

Active Living: Did you know?

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Data taken from: Dangerous by Design, a 2009 joint effort report by the Surface Transportation Policy Partners and Transportation for America

- One in four transportation trips in the U.S are one mile or less. Currently, only 21% are made using active transportation. These short distance trips are the easiest to shift from driving to biking and/or walking.
- There is growing recognition that walking and bicycling, forms of “active transportation,” are critical to increasing levels of exercise and reducing obesity and heart disease.
- A long-term study funded by the National Institutes of Health found that people living in highly walkable neighborhoods averaged 35 to 45 minutes more physical activity per week than their counterparts in less walkable areas.
- The Centers for Disease Control estimates that if 10% of adults began a regular walking program, \$5.6 billion in national costs associated with heart disease could be saved.
- Americans spend, on average, 18% of their annual income on transportation.
- The average annual operating cost of a car is \$8,220 and the American Automobile Association estimates that the cost of driving in 2009 was \$0.54 per mile for drivers traveling 15,000 miles per year.
- Taking one one-mile trip by foot or bike instead of car each day could save a family almost \$200 per year.
- Children who walk or bike to school have better cardiovascular fitness than those who do not actively commute
- Increasing bicycling and walking from 10% of trips to 13% could lead to a fuel savings of around 3.8 billion gallons a year. This is equivalent to having 19 million more hybrid cars on the road.
- Making communities more walkable not only improves their safety and encourages physical activity, but also helps restore local tax bases and boost the economy.



This Grand Rapids community member regularly makes the $\frac{3}{4}$ mile trip by foot from his home to purchase groceries.