

Active Places Fast Facts

To provide you with the best science and to reduce review time, please find the following science-approved facts for use in your campaigns and materials. After each fact you will also find fast facts based on the science that can be cut and pasted word-for-word without need for additional science review. Please note that any change in wording will result in the need to run your documents through science review before release.

Health Benefits

FACT 1

A 2016 review concluded that neighborhood built environment attributes such as safe paths and access to recreation facilities are associated with increased physical activity. Living in a highly walkable environment is associated with reduced risk factors for cardiovascular disease, including a lower prevalence of high body mass index, diabetes and metabolic syndrome.

Fast Facts:

- ▶ People who live in neighborhoods that are walkable and have access to recreation centers are more likely to be physically active.
- ▶ Neighborhoods that are walkable and have access to rec centers are more likely to have residents that are physically active.
- ▶ Living in a neighborhood where it is easier and safer to walk around reduces people's risk of heart disease and diabetes.
- ▶ People who live in neighborhoods where it is easier and safer to walk around are more active and have a reduced risk of heart disease and diabetes.

Source:

Malambo P, Kengne AP, De Villiers A, Lambert EV, Puoane T. Built environment, selected risk factors and major cardiovascular disease outcomes: a systematic review. PLoS One. 2016; 11:e0166846.

FACT 2

A 2014 study reported that greater access to recreational facilities may benefit middle-aged and older adults by enabling them to maintain their activity levels as they age.

Fast Facts:

- ▶ Neighborhoods designed with easier access to recreational facilities enable middle-aged and older adults to stay more active.
- ▶ When middle-aged and older adults live in neighborhoods with easy access to parks and rec centers, they are more likely to stay active as they get older.

Source:

Ranchod YK, Diez Roux AV, Evenson KR, Sánchez BN, Moore K. Longitudinal associations between neighborhood recreational facilities and change in recreational physical activity in the multi-ethnic study of atherosclerosis, 2000-2007. *Am J Epidemiol.* 2014; 179(3): 335-43, doi: 10.1093/aje/kwt263.

FACT 3

A 2009 study found that residents of high-walkability neighborhoods get about 34 to 47 more minutes of moderate intensity physical activity per week than residents of low-walkability neighborhoods. The study also found that the residents in more walkable neighborhoods were less likely to be overweight than residents in the neighborhoods with lower walkability.

Fast Facts:

- ▶ When people live in neighborhoods that are designed to be walkable, they are more likely to be physically active and are less likely to be overweight.
- ▶ People who live in walkable neighborhoods are more physically active and more likely to be at a healthy weight.
- ▶ People who live in walkable neighborhoods are more likely to be physically active.
- ▶ People who live in walkable neighborhoods are more likely to be at a healthy weight.

Source:

Sallis JF, Saelens BE, Frank LD, et al. Neighborhood built environment and income: examining multiple health outcomes. *Soc Sci Med.* 2009; 68:1285–1293.

FACT 4

A review by the Community Preventive Services Task Force found that combinations of activity-friendly built environment characteristics, such as bike and pedestrian paths and access to a public park, are associated with higher levels of transportation-related physical activity, recreational physical activity and total walking.

Fast Facts:

- ▶ Neighborhoods that combine different approaches to make it easier to be active, such as walking and biking paths and access to a park, can lead to residents being more physically active.
- ▶ Combining different approaches to make physical activity easier in a neighborhood, like walking paths and access a park, can result in people walking more.
- ▶ People are more likely to be physically active when their neighborhood has combined different approaches to make activity easier, such as creating access to a park and walking and biking paths.

Source:

Community Preventive Services Task Force. The Community Guide. Physical Activity: Built environment approaches combining transportation system interventions with land use and environmental design. December 2016. <https://www.thecommunityguide.org/sites/default/files/assets/PA-Built-Environments.pdf>.

FACT 5

A Walk Score is a nationally and publicly available way to measure neighborhood walkability. A 2013 study found that for each 10-point increase in Walk Score for a particular community, residents are 19% more likely to walk on purpose and 26% more likely to meet physical activity recommendations by walking.

Fast Facts:

- ▶ A Walk Score is a measure of how easy and safe it is to walk around a neighborhood. The higher a neighborhood's Walk Score, the more likely residents are to walk and meet physical activity recommendations.
- ▶ A Walk Score is a measure of how easy and safe it is to walk around a neighborhood. People who live in neighborhoods with higher Walk Scores are more likely to meet the recommended amount of physical activity by walking.

Source:

Brown SC, Pantin H, Lombard J, et al. Walk score®: Associations with purposive walking in recent Cuban immigrants. Am J Prev Med. 2013; 45(2):202-206, doi: 10.1016/j.amepre.2013.03.021.

FACT 6

Only 21.5% of American adults report achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines. Among students in grades 9-12, only 27.1% meet the American Heart Association recommendation of 60 minutes of physical activity every day.

Fast Facts:

- ▶ The majority of adults and teens living in the United States do not get the recommended amount of physical activity.
- ▶ Almost three-quarters of teens living in the United States do not get the recommended 60 minutes of daily physical activity.
- ▶ Less than one in four adults living in the United States gets the recommended 150 minutes of physical activity through recreation every week.

Source:

Benjamin EJ, Virani SS, Callaway CW, et al. Heart disease and stroke statistics – 2018 update: A report from the American Heart Association. Circulation. 2018; 137(12):e67-e492, doi: 10.1161/CIR.0000000000000558.

Economic and Safety Benefits

FACT 7

Investing in the built environment can facilitate economic development in communities. Local economies are improved when people can walk, bike and shop with ease in a community.

Fast Facts:

- ▶ Investing in the way a neighborhood is designed can benefit the local economy.
- ▶ Investing in the way a neighborhood designs its sidewalks, streets, bike lanes, parks and buildings can benefit the local economy.
- ▶ When people can easily walk, bike and shop in their neighborhood, it benefits the local economy.

Source:

Built Environment & Active Transportation. The Benefits of Investing in Active Transportation. 2008. http://physicalactivitystrategy.ca/pdfs/BEAT/BEAT_Publication.pdf. Accessed on April 3, 2018.

FACT 8

A 2005 analysis estimated that for every dollar invested in building trails, nearly three dollars in direct health benefits may be achieved.

Fast Facts:

- ▶ For every dollar invested in building trails for walking and biking, nearly three dollars in medical costs can be saved.
- ▶ For every dollar invested in building trails for walking and biking, nearly three dollars in healthcare costs can be saved.
- ▶ Every dollar invested in building trails for walking and biking saves nearly three dollars in healthcare costs.

Source:

Wang G, Macera CA, Scudder-Soucie B, Schmid T, Pratt M, Buchner D. A cost-benefit analysis of physical activity using bike/pedestrian trails. *Health Promot Pract.* 2005; 6(2):174-9.

FACT 9

Complete Streets improvements are associated with fewer collisions and injuries between cars and bikers or pedestrians, averting more than \$18 million in collision and injury costs annually across the country.

Fast Facts:

- ▶ Building streets with sidewalks and bike lanes can lead to fewer collisions and injuries between cars and people walking or biking.
- ▶ Adding sidewalks and bike lanes to streets can reduce the number of collisions and injuries between cars and people walking or biking and avoid millions of dollars in costs that result from those crashes.
- ▶ Millions of dollars in costs from collisions and injuries between cars and people walking or biking could be avoided by adding sidewalks, bike lanes and other neighborhood improvements that allow people to get where they need to go safely.

Source:

Smart Growth America and National Complete Streets Coalition. Safer streets, stronger economies: Complete Streets project outcomes from across the country. March 2015. <https://www.smartgrowthamerica.org/app/legacy/documents/safer-streets-stronger-economies.pdf>. Accessed April 3, 2018.

Disparities Related to Active Places

FACT 10

One study has concluded that streets with sidewalks on one or both sides of the street are significantly more common in high-income communities (89%) than they are in middle-income (59%) or low-income (49%) communities, yet another study concluded that children from low-income and minority households are more likely to bike or walk to school than whites or higher-income students.

Fast Facts:

- ▶ Nearly 90% of high-income neighborhoods have streets with sidewalks on one or both sides of the street compared to less than 50% of low-income neighborhoods.
- ▶ High-income neighborhoods are more likely to have sidewalks on one or both sides of the street than low-income neighborhoods.
- ▶ Kids from low-income families and families of color are more likely to bike or walk to school than their peers from higher-income or white families. But less than 50% of low-income neighborhoods have sidewalks on one or both sides of the street.

Source:

Gibbs K, Slater SJ, Nicholson N, Barker DC, Chaloupka FJ. Income Disparities in Street Features that Encourage Walking - A BTG Research Brief. Chicago, IL: Bridging the Gap Program, Health Policy Center, Institute for Health Research and Policy, University of Illinois at Chicago, 2012. http://www.bridgingthegapresearch.org/_asset/02fpi3/btg_street_walkability_FINAL_03-09-12.pdf.

McDonald, N. Critical factors for active transportation to school among low-income and minority students. Evidence from the 2001 National Household Travel Survey. Am J Prev Med. 2008; 34(4):341-4, doi: 10.1016/j.amepre.2008.01.004.

FACT 11

A 2016 analysis reported that African Americans are overrepresented in pedestrian deaths compared to their population. Nationally, African Americans account for 12.2% of the population but comprise 19.3% of pedestrian deaths.

Fast Facts:

- ▶ African Americans are overrepresented as fatal crash victims while out walking compared to their overall population in the United States.
- ▶ Nationally, African Americans account for 12% of the population but make up 19% of people who become fatal crash victims while out walking.

Source:

Smart Growth America. Dangerous by Design 2016. 2017. <https://smartgrowthamerica.org/resources/dangerous-by-design-2016/>. Accessed April 3, 2018.

FACT 12

In 2014, researchers concluded that African Americans suffer a 60% higher rate of pedestrian fatalities when compared to white counterparts.

Fast Facts:

- ▶ African Americans are 60% more likely to be victims of fatal crashes while out walking than their white peers.

Source:

Smart Growth America. Dangerous by Design 2014. 2015. <http://www.smartgrowthamerica.org/documents/dangerous-by-design-2014/dangerous-by-design-2014.pdf>. Accessed April 3, 2018.

FACT 13

A 2014 study from the U.S. Centers for Disease Control and Prevention found that inactive people with disabilities were 50% more likely to have one or more chronic diseases, such as heart disease, stroke and cancer, compared to people with disabilities who were physically active.

Fast Facts:

- ▶ Inactive people with disabilities experience chronic disease more than active people with disabilities.
- ▶ People with disabilities who are not physically active are 50% more likely to have one or more chronic diseases than people with disabilities who are active.
- ▶ People with disabilities who are not physically active are 50% more likely to have one or more chronic diseases – like heart disease, stroke or cancer – than those who are active.
- ▶ Physical activity matters for people with disabilities, with inactivity being associated with a 50% more likelihood of having one or more chronic diseases.

Source:

Carroll DD, Courtney-Long EA, Stevens AC, Sloan ML, Lullo C, et al. Vital Signs: disability and physical activity-United States, 2009–2012. MMWR Morb Mortal Wkly Rep. 2014; 63:407-13.

FACT 14

A study from the U.S. Centers for Disease Control and Prevention found that among adults with disabilities who visited a health professional in the past 12 months in 2009–2012, more than half (56%) did not receive a recommendation for physical activity.

Fast Facts:

- ▶ Most people with disabilities don't get physical activity recommendations from their doctors or other health professionals from which they seek care.
- ▶ More than half of all adults with disabilities did not receive a recommendation for physical activity from their health care professionals last year.
- ▶ Health care professionals may not be providing adults with disabilities with recommendations for physical activity.

Source:

Carroll DD, Courtney-Long EA, Stevens AC, Sloan ML, Lullo C, et al. Vital Signs: disability and physical activity-United States, 2009–2012. MMWR Morb Mortal Wkly Rep. 2014; 63:407-13.

FACT 15

According to the 2018 Physical Activity Guidelines for Americans, there is evidence across several types of disability that physical activity improves cardiovascular and muscle fitness, improves brain health and improves quality of life.

Fast Facts:

- ▶ Being physically active can help people with disabilities improve their heart and brain health, strengthen their muscles and experience a higher quality of life.
- ▶ Being physically active can help people with disabilities improve their heart and brain health.
- ▶ Being physically active can help people with disabilities strengthen their muscles.
- ▶ Being physically active can help people with disabilities experience a higher quality of life.

Source:

U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018. Available at: https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf.

FACT 16

Healthy People 2020 reports that only 13% of adults with disabilities met aerobic physical activity and muscle-strengthening objectives in 2017, compared to 27% of adults without disabilities.

Fast Facts:

- ▶ While 27% of adults without disabilities met their aerobic and strength exercise needs, only 13% of adults with disabilities were able to do so.
- ▶ Only 13% of adults with disabilities get the physical activity they need to stay healthy.
- ▶ Only 13% of adults with disabilities – compared with 27% of adults without disabilities – get the physical activity they need to stay healthy.

Source:

U.S. Department of Health and Human Services. Healthy People 2020. PA-2.4: Disparities Details by Disability Status for 2017. <https://www.healthypeople.gov/2020/data/disparities/detail/Chart/5072/9/2017>. Accessed September 11, 2020.