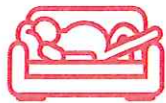


Health Benefits of Walking & Biking

CURRENT U.S. HEALTH STATISTICS

HEALTH BENEFITS



80% of Americans **DO NOT ACHIEVE** the recommended 150 minutes per week of **MODERATE EXERCISE**.

(CDC, 2013)



Residents of **WALKABLE COMMUNITIES** are **2x** as **LIKELY TO MEET PHYSICAL ACTIVITY GUIDELINES** compared to those who do not live in walkable neighborhoods.

(Frank, 2005)



CARDIOVASCULAR DISEASES are the **#1 CAUSE OF DEATH** in the United States.

(Mozaffarain, D. et al, 2014)



20 MINUTES WALKING OR BIKING each day is associated with

21% LOWER RISK OF HEART FAILURE FOR MEN and **29% LOWER RISK FOR WOMEN.**

(Rahman, 2014 and 2015)



1,630 Americans **DIE EVERY DAY FROM CANCER**, mainly that of the lung, breast and colon.

(American Cancer Society, 2016)



MODERATE EXERCISE for 30-60 minutes a day **REDUCES THE RISK OF LUNG, BREAST AND COLON CANCER** by a minimum of **20%.**

(National Cancer Institute, 2009)



61% of American adults 65 years or older **HAVE AT LEAST ONE ACTIVITY-BASED LIMITATION.**

(CDC, 2015b)



PHYSICAL ACTIVITY HELPS PREVENT OR DELAY ARTHRITIS, OSTEOPOROSIS AND DIABETES, while helping to maintain balance, mental cognition, and independence.

(National Institute on Aging, 2015)



86% of workers in the United States **DRIVE OR RIDE IN A PRIVATE VEHICLE TO COMMUTE**, sitting on average for 26 minutes each way.

(U.S. Census Bureau, 2013)



PEOPLE WHO BIKE BURN an average of **540 CALORIES PER HOUR** and **PEOPLE WHO WALK BURN** an average of **280 CALORIES PER HOUR.**

(De Geus, 2007 and CDC, 2015c)

CURRENT U.S. HEALTH STATISTICS

HEALTH BENEFITS

Mental Health



1 in 5 Americans report their **STRESS LEVELS AS EXTREME.**

(American Psychological Association, 2011)



BIKE COMMUTERS REPORT LOWER STRESS LEVELS compared to auto commuters.

(New Economics Foundation, 2011)



50% of Americans will **DEVELOP AT LEAST ONE MENTAL ILLNESS** during their lifetime.

(CDC, 2011)



30 MINUTES OF WALKING per day can **REDUCE ANXIETY AND THE RISK OF DEPRESSION.**

(Sharma, 2006)

Environmental Health



ASTHMA IS THE LEADING CHRONIC DISEASE IN CHILDREN and the number one reason for missed school days.

(CDC, 2015a)



A minimum of **20 MINUTES OF PHYSICAL ACTIVITY, 3X WEEK, STRENGTHENS THE LUNGS**, including those of individuals living with asthma.

(PubMed Health, 2014)



Exposure to **TRAFFIC EMISSIONS** is linked to exacerbation of **ASTHMA, REDUCED LUNG FUNCTION, ADVERSE BIRTH OUTCOMES** and childhood **CANCERS.**

(CDC, 2009)



IF 8% MORE CHILDREN LIVING WITHIN 2 MILES OF A SCHOOL WERE TO WALK OR BIKE TO SCHOOL, the air pollution reduced from not taking a car would be **EQUIVALENT TO REMOVING 60,000 CARS FROM THE ROAD** for one year, nationally.

(Pedrosa, 2008, SRTS)



40% OF ALL TRIPS in the U.S. are **TWO MILES OR LESS**, and two-thirds of them happen in cars.

(NHTS, 2009)



BIKING 2 MILES, rather than driving, **AVOIDS EMITTING 2 lbs OF POLLUTANTS**, which would take 1.5 months for one tree to sequester.

(EPA, 2000 and NC State, 2001)

* For more information, please contact Chris Saleeba of our Healthy Communities Group at chrissaleeba@altaplanning.com.

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