

# REGIONAL ACTIVE TRANSPORTATION PLAN

## HEALTH BENEFITS OF WALKING AND BIKING INVESTMENTS

### HEALTHIER AND MORE ACTIVE SENIORS



Studies indicate that **older people are more active in recreational settings that are free from traffic.**<sup>1</sup>

**People over 70 who increased their walking pace or walking distance had healthier cardiovascular systems** compared with those who decreased their walking pace or walking distance.<sup>2</sup>

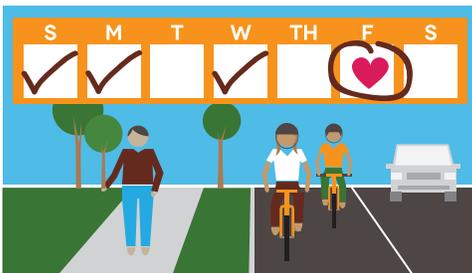
### HEALTHIER AND MORE PRODUCTIVE WORKFORCE



People who walk or bike to work use **fewer sick days and are more productive** during the day.<sup>3</sup>

A study of nearly 2,400 adults found that **people who biked to work were fitter, leaner, less likely to be obese, and had better triglyceride levels, blood pressure, and insulin levels** than those who didn't have a physically active commute to work.<sup>4</sup>

### LONGER AND HEALTHIER LIVES FOR ALL



Individuals who **bike an average of 3 hours a week decreased their mortality risk by approximately 40%.**<sup>5</sup>

Adolescents who **participate in bicycling, in-line skating, or skateboarding more than 4 times per week are 48% less likely to be overweight** as adults.<sup>6</sup>

### HEALTHIER, HAPPIER, AND HIGHER ACHIEVING STUDENTS



Parents and their **children who walked or biked to school were more likely to feel happy, excited to learn, and relaxed** compared with those who used motorized transport.<sup>7</sup>

Participation in **physical activity is positively related to academic performance** in children.<sup>8</sup>

<sup>1</sup>U.S. Department of Health & Human Services, Physical Activity Fundamental To Preventing Disease. ASPE. ,13 June 2015. Web. <sup>2</sup>Neighborhood Environment and Physical Activity Among Older Women: Findings From the San Diego Cohort of the Women's Health Initiative. JPAH Journal of Physical Activity and Health 11.6 (2014): 1070-077. Web. <sup>3</sup>US Department of Health and Human Services, "Physical Activity Fundamental To Preventing Disease," 2002. Web. <sup>4</sup>Gordon-Larsen, P., et al. "Active commuting and cardiovascular disease risk." *Archives of Internal Medicine* 169.13 (2009): 1216-1223. Web. <sup>5</sup>All-Cause Mortality Associated With Physical Activity During Leisure Time, Work, Sports, and Cycling to Work. *Arch Intern Med Archives of Internal Medicine* 160.11 (2000).Web. <sup>6</sup>Menschik, D., et al., "Adolescent physical activities as predictors of young adult weight." *Archives of Pediatrics & Adolescent Medicine* 162.1 (2008): 23-28. Web. <sup>7</sup>Ramanathan, S., et al., Happiness in Motion: Emotions, Well-Being, and Active School Travel. *J School Health Journal of School Health* 84.8 (2014): 516-23. Web. <sup>8</sup>Singh, A., et al., "Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment." *Archives of Pediatrics & Adolescent Medicine* 166.1 (2012): 49-55. Web.

