



# Bicycling & Walking to Healthy Communities

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# Commercials; Resources

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- [www.bicyclinginfo.org](http://www.bicyclinginfo.org)
- [www.walkinginfo.org](http://www.walkinginfo.org)
- [www.apbp.org](http://www.apbp.org)
- [www.fhwa.dot.gov/environment/  
bikeped/index.htm](http://www.fhwa.dot.gov/environment/bikeped/index.htm)
- [www.activelivingbydesign.org](http://www.activelivingbydesign.org)

# What Am I Going to Say?

- Confirm obesity epidemic
- Review benefits of bicycling/walking
- Discuss our “love affair” with cars
- Identify ways to promote bicycling/walking



# Obesity Facts

- 61% adults obese or overweight
- 300,000 premature deaths
- 9.4% of health care expenditures
- Increases health care costs by 36%, medication by 77%



# Bicycling, Walking are Good



- Good exercise
- Efficient
- Clean
- No fossil fuels
- Little space
- Inexpensive
- Great with transit

# B & W Have Great Potential

- 25% of all trips less than 1 mile
- 53 million adult recreational riders, 84 million walkers
- 80/40 million walked/rode within last 30 days





## If B & W are So Good...?

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- Why are only 2.9% and 0.4% of journeys to work by foot & bike?
- Why are 75% of trips less than 1 mile made by car?
- Why do only 10% of children walk to school?
- Why do we kill 6,000 pedestrians and bicyclists annually?



# B & W Not Convenient





# B & W Not Perceived as Safe

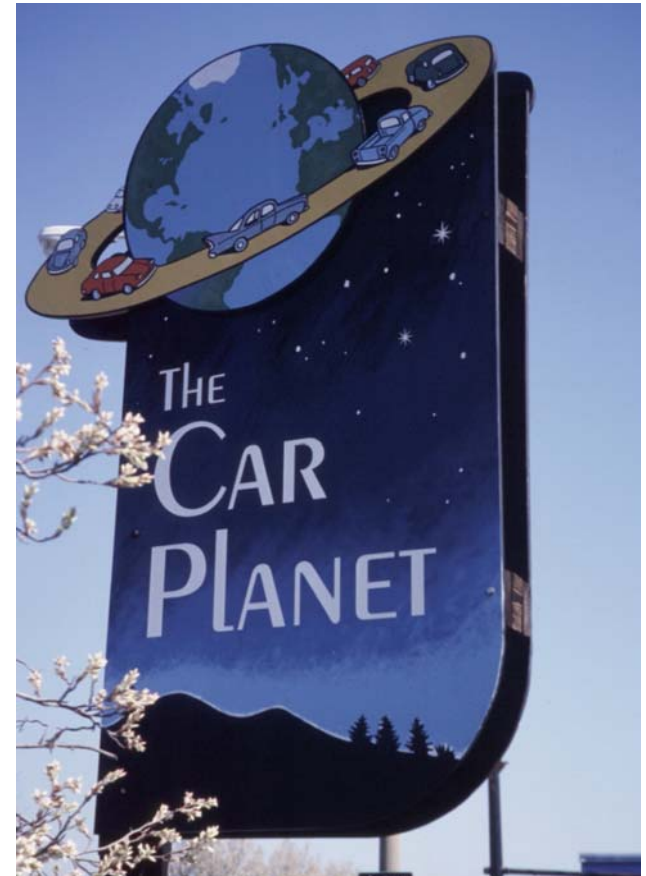


# B & W Just Overlooked



# A Love Affair with the Car

- 42,000 road deaths
- 3 million injuries
- 142m breathing unhealthy air
- \$78 billion wasted stuck in traffic
- 25% increase in VMT in 1990s



# What Sustains our Love?

- \$120bn annually in construction costs
- \$14.5bn advertising new cars annually
- \$65bn annually protecting the Gulf





# Not Everyone Has a Date

- 30% of population too old, too young to drive
- More than 10% of car trips are escort trips





# South Carolina School Study

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- Students four times more likely to walk to schools built before 1983 than those built after 1983
- Students three times more likely to get hazard bus transportation to schools built after 1971

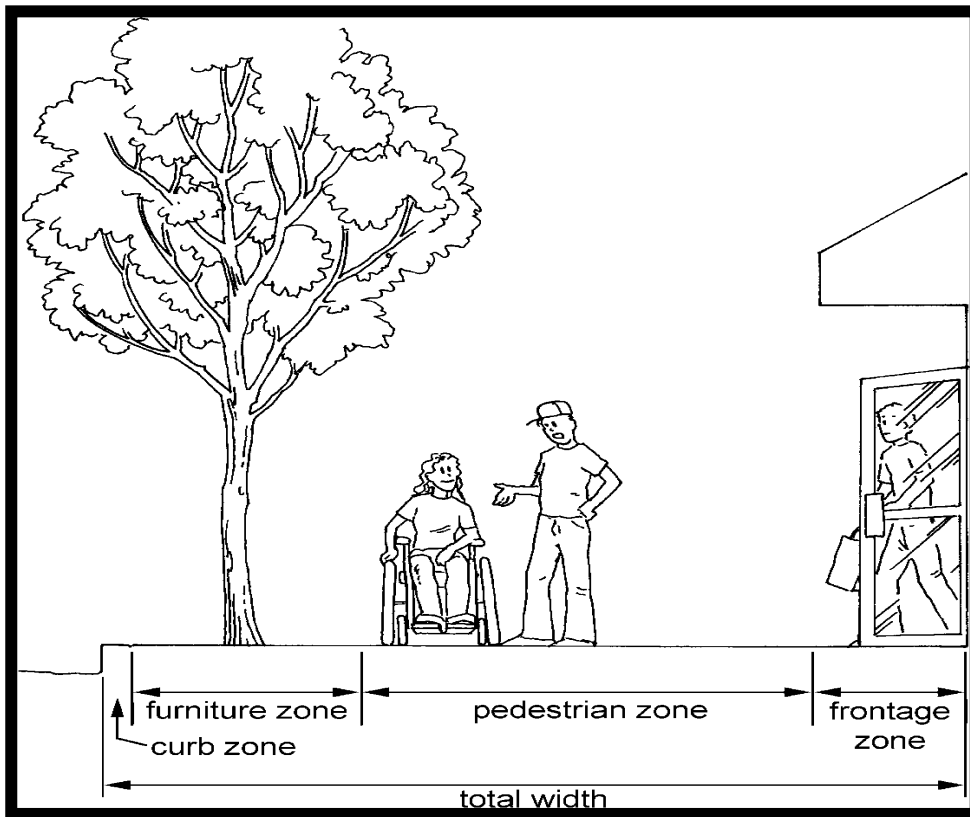


# Portland's LUTRAQ Study



- People living in pedestrian friendly neighborhoods make four times as many walking and bicycling trips

# Prioritizing Walking



- Sidewalks
  - 5 feet min
  - Separated
  - Accessible
- Crosswalks
  - Protected
  - Short as possible
  - Accessible

# Prioritizing Bicycling

- Bike lanes
  - 5 feet min
- Paved shoulders
  - 4 feet minimum
  - Best rural option
  - No rumble strips
- Parking



# Providing Trails



- Benefits bicycling and walking
- Best in own ROW
  - 10 feet min width
  - 12 feet desirable
- Great economic benefits

# Linking with Transit

- Transit trips start/finish on foot
- Stops must be accessible
- Bicycling extends “transit-shed” to 2-mile radius





# TEA-21 Fast Facts

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- Expenditures on bicycling and walking grew from \$6-8 million annually in 1990 to \$339 million in 2001
- 75% of funds from “enhancements”
- Still less than 1% of all TEA-21 funds, more than 6 percent of all trips, and 14 percent of traffic fatalities



# Learn to Let Go



# Transportation Improvement?





