# AMERICA

 Support local advocacy for walkable, accessible and equitable places

Voice for walkability at the national level









#### **PROGRAMS**

#### Walking College

The Walking College offers participants an opportunity to hone their skills and knowledge around creating vibrant, safe, accessible communities for all. Paired with experienced advocates, fellows learn about the historical underpinnings of the car-centric transportation landscape, the basics of design and policy of non-motorized transportation, and develop essential leadership skills.

#### **Technical Assistance for Walkable Communities**

America Walks provides technical assistance and "rapid-response" services at no charge. We regularly receive questions on a variety of walking topics, including starting community groups, getting a crosswalk installed, passing a Vision Zero policy, and more. We respond with advice, best practices, case studies, and provide connections to other practitioners.

#### **Community Change Grants**

The Community Change Grant program supports the growing network of advocates, organizations, and agencies working to advance walkability. Grants are awarded to innovative, engaging, and inclusive programs and projects that create change and opportunity for walking and movement at the community level.

#### WEBINARS



How to Take on Harmful Jaywalking Laws

POSTED ON OCTOBER 18, 2021

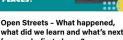
Read More →



**Authentic Community Engagement - Best Practices for** Equitable Work

POSTED ON JULY 14, 2021 Read More →





what did we learn and what's next for people-first places?

POSTED ON JUNE 9, 2021 Read More →











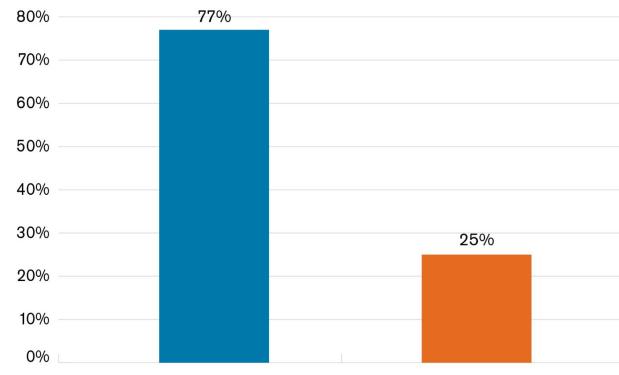
**GHSA** projects at least 7,508 pedestrians were killed in traffic crashes in 2022, continuing the upward trend in recent years. This would be the most pedestrian deaths since 1981.





#### **Pedestrian Deaths Are Increasing Faster Than All Other Traffic Fatalities**

Percent Increase in Number of Traffic Deaths, 2010-2021





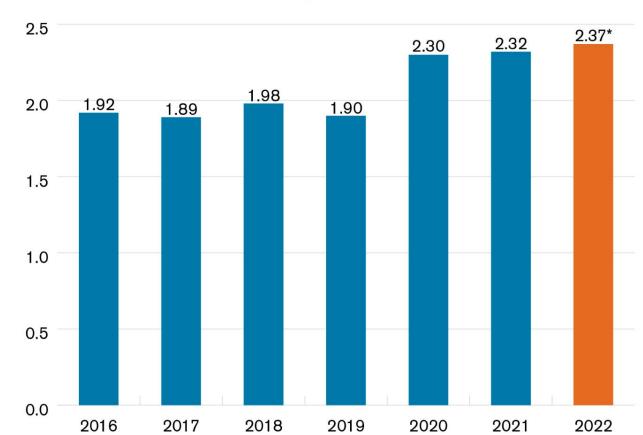
Pedestrians

All Other Traffic Deaths

#### **Pedestrian Fatality Rate Increased Yet Again in 2022**

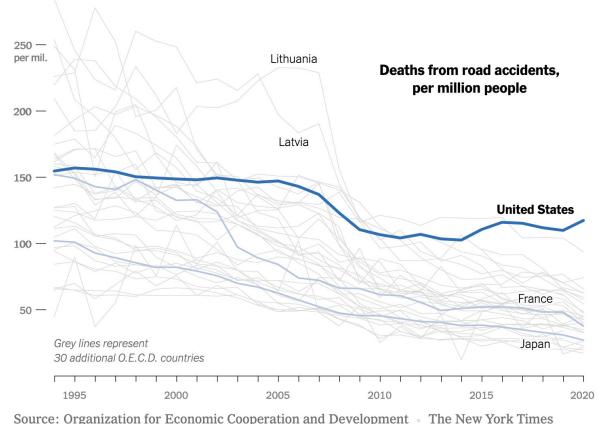
U.S. Pedestrian Fatality Rate per One Billion VMT

\* Projected



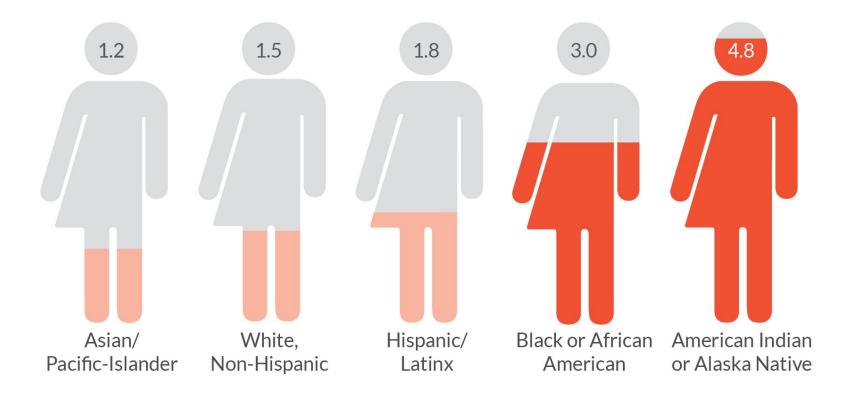


The Exceptionally American Problem of Rising Roadway Deaths



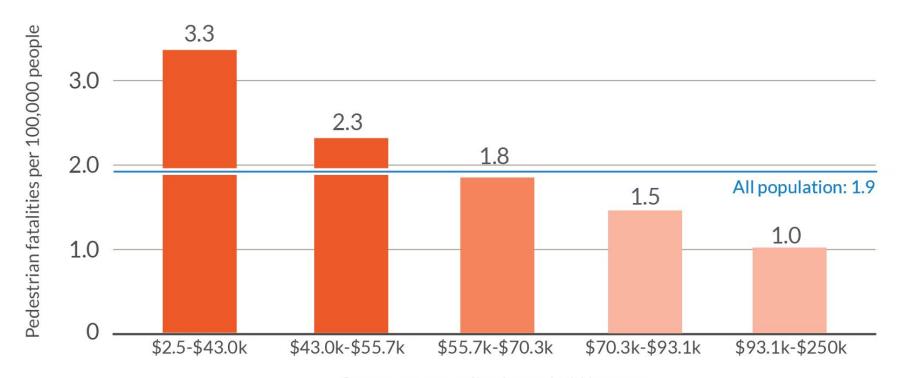
### People of color, particularly Native and Black Americans, are more likely to die while walking than any other race or ethnic group

Pedestrian deaths per 100,000 by race & ethnicity (2016-2020)



#### People walking in lower-income areas are killed at far higher rates

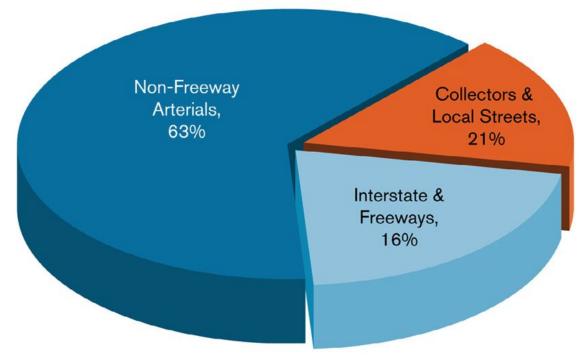
Pedestrian fatalities per 100k people by census tract income



Census tract median household income



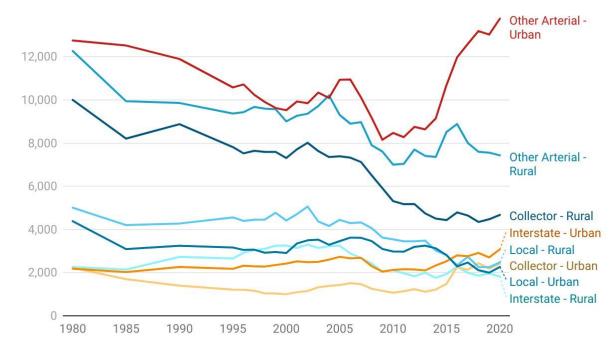
Figure 12 Pedestrian Fatalities by Roadway Function Class, 2019



Source: FARS

#### **Motor Vehicle Fatalities by Highway Functional System**

Motor vehicle fatalities on urban arterials have increased dramatically over the last decade. Urban interstates and urban collectors have also seen increases. Rural roads and local urban roads have seen decreases over time.



Functional classification data labeling changed from original so that urban and rural roadways could be displayed on the same chart. Rate of traffic deaths per vehicle miles traveled (VMT) omitted, but it suggests that urban arterials are about 50% safer today per VMT than in 1980 despite over 1,000 additional deaths.

Chart: The League of American Bicyclists • Source: Bureau of Transportation Statistics • Created with Datawrapper





https://www.strongtowns.org/journal/2018/3/1/whats-a-stroad-and-why-does-it-matter

### VIDEO: How the MUTCD Cuts Off Food Access For Pedestrians

By Don Kostelec | Mar 30, 2021 |









### It's impossible to prioritize both...



Four States

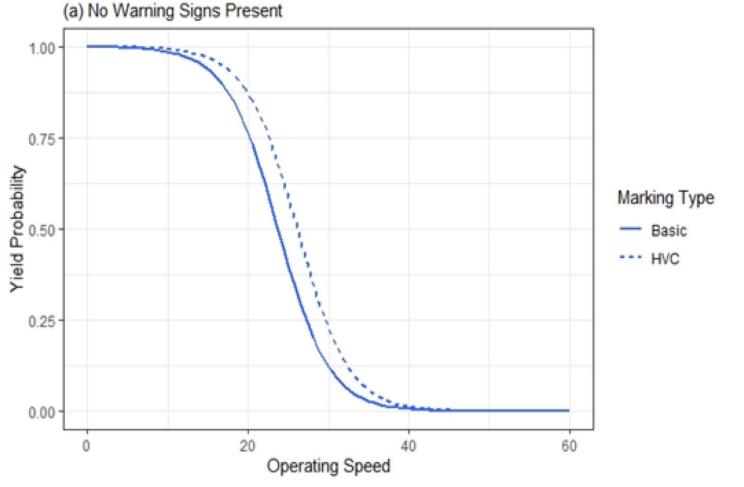
- Four States
- 32 Crosswalk sites on Two Lane Roads

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- 16 High Visibility 16 Low Visibility

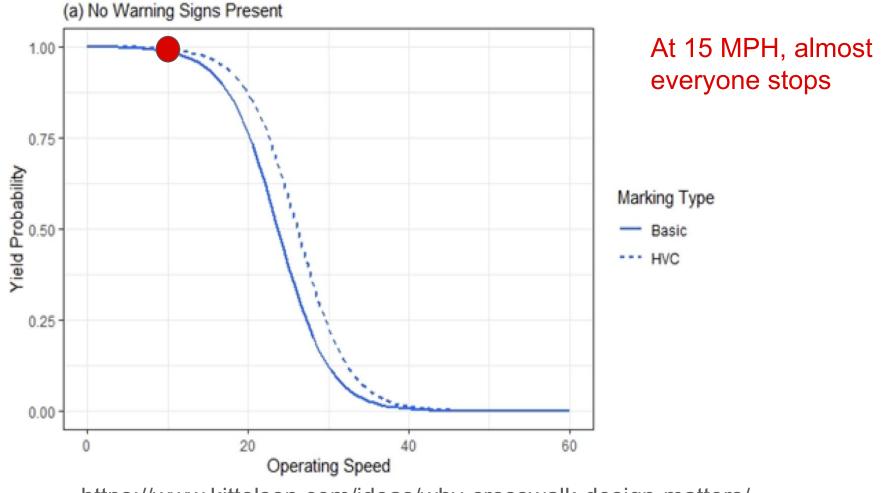
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- Speed Limits Below 35 MPH

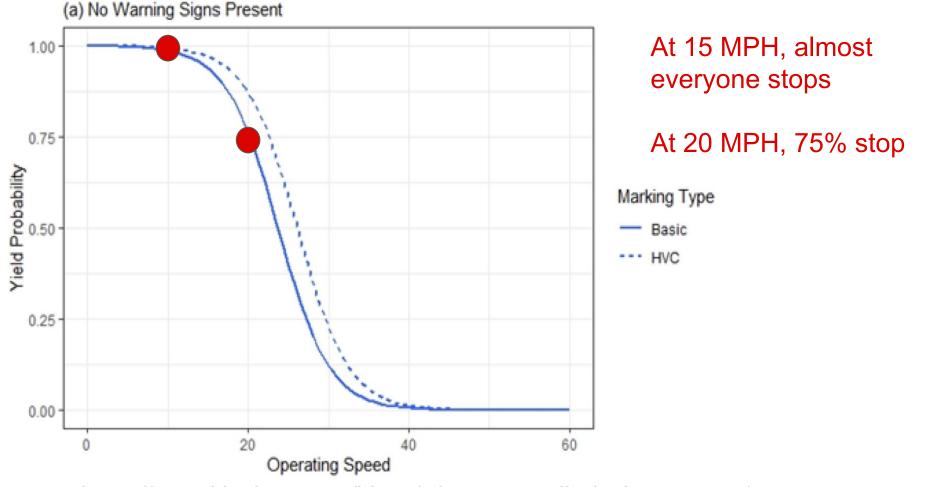
- Four States
- 32 Crosswalk sites on Two Lane Roads
- 16 High Visibility 16 Low Visibility
- Clear Sight Lines
- Speed Limits Below 35 MPH
- 1,200 Crossing Attempts



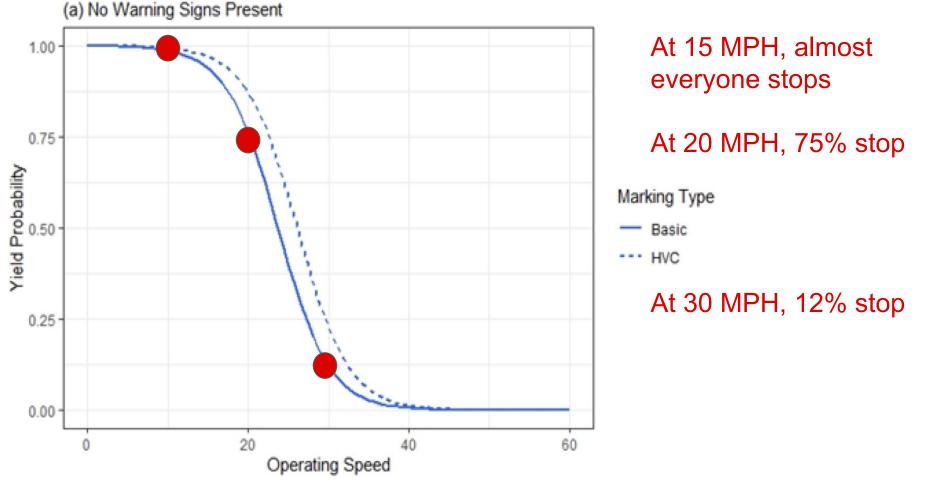
https://www.kittelson.com/ideas/why-crosswalk-design-matters/



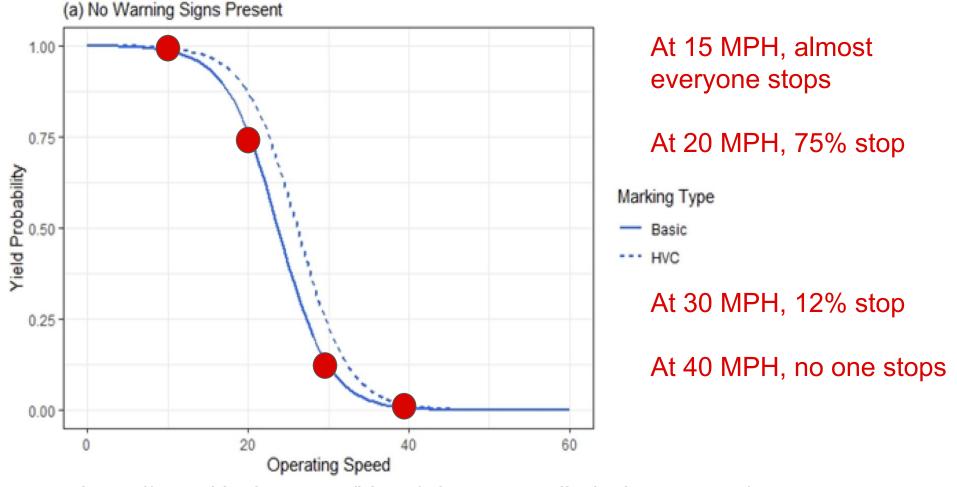
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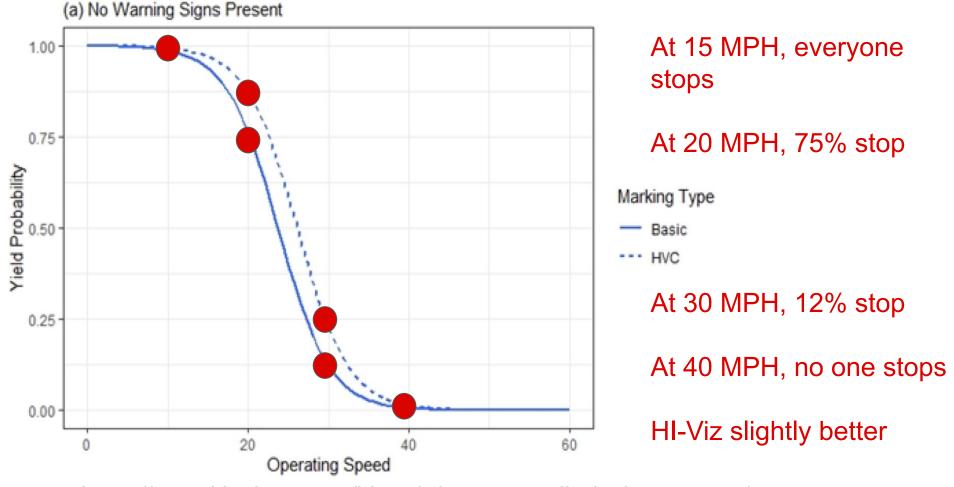
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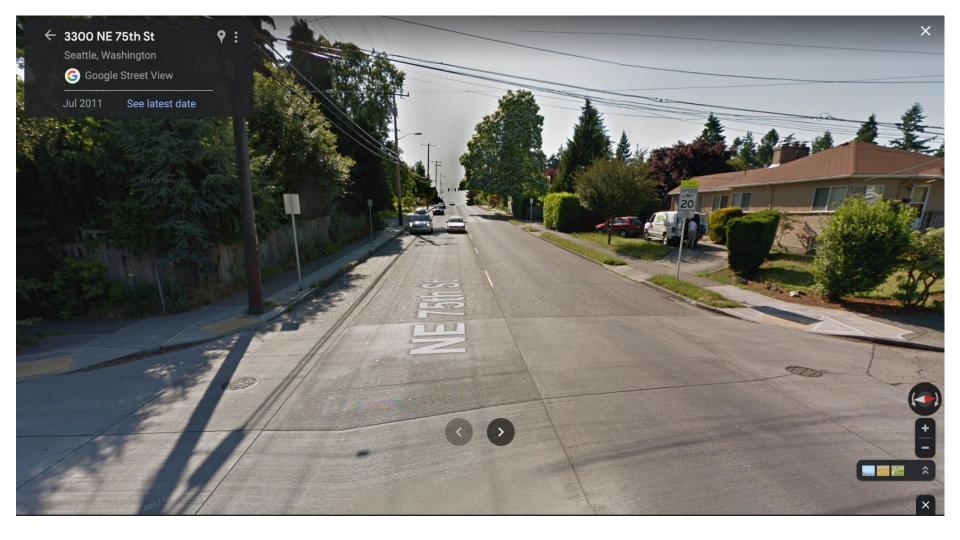


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- No increase in driving time
- The volume of traffic increased slightly

# **Proven safety treatments**

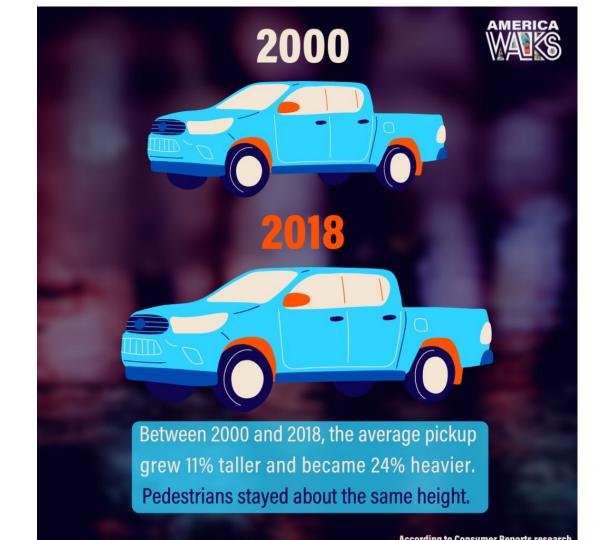




#### Rainier Ave S (Columbia City and Hillman City)

- Injury collisions down 30%
- Collisions with people walking and biking down 40%
- Top-end speeding down 75%

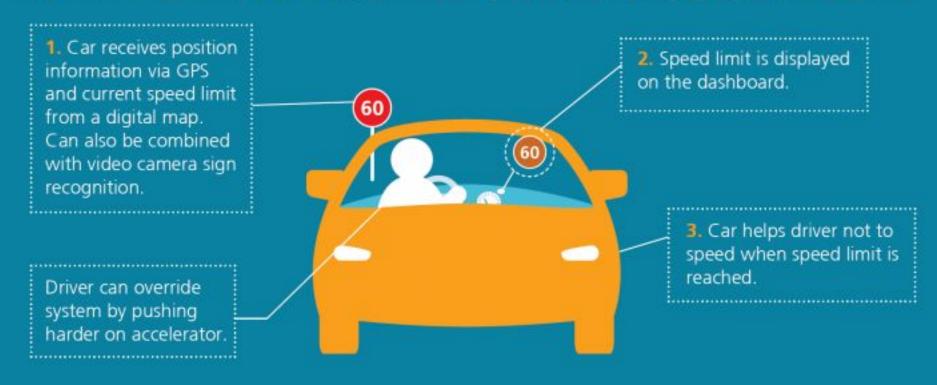






### **Europe Requires Intelligent Speed Assistance In All New Cars**

## WHAT IS INTELLIGENT SPEED ASSISTANCE?



# If You Won't Stop Speeding, Your Car Will Do It for You, E.U. Tells Drivers









# Creating An Active America, Together













#### Health Benefits of Physical Activity for Adults



#### IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

#### LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.

#### HHHHH



#### Sleep Improves sleep quality





#### **Brain Health**

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

#### **Less Anxiety** Reduces feelings of anxiety

**Blood Pressure** Reduces blood pressure





#### **Heart Health**

Lowers risk of heart disease. stroke, and type 2 diabetes

#### Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



**Healthy Weight** Reduces risk of weight gain

**Bone Strength** 

Improves bone health

Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, immunity, and illness," 317-344.









**Balance** and Coordination Reduces risks of falls

#### Source: Physical Activity Guidelines for Americans, 2nd edition

#### To learn more, visit: https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html

#### August 2020

#### Health Benefits of Physical Activity

**FOR ADULTS 65 AND OLDER** 



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Independent Living

Helps people live independently longer



**Bone Strength** Improves bone health



**Balance** and Coordination

vigorous physical activity provides immediate benefits for your health.

ACTIVE PEOPLE, HEALTHY NATION





Reduces risks of falls

#### Place Types by Walkability



Lawrence Frank, PI WHERE MATTERS

Vancouver, BC

Frank, LD, Adhikari, B, White, K, Dummer, T, Sandhu J, Demlow, E, Hu, Y, Hong, A, Van Den Bosch, M. Chronic Disease and Where You Live: Built and Natural Environment Relationships with Physical Activity,

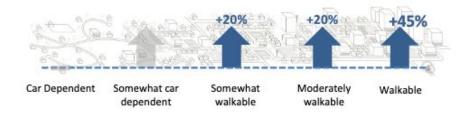
#### Lawrence Frank, PI WHERE MATTERS

#### Where Matters

## Walkability and Physical Activity

Transport Walking (at least 30 min/day)





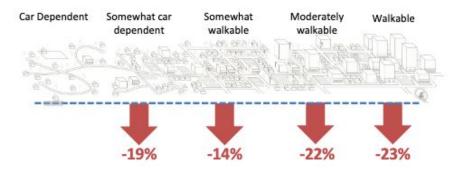
People living in a somewhat walkable area are 20% more likely to walk 30 minutes or more for transportation and people in a walkable area are 45% more likely compared to those living in a car dependent area.

Frank, LD, Adhikari, B, White, K, Dummer, T, Sandhu J, Demlow, E, Hu, Y, Hong, A, Van Den Bosch, M. Chronic Disease and Where You Live: Built and Natural Environment Relationships with Physical Activity, Obesity, and Diabetes. 2022. Environment International.

# Walkability and Stress



Where Matters



People living in a somewhat car dependent area are 19% less likely to have stressful days and people in a walkable area are 23% less likely to have stressful days compared to those living in a car dependent area.

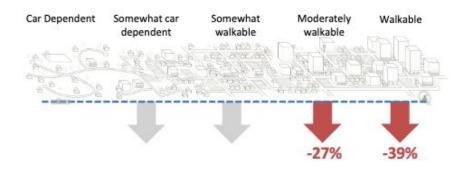
Lawrence Frank, PI WHERE MATTERS

#### Lawrence Frank, PI WHERE MATTERS

# Walkability and Diabetes



Where Matters



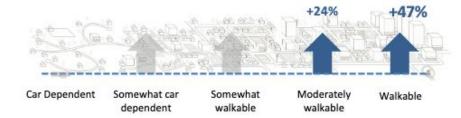
People living in a moderately walkable area are 27% less likely to have diabetes and people in a walkable area are 39% less likely to have diabetes compared to those living in a car dependent area.

Frank, LD, Adhikari, B, White, K, Dummer, T, Sandhu J, Demlow, E, Hu, Y, Hong, A, Van Den Bosch, M. Chronic Disease and Where You Live: Built and Natural Environment Relationships with Physical Activity, Obesity, and Diabetes. 2022. Environment International.

#### Where Matters p, 490

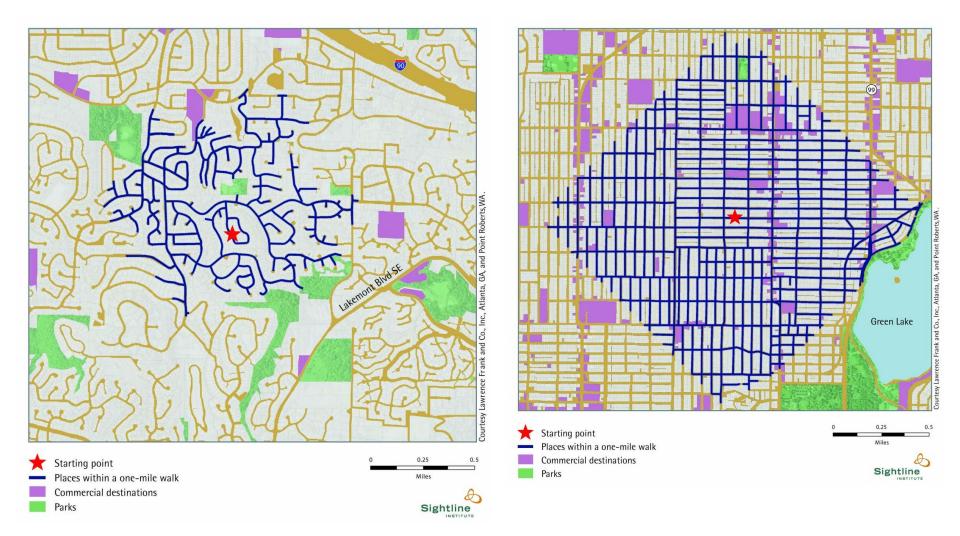
# Walkability and Sense of Community

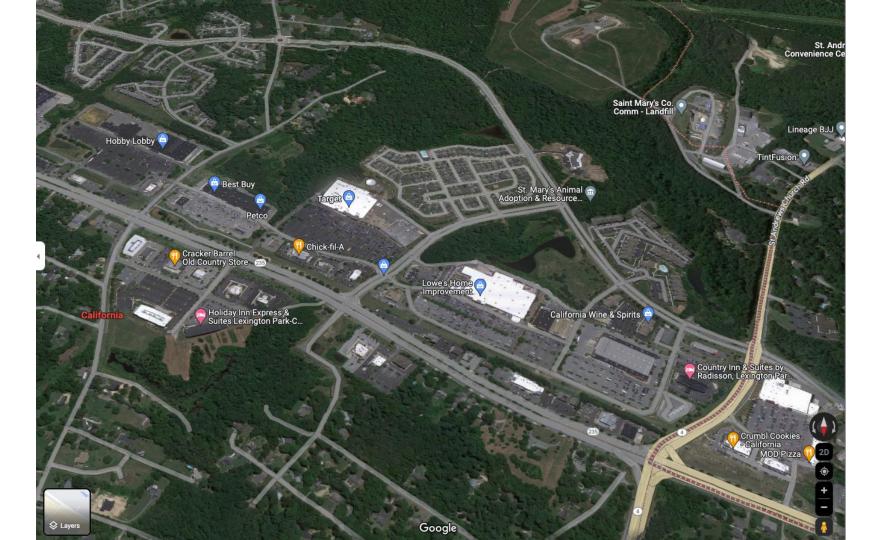




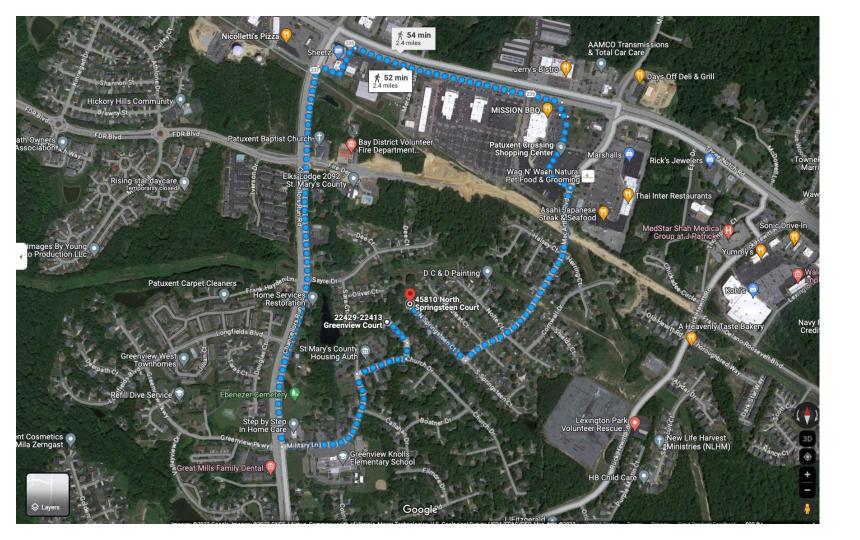
People living in a moderately walkable area are 24% more likely to have a strong sense of community belonging and people in a walkable area are 47% more likely compared to those living in a car dependent area.

Lawrence Frank, PI WHERE MATTERS





















# FIND LOCAL WALKING ORGANIZATIONS

These organizations are working at the state and local levels to make walking safe, routine, and enjoyable.

Select a State















Home

About the Initiative What's at Stake

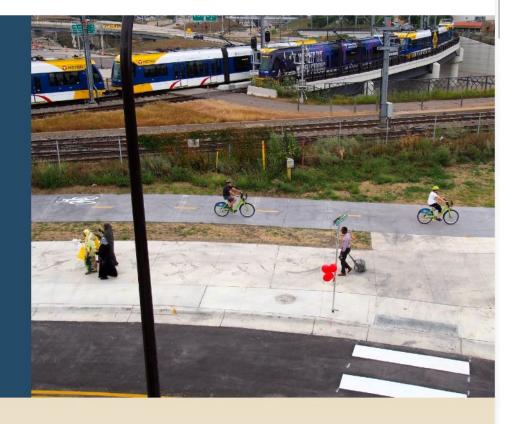
**Get Started** 

# INTERSECTIONS INITIATIVE

HEALTHY, THRIVING COMMUNITIES FOR EVERYONE.

The Intersections Initiative connects community leaders, organizations, and local government agencies to technical assistance and funding that make our streets safer and more accessible for people to walk, roll, and bike.

LEARN MORE



# AMERICA