

# AMERICA WALKS



# America Walks: What We Do

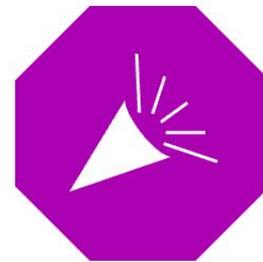
- Support local advocacy for walkable, accessible and equitable places
- Voice for walkability at the national level



Increasing Safe, Enjoyable  
Public Space



Taking Care of the  
Environment



Lifting up Diverse Voices  
and Perspectives



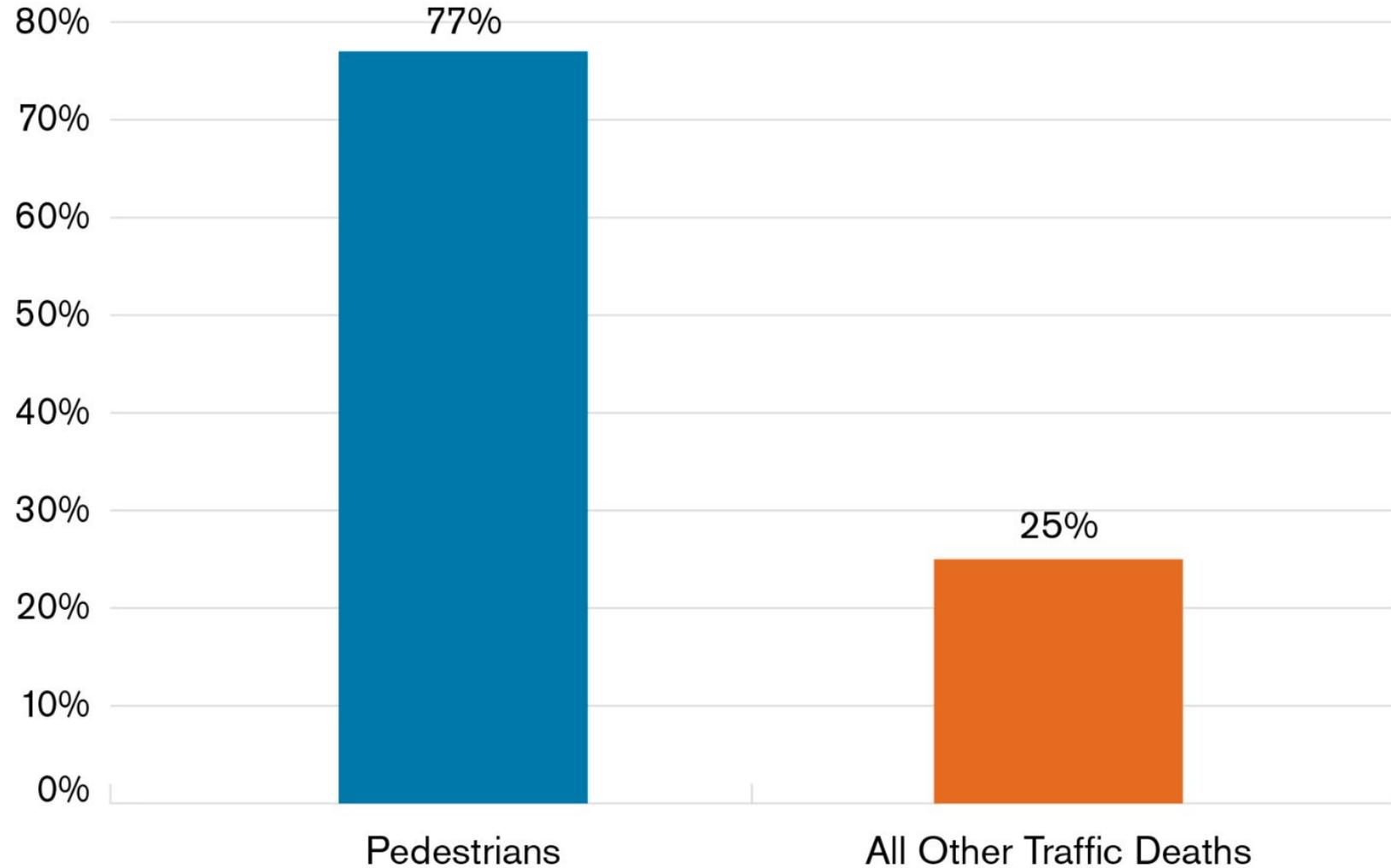
Empowering Grassroots  
Advocacy

**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

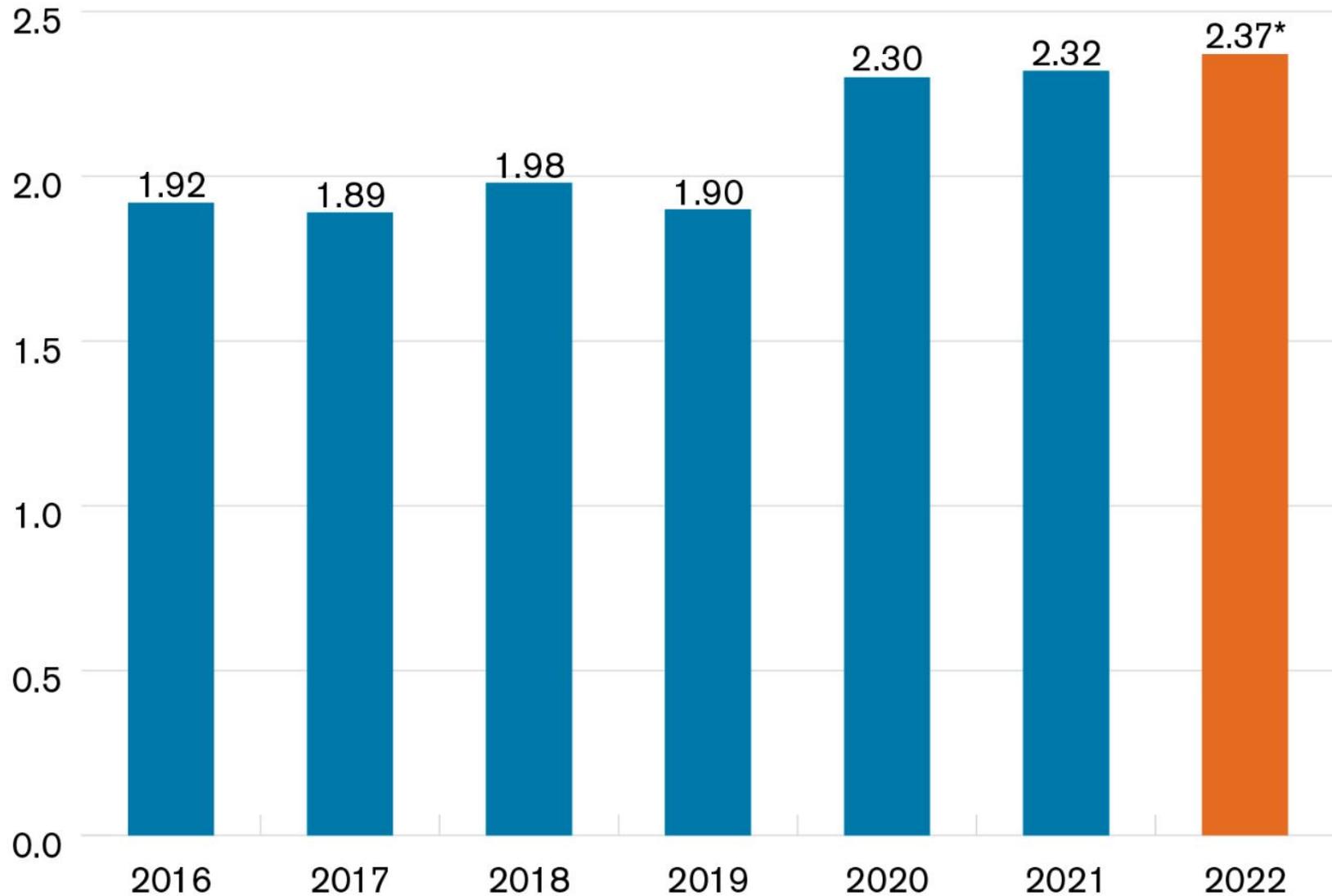
Percent Increase  
in Number of  
Traffic Deaths,  
2010-2021



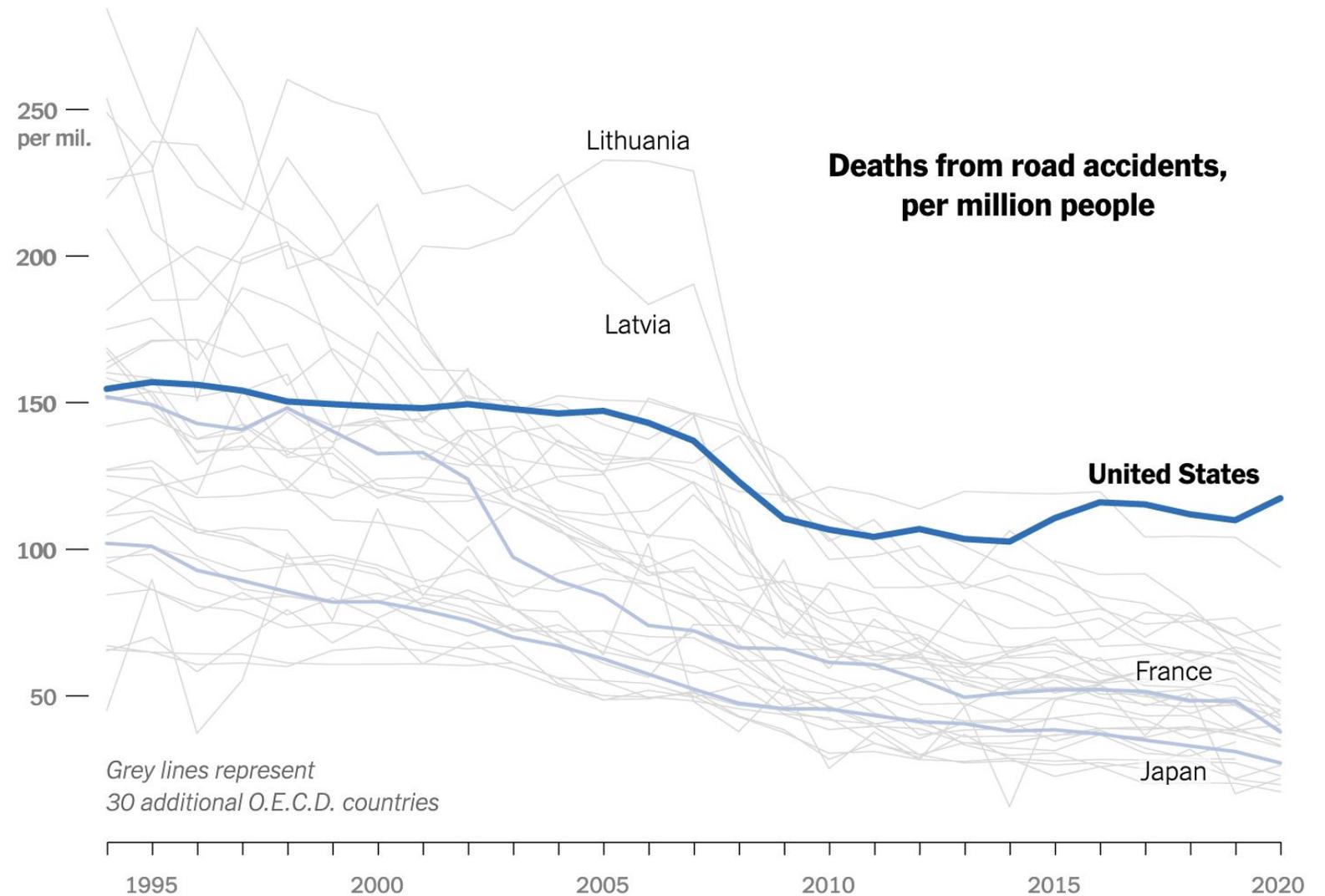
## Pedestrian Fatality Rate Increased Yet Again in 2022

U.S. Pedestrian  
Fatality Rate  
per One  
Billion VMT

\* Projected



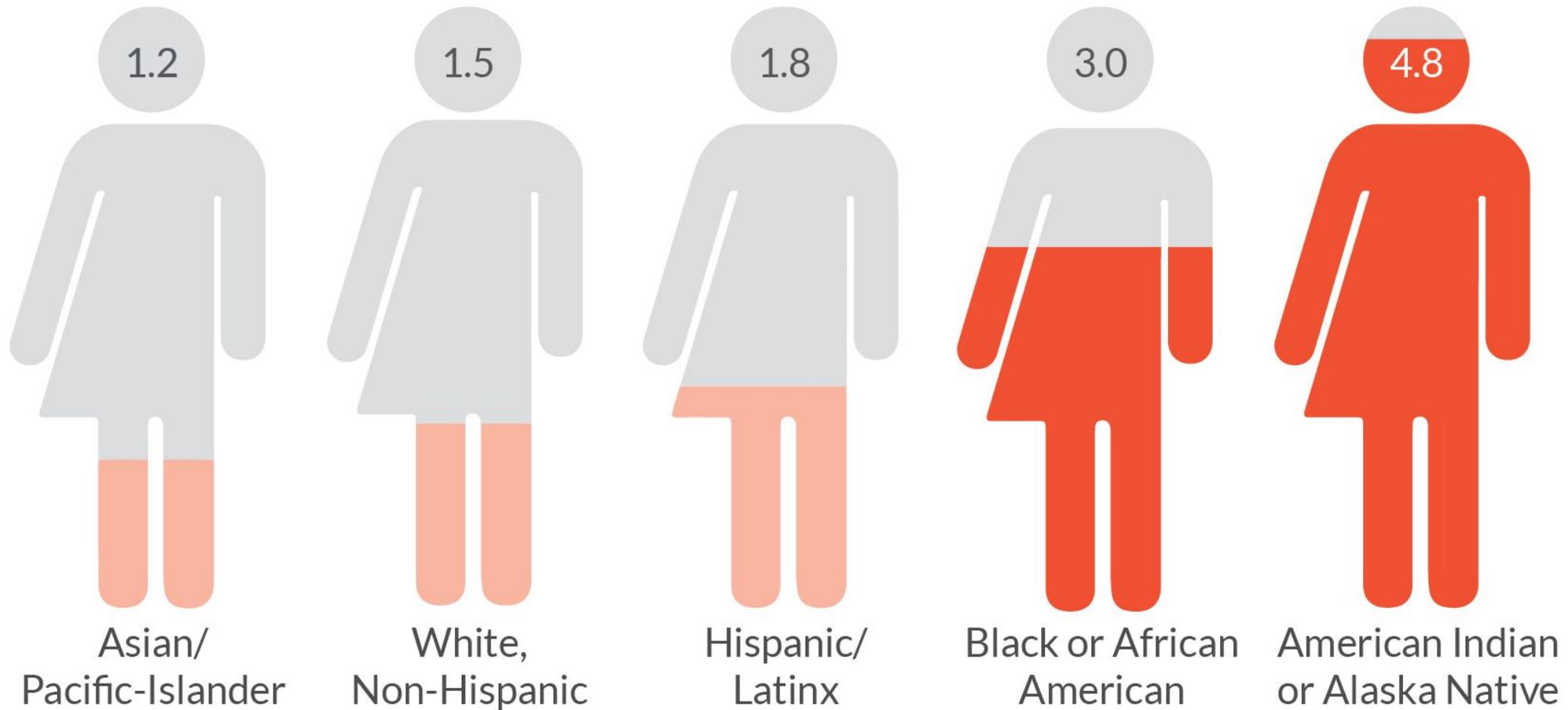
# *The Exceptionally American Problem of Rising Roadway Deaths*



Source: Organization for Economic Cooperation and Development • The New York Times

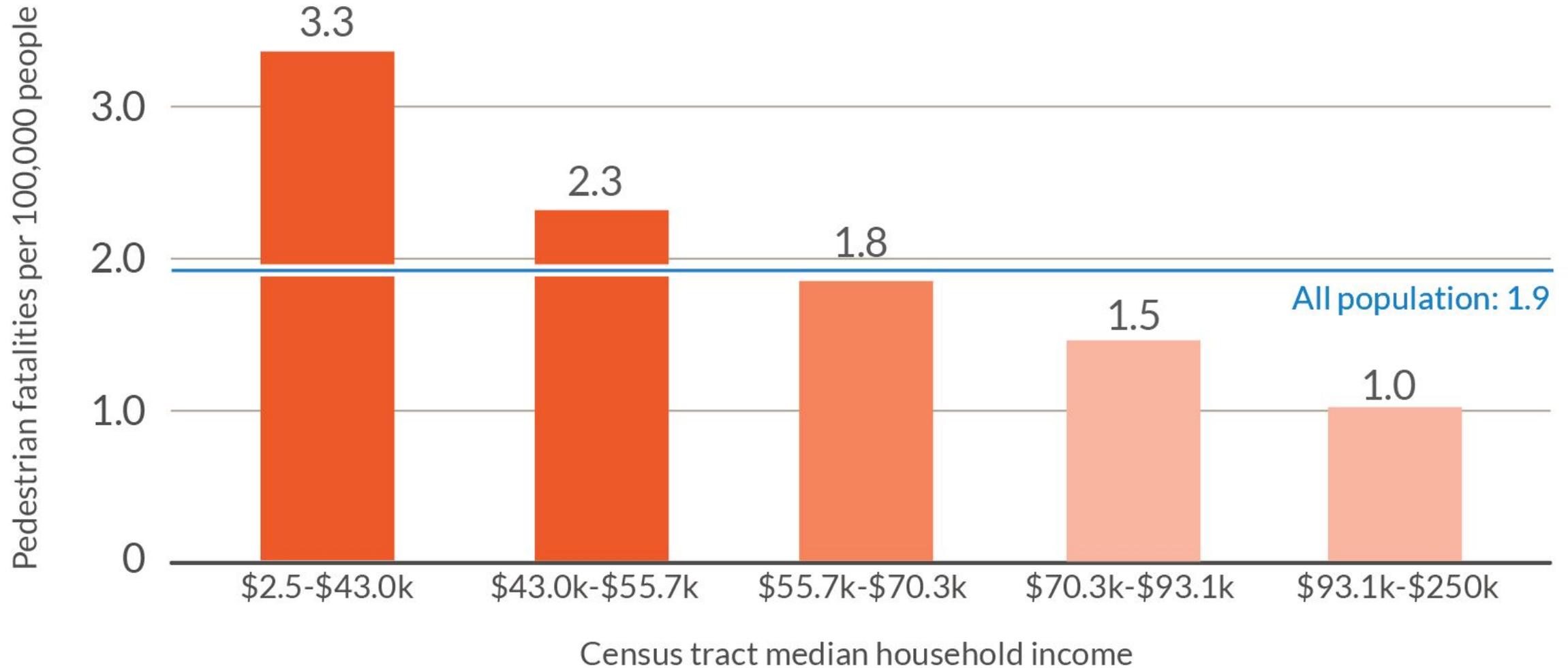
# People of color, particularly Native and Black Americans, are more likely to die while walking than any other race or ethnic group

*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*

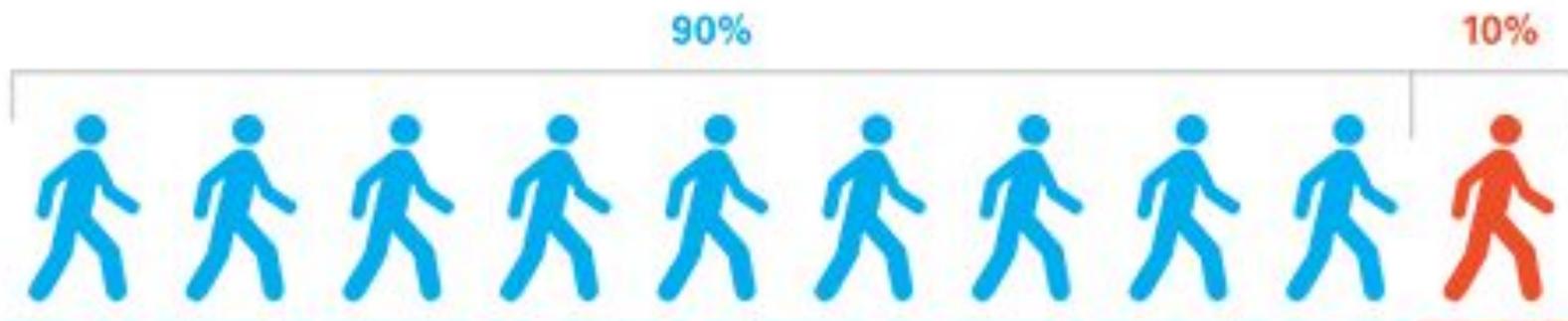


● If hit by a person driving at:

● Person Survives the Collision

● Results in a Fatality

20 MPH



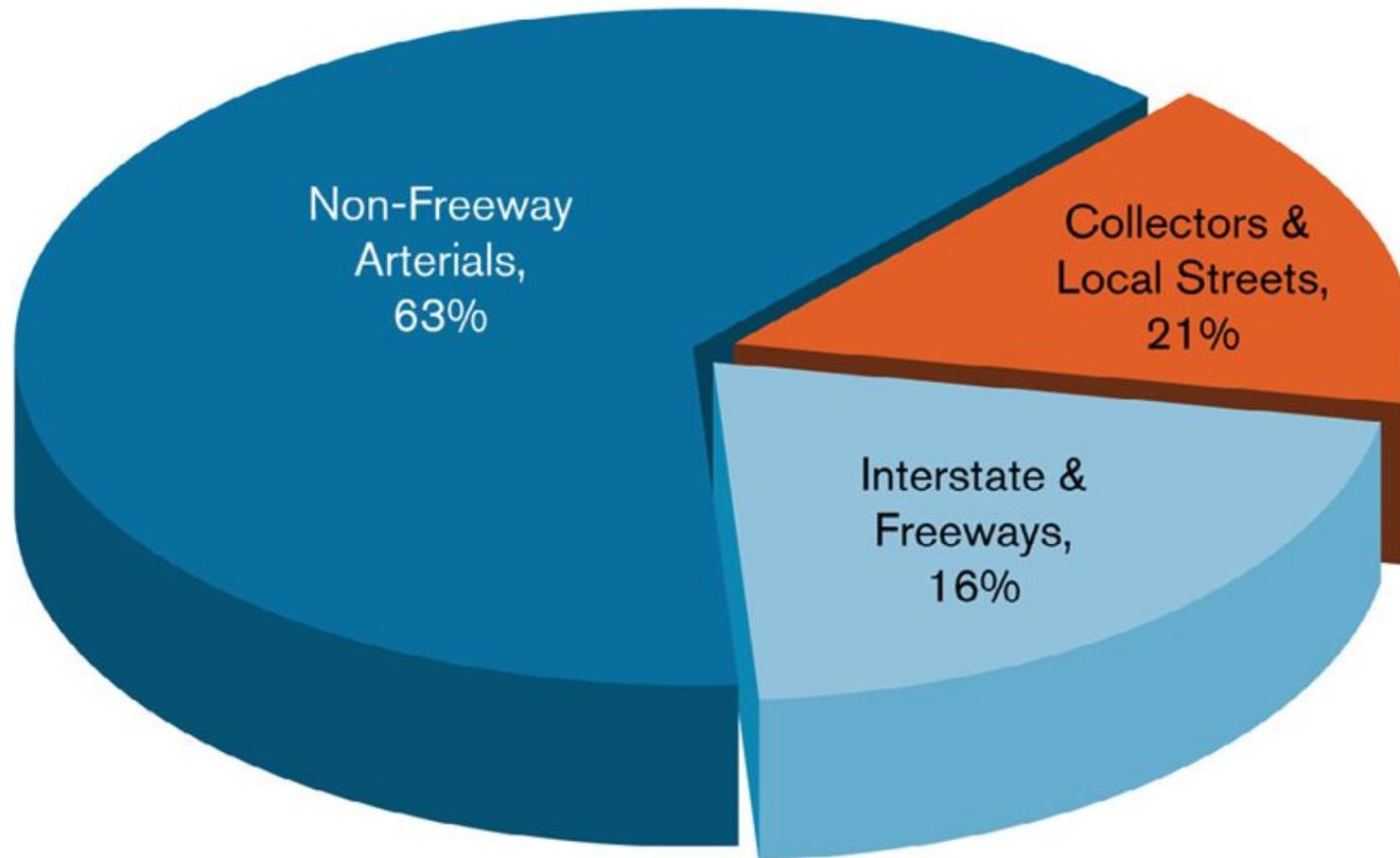
30 MPH



40 MPH



**Figure 12** Pedestrian Fatalities by Roadway Function Class, 2019



Source: FARS





<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 







<https://www.dearwinnipeg.com/2022/04/03/accidentally-on-purpose/>



**What do these poles  
tell us  
about what we value?**

# America Walks: What We Do

- Programs:
  - Walking College
  - Community Change Grants
  - Educational Webinars
- Advocacy:
  - Building Better Streets
  - Reconnecting Communities
  - Freedom to Move
  - Safer Vehicles for Pedestrians

# PARTICIPATING IN A #WEEKWITHOUTDRIVING:

**National Week  
Without Driving  
October 2-8**

ADVANCES RACIAL EQUITY

IS A CATALYST FOR COMMUNITY  
CHANGE

SUPPORTS CLIMATE ACTION

BRINGS AWARENESS TO THE  
BARRIERS NONDRIVERS FACE

[americawalks.org/national-week-without-driving](https://americawalks.org/national-week-without-driving)



# The Walking College



# Community Change Grants



# Educational Webinars

AMERICA WALKS WEBINAR:

# 2023

## TRANSPORTATION TRENDS

With **Janette Sadik-Khan & David Zipper**

Join us with innovative transportation professional Janette Sadik-Khan, and leading transportation journalist David Zipper to break down where we have been and where we are going in the world of transportation, equity – and yes – *walkability*.

**January 19th, 2023 2pm Eastern**

✦ RSVP TODAY ✦





# 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.

**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



**Heart Health**  
Lowers risk of heart disease, stroke, and type 2 diabetes

**Blood Pressure**  
Reduces blood pressure



**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



**Balance and Coordination**  
Reduces risks of falls



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

Nieman, "The Compelling Link," 201-217.  
Jones, "Exercise, Immunity, and Illness," 317-344.



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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**Healthy Weight**  
Reduces risk of weight gain



**Independent Living**  
Helps people live independently longer



**Bone Strength**  
Improves bone health



**Balance and Coordination**  
Reduces risks of falls



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June 2023

# Building Better Streets



## VISIT THE INTERSECTIONS INITIATIVES SITE

We're happy to announce the launch of the  
all-new interactive website!

Use our QR code  
or the link in the  
chat!



# INTERSECTIONS

— INITIATIVE —



Google



X

Google





← 3300 NE 75th St

Seattle, Washington

 Google Street View

Jul 2011

[See latest date](#)

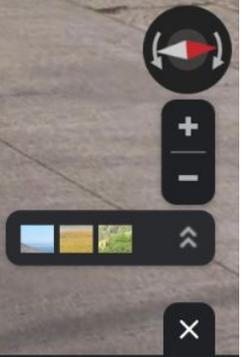


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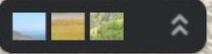
← 3299 NE 75th St

Seattle, Washington

 Google Street View

Sep 2022

[See latest date](#)



# Proven safety treatments

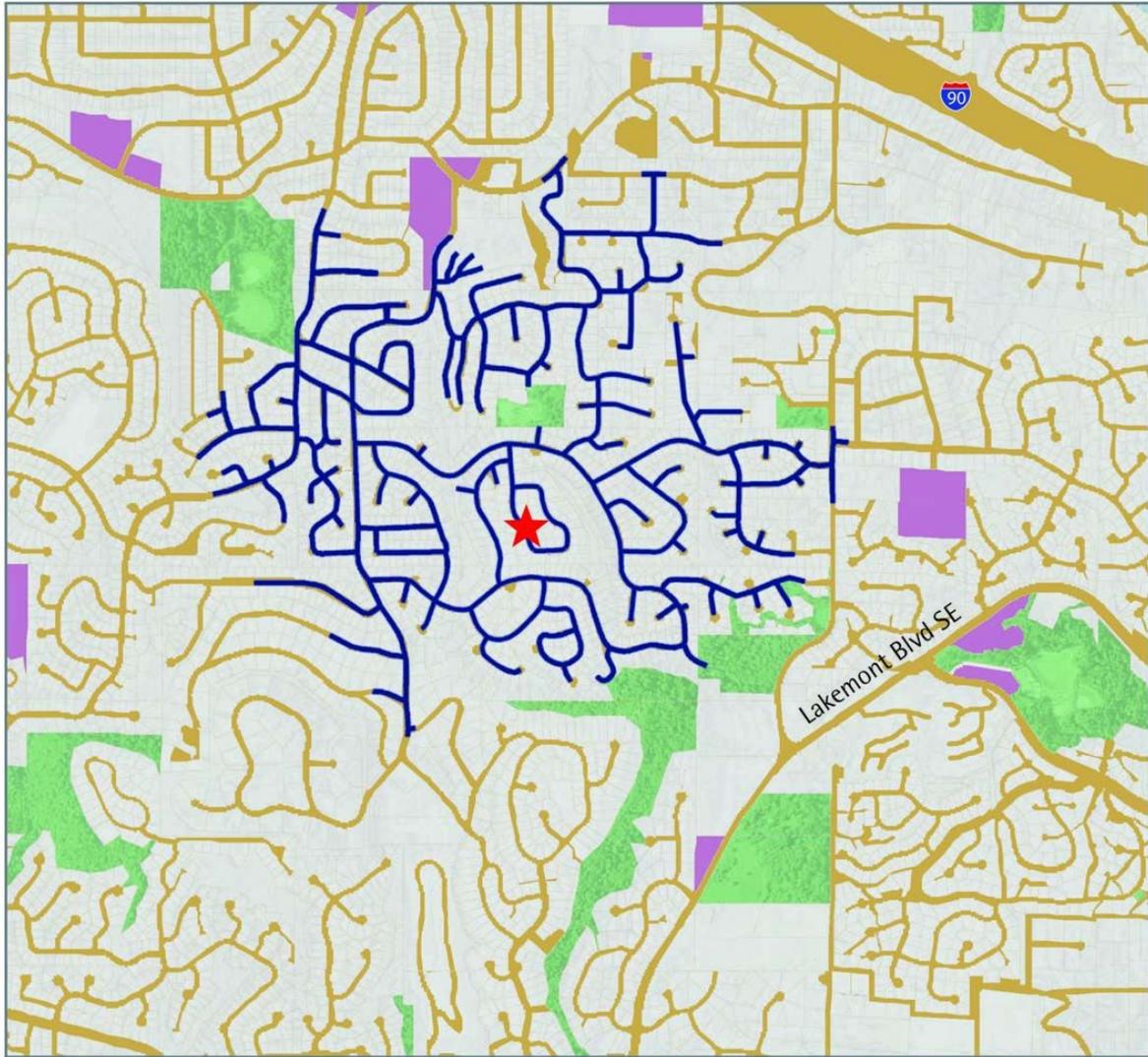


## Rainier Ave S (Columbia City and Hillman City)

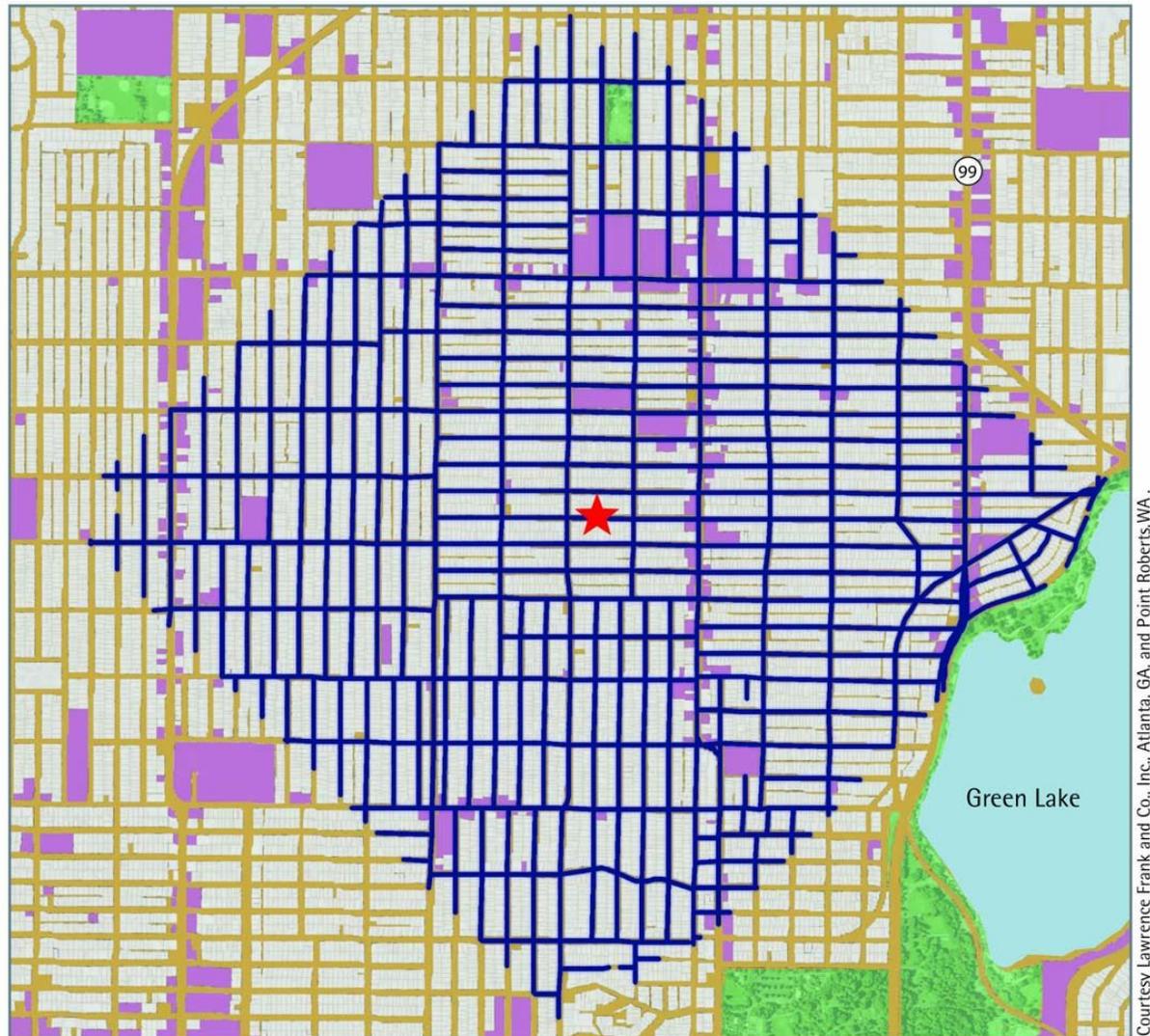
- Injury collisions **down 30%**
- Collisions with people walking and biking **down 40%**
- Top-end speeding **down 75%**

# Community Design





- ★ Starting point
- Places within a one-mile walk
- Commercial destinations
- Parks



- ★ Starting point
- Places within a one-mile walk
- Commercial destinations
- Parks



Courtesy Lawrence Frank and Co., Inc., Atlanta, GA, and Point Roberts, WA.



## Place Types by Walkability



Exurban  
0-5 dwellings per acre



Other examples:  
Eagle Harbour  
(West Vancouver),  
Shaughnessy  
(Vancouver)

Suburban  
5-10 dwellings per acre



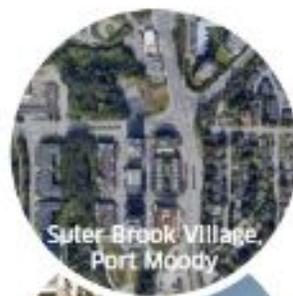
Other examples: Capital  
Hill (Burnaby), Seafair  
(Richmond)

Semi-urban  
10-15 dwellings per acre



Other examples:  
Dundarave (West  
Vancouver), Sunset  
(Vancouver)

Town Centre  
15-25 dwellings per acre



Other examples:  
Brighouse (Richmond),  
Suter Brook (Port  
Moody)

Urban Core  
25-60 dwellings per acre



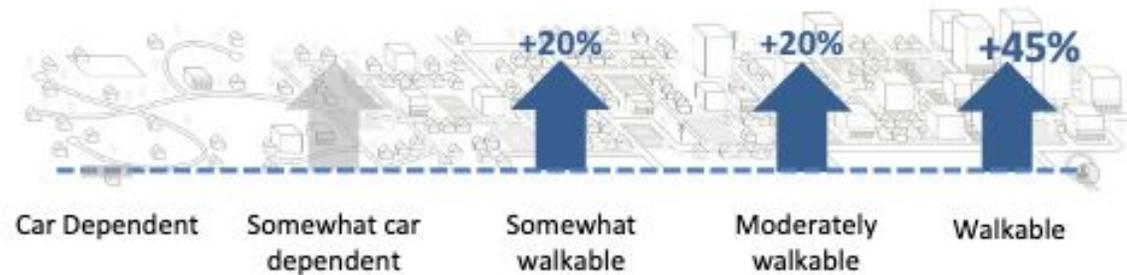
Other examples:  
Lower Lonsdale (North  
Vancouver), Downtown  
(New Westminster)

*Lawrence Frank, PI  
WHERE MATTERS*

*Vancouver, BC*

# Walkability and Physical Activity

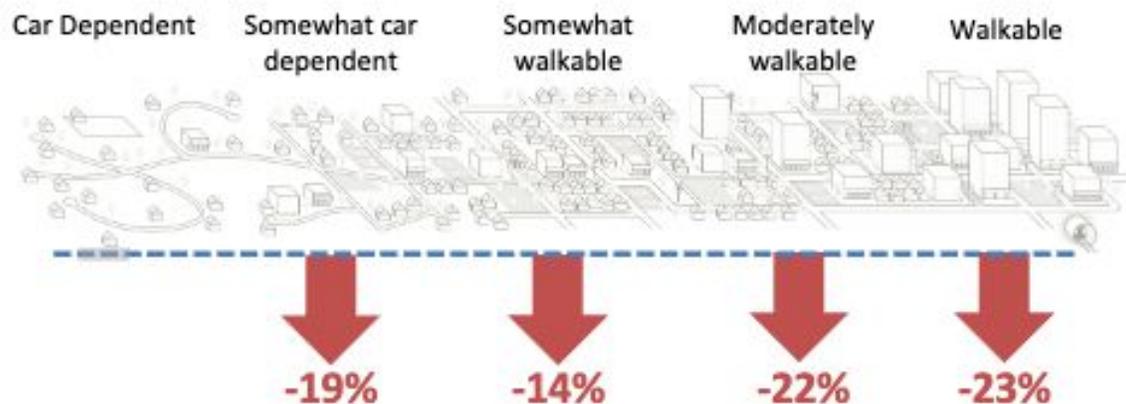
Transport Walking (at least 30 min/day)



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.

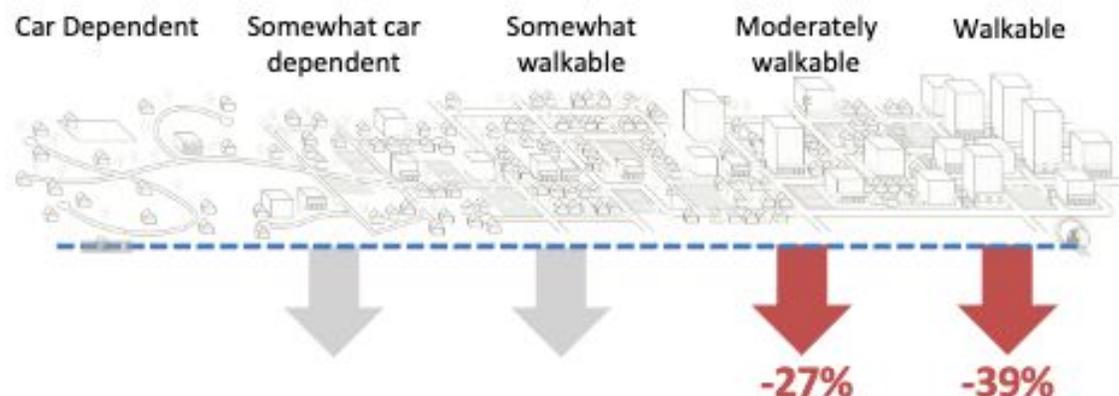
# Walkability and Stress



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.

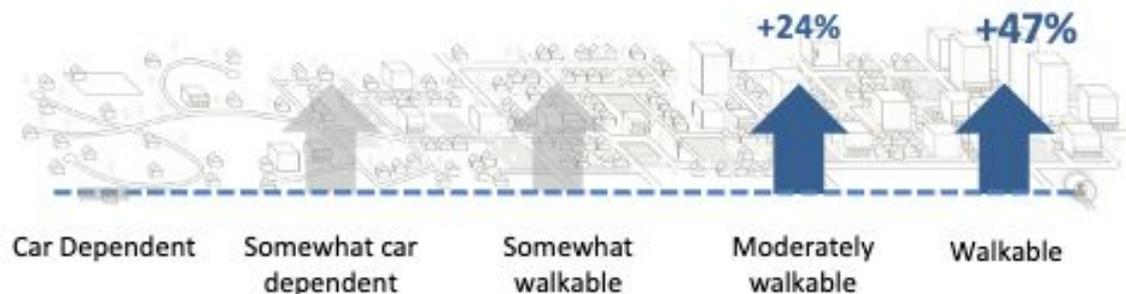
*Lawrence Frank, PI*  
**WHERE MATTERS**

# Walkability and Diabetes



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.

# 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**

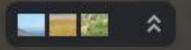
← 8530 Palatine Ave N



Seattle, Washington

Google Street View

Oct 2007 [See latest date](#)



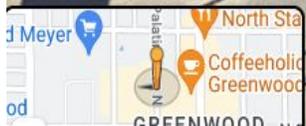
← 8530 Palatine Ave N

Seattle, Washington

Google Street View

Sep 2022

See more dates







# Reconnecting Communities







# Freedom to Move



**Legalize Safe Street Crossings  
Support the Freedom to Walk Act**

**AB 1238**

 **CALBIKE**  
CALIFORNIA BICYCLE COALITION  
[www.calbike.org](http://www.calbike.org)

 **California Walks**  
Stepping Up for Health, Equity, & Sustainability

 **LAWYERS' COMMITTEE FOR  
CIVIL RIGHTS**  
OF THE SAN FRANCISCO BAY AREA

 **LOS ANGELES  
WALKS**



# Safer Vehicles for Pedestrians

2000



AMERICA  
WALKS

2018



Between 2000 and 2018, the average pickup grew 11% taller and became 24% heavier. Pedestrians stayed about the same height.

According to Consumer Reports research

AMERICA  
WALKS



POSTED ON JUNE 9, 2022

## **America tells Secretary Buttigieg in over 16,000 comments to overhaul vehicle safety**



# Europe Requires Intelligent Speed Assistance In All New Cars

## WHAT IS INTELLIGENT SPEED ASSISTANCE?

1. Car receives position information via GPS and current speed limit from a digital map. Can also be combined with video camera sign recognition.

2. Speed limit is displayed on the dashboard.

Driver can override system by pushing harder on accelerator.

3. Car helps driver not to speed when speed limit is reached.



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The New York Times

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



**NEW WEBINAR**

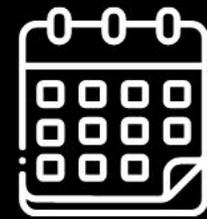


# **SAFER FLEETS CHALLENGE**

**How Adopting Intelligent Speed  
Assistance Can Make Your Community a  
Better Place to Walk**

**APRIL 11TH, 2023**

**2PM, EASTERN**



**RSVP TODAY!**

**AMERICA  
WALKS**

# FIND LOCAL WALKING ORGANIZATIONS

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

Select a State



# AMERICA WALKS

