, NCPPA)
CONDUCTING A WALKABILITY AUDIT

Walk audits are a tool used to help discover the realities of walkability in our communities.

CLICK to see how Mark Fenton, an active transportation expert/consultant, is educating community leaders on how they can make a difference in their own communities.

http://storybook.link/YMCA/Walkability/
America Walks

Walking College
6 Modules

State and Community Workshops
OH, DOT, Commerce, NGOs

Case Studies and Reports
Philly Free Streets

Webinars and Trainings
2 per month
500+ on each call
Message
Active Lifestyles
Share Messages That Promote Active Lifestyles

- **Goal**
  - Communicate the benefits of adopting an active lifestyle

- **Potential Activities**
  - Develop and communicate physical activity messages using multiple channels
Infographics and One-Pagers

https://www.cdc.gov/physicalactivity/resources/factsheets.html
State Report Cards – Active Transport

https://www.saferoutespertnership.org/resources/2016-state-report-map
Benchmarking Report

http://bikingandwalkingbenchmarksbenchmarks.org/
Train Leaders for Action
Testing Approaches -- Complete Streets Consortium

A TENNESSEE TRIO WINS OUR FIRST COMPLETE STREETS CONSORTIUM AWARD

• Chattanooga TPO
• Knoxville Regional TPO
• Nashville Area MPO

Develop Technologies, Tools, and Data That Matter
Data that Matter

• Assist with documenting number of adopted complete streets policies
• Publish data on active living in MMWRs
• Explore novel data collection methods
• Johns Hopkins University
  – Barriers to promoting worksite walking policies
• University of Illinois at Chicago
  – Disparities in adoption of smart growth policies
• University of Arizona
  – Adapting complete street policies for Latino neighborhoods
• University of Rochester
  – Policies to increase walk/bike Rx in group medical visits
• University of Massachusetts Worcester
  – Increase local health dept. capacity to engage in PA policy
Three Things to Remember

Walkability is a wonder drug

25 million people leveling up

CDC’s Active People Healthy Nation is a key ingredient
Thank You!

For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.