

State of Health



Safety, Health and Economic Vitality in Arkansas

Walkability: Why?



DANGEROUS BY DESIGN 2011

Over the past 12 years, more than **76,000 pedestrians** have died in America.

Walking is **10 times more dangerous** than driving a car.

Solving the Epidemic of Preventable Pedestrian Deaths





Children, seniors and minorities are killed in disproportionate numbers.

Walking is the only travel mode that has not had significant declines in casualties in 40 years.



Elderly pedestrians,
age 70 and above,
are at the greatest
risk for pedestrian
fatalities.

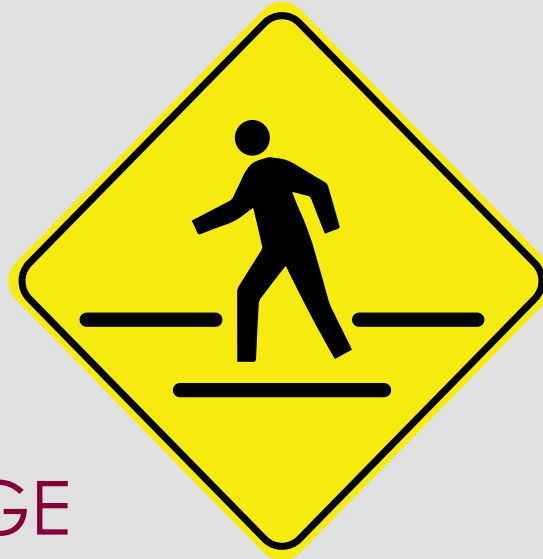
Biking and walking comprise 12% of all US trips and 14% of all fatalities, yet facilities receive 2% of US federal transportation funds.



Pedestrian fatalities per 100,000 people

1.26

U.S. AVERAGE



1.10

ARKANSAS



In 2000, motor vehicle crashes cost **\$230.6 Billion** in medical costs, property damage, lost productivity, and travel delays.

\$970
MILLION

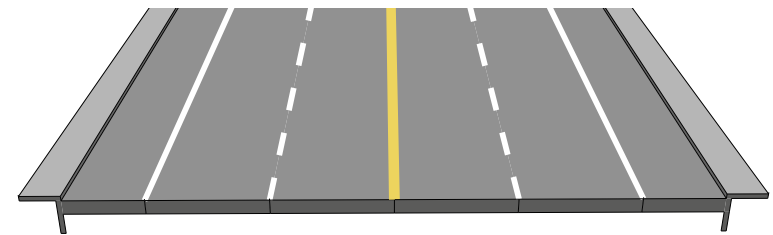
Arkansas spent
on transportation
in 2010

0.9%

Portion of Federal
funds spent on
pedestrian
projects

7.4%

Portion of traffic
deaths that were
pedestrians
(2007-2008)



5.8%
US AVERAGE

5.7%
ARKANSAS

Percent of roads in
'poor' condition

\$1.16 Spending per capita on walking
and bicycling in Arkansas

\$1.46 per capita is the national average







Health is a state of complete physical, mental and social well-being and **not merely the absence of disease or illness.**

World Health Organization

What is health?



Regular walking
increases memory
(hippocampus size) and
decreases risk of
dementia.



Walking and cycling for transportation can reduce cardiovascular risk by 11%.



For every **5% increase** in walkability, a community can expect the following:

30% increase in “physically active travel.”

Nearly a **quarter-point reduction** in individual body mass index.

Health & Well-Being



- Women who walk or bike **30+ minutes** a day have a lower risk of breast cancer.
- A **30-minute bike commute** is associated with better mental health in men.
- Overweight kids who are active several times a week are **85% more likely to become normal-weight adults**.



CDC's Division of Diabetes Translation, National Diabetes Surveillance System
available at <http://www.cdc.gov/diabetes/statistics>

Obesity Rates



Obesity is the nation's fastest rising public health problem.

30.6% of adults in Arkansas are obese.

66.5% of adults in Arkansas are overweight or obese.

20.4% of children in Arkansas are obese.

Childhood obesity has **tripled** in the past 30 years.

Overweight children are **more likely** to become obese adults.



The average white male living in a compact community weighs **ten pounds less** than his counterpart in a low density subdivision.



In October 2010, the CDC reported that if current trends continue, **one out of three** Americans will have diabetes **by 2050**.

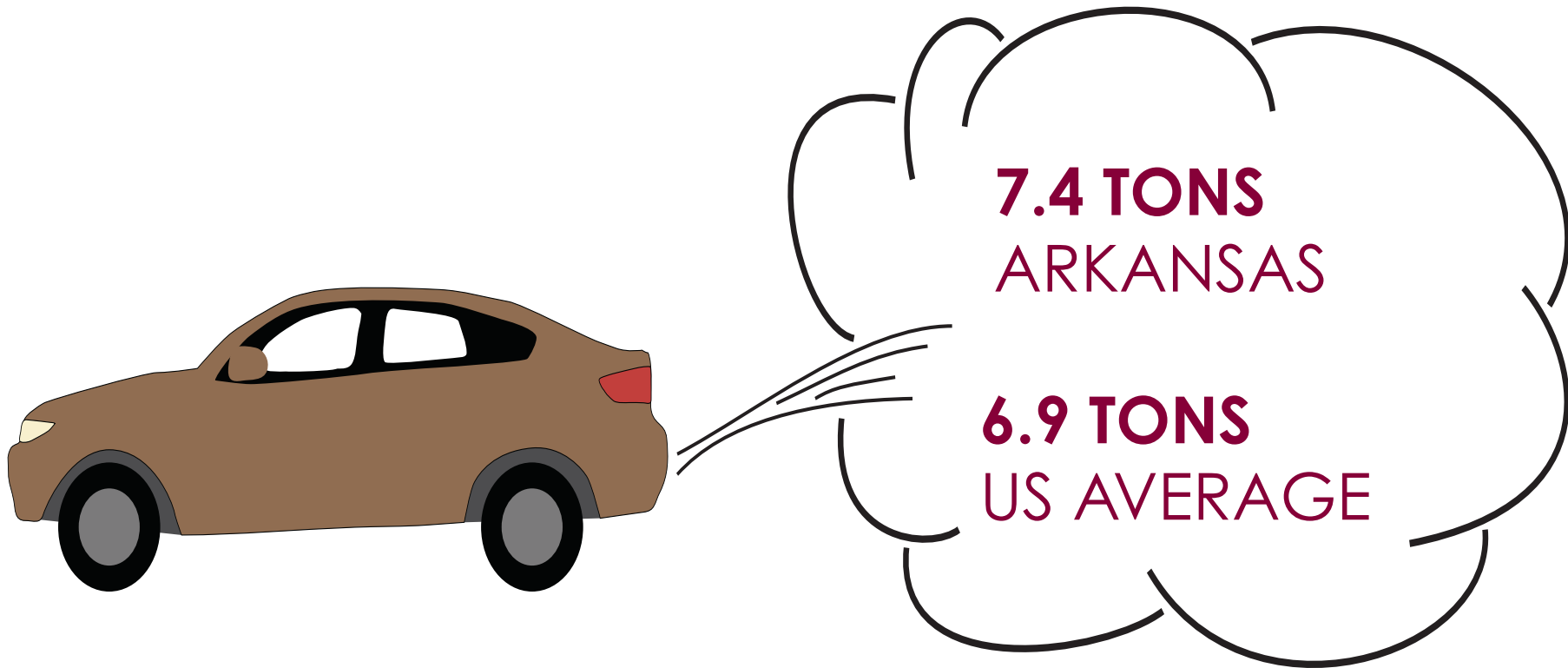


About 22 million people are currently diagnosed with asthma

Each year, asthma accounts for 14 million days of missed school days by children.



Metric Tons of CO₂ from Transportation per capita





Nationally, cycling and walking levels fell **66%** between 1960 and 2009, while obesity levels increased by **156%.**



Percent of children who walk or bike to school fell **75%** between 1960 and 2009. Childhood obesity rose **276%** during that same period.



Youth Wellness

In 2005,
antidepressants
became **the most
prescribed
medication** in the
United States.





- **85%** of seniors polled cannot walk to a doctor's appointment
- **81%** cannot walk to work
- **81%** cannot walk to public transportation
- **71%** cannot walk to a pharmacy
- **72%** cannot walk to the bank
- **68%** cannot walk to the grocer
- **65%** cannot walk to a park

Aging in Place - Arkansas



- **30%** of seniors polled worried about their ability to stay in their communities.
- **35%** worried about their ability to stay in their homes.
- **29%** worried about street lighting and sidewalk conditions.
- **17%** worried about driving around their community.

Aging in Place - Arkansas



Older non-drivers take **15%** fewer trips to the doctor; **59%** fewer trips to shops and restaurants; and **65%** fewer trips to family, social or religious activities than older drivers.



17 Arkansas counties are designated as “persistent poverty” counties, where more than **20%** of their people have lived in poverty for 30 years or more.



Social Equity

Native Americans die in traffic crashes more than **1.5** times the rate of other racial groups.

African Americans make up **12%** of the US population but account for **20%** of pedestrian deaths.

19% of African Americans, **13.7%** of Latinos and **4.6%** of Whites lack access to an automobile.



Nearly **1/3** of the United States population is transportation disadvantaged and without reliable access to food, medical care, employment or educational opportunities.



Half of all non-drivers age 65 and over – **almost 4 million Americans** – stay at home on a given day because they lack transportation.



Projected Growth in Arkansas' 65+ Population

By 2030, the US Census predicts that there will be
over **600,000** seniors living in Arkansas

Percent of Population without Driver's License



32%
US AVERAGE

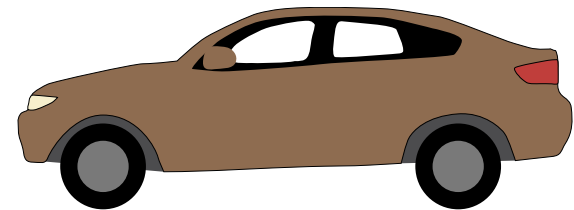
28%
ARKANSAS

Average annual operating cost of a bicycle: **\$308**.



Average annual operating cost of a car: **\$8,220**.

Between 2000 and 2010, the number of bicycle commuters grew **40%** in the US.



The average American household spends **more on transportation** than on food or healthcare.

Simply increasing bicycling from **1% to 1.5% of all trips** in the United States would save **462 million gallons of gasoline** each year.



Costs of Auto Dependency



- Every hour spent in a car is associated with a **6%** increase in the likelihood of obesity.
- Every kilometer walked is associated with a **4.8%** reduction in obesity rates.
- Every **1%** rise in the urban sprawl index increases the risk of obesity by **0.5%**.

Costs of Auto Dependency



The amount of time an average person in North America spends every year in their car.





A 5 to 10 mph reduction in traffic speeds increased adjacent residential property values by roughly 20%. Reduced traffic volumes on residential streets increases home values by an average of 18%.



Homes in walkable urban neighborhoods have experienced **less than half the average decline in price** from the housing peak in the mid-2000s.

A 10-point increase in Walk Score increases commercial property values by **5% to 8%.**



An EPA study indicates compact infrastructure is up to **47%** less expensive than suburban development patterns.

Active Transportation is good for tourism!
In 1992, an estimated 32,500 visiting cyclists spent
\$13.1 million in Vermont.

Table 1: Overall Economic Impacts of Orange County Trails in 2010

Category	Units	2010
Total Employment	Jobs	516
Output or Sales	Millions of Dollars	\$42.6
Personal Income	Millions of Dollars	\$10



For each **\$1 million** invested in FHWA-approved paved bicycle or multi-use trail, the local economy gains **65 jobs** and between **\$50 and \$100 million** in local economic benefits.

Cycling and walking investments return up to **\$11.80** for every **\$1** invested.



Table 2: Trail Related Impacts to Winter Garden Downtown Businesses in 2010

Category	Units	2010
Total Employment	Jobs	61
Output or Sales	Millions of Dollars	\$5
Personal Income	Millions of Dollars	\$1

For More Information

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