



April 2, 2018

To Whom It May Concern:

On behalf of America Walks and our network of over 35,000 walking champions, I am writing to express appreciation and support for the conclusions in the sections in the Physical Activity Guidelines Advisory Committee Scientific Report relating to the built environment and community design. As an organization that advocates for safe and accessible walking environments, we recognize the importance of physical activity and are looking forward to seeing this long-awaited update to the 2008 Physical Activity Guidelines. Since the Centers for Disease Control and Prevention (CDC) first established these guidelines in 2008, they have informed the nation's efforts to promote healthy activity, including biking and walking. These guidelines have informed and guided our work and the work of the thousands of advocates across the US supporting active transportation.

I am writing specifically to emphasize the role walking can play in helping to meet physical activity guidelines. In our work, we often learn that many people do not consider walking a physical activity, but in reality, is something done on a daily basis to travel, play, and, of course, exercise. We appreciate you including it in the report and would even push for a more definitive statement about the role walking plays in helping to meet the guidelines.

More importantly, the scientific report's findings regarding the connection between built environment characteristics that support active transport, community design and characteristics that support recreational physical activity, and promotion of physical activity are critical to the work we do to support the creation of more safe, accessible, and enjoyable places to walk. As we have worked to develop and build walkable communities, we have come to understand how access to safe places to walk encourages physical activity and what a powerful incentive these health benefits bring to neighborhoods trying to prioritize community improvements. We know that safety is a major factor in the ability to get enough physical activity, the inclusion of built environment and community design interventions can go a long-way in addressing pedestrian safety and encourage that walking become a national priority, as called for in the Surgeon General's Call to Action to Promote Walking and Walkable Communities.

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Thank you for the opportunity to comment on the scientific report and we look forward to providing additional input as CDC continues its work updating the Physical Activity Guidelines. Please feel free to contact me at [contact info] if you have any questions or need additional information.

Sincerely,

A handwritten signature in black ink that reads "M. Katherine Kraft". The signature is written in a cursive, flowing style.

M. Katherine Kraft, Ph.D.
Executive Director

