Today's Showing

(1) The Epidemiologic Evidence
(2) Building of the Case
(3) Robert Wood Johnson Foundation
Active Living by Design
(4) Centers for Disease Control & Prevention:
ACES (Active Community Environments)

(4) CDC: Active Community Environments

- ACES are places that support and promote physical activity for people of all ages and abilities
- Predominant features include sidewalks, bikeways, trails, parks and other recreational facilities
- They are close to where people live and work and are easily accessible

Approaches to Promote ACEs

- Non-Traditional Approaches to Promote Public Health through Physical Activity
- -Urban Design
- -Transportation
- -Environmental Protection
- -Crime Prevention
- -Pedestrian Safety
- -Environmental Psychology

ACEs Research Agenda

- Long Standing Interest in Policy and Environmental Interventions
  - Panel Discussion on Policy and Environmental Actions to Promote Physical Activity
    - Participants: urban planning, transportation, architecture, criminology, social ecology, environmental health
    - Recommendations
      - » *Develop tools, find data, determine relationships- collaborate*
      - » Advocate: Ped Friendly design, infill/density, limit parking, job housing mix, developer incentives, zoning standards…

HP 2010: Transportation

22.12 Increase trips made by walking

5-15 years: trips to school less than 1 mile

18+ years: trips less than 1 mile

22.15 Increase trips made by bicycling

5-15 years: trips to school less than 2 miles

18+ years: trips less than 5 miles

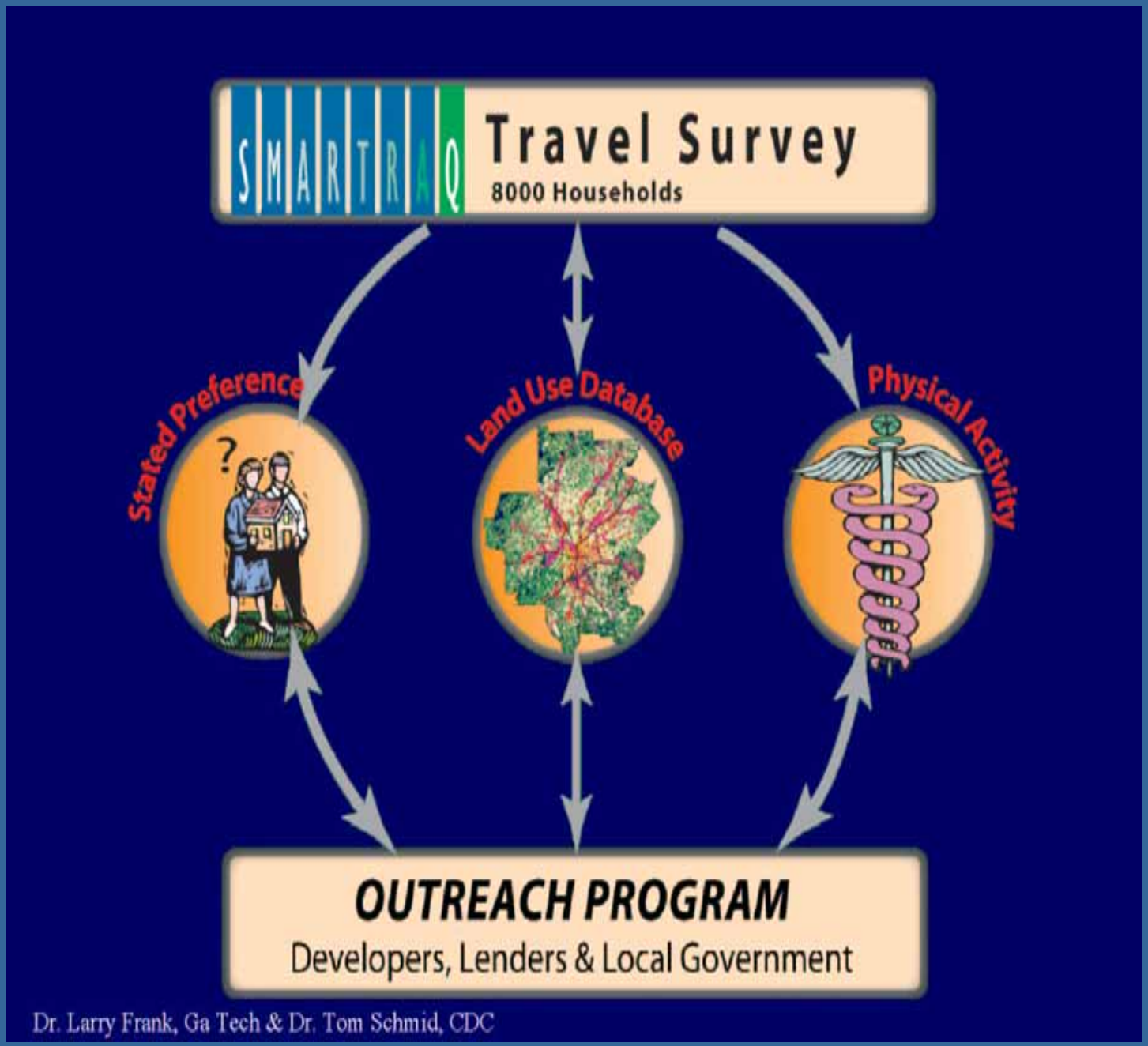
ACEs Information @ CDC

- ACEs Web Site
  - www.cdc.gov/nccdphp/dnpa/ace.htm
- Information on Web Site
  - ACEs Fact Sheet
  - Literature Review / Bibliography
  - KidsWalk-to-School Guide
  - Other Publications and Research Findings
  - Links

ACES
Active Community Environments

Research Practice and Policy


LAND USE
ENVIRONMENT
MOBILITY
HEALTH
ULI
Metro Atlanta Chamber of Commerce
EPA
TURNER FOUNDATION
The Georgia Conservancy
ARC
Federal Highway Administration
GRTA
CDC
SMARTRAQ
www.smartraq.net
Dr. Larry Frank, Ga Tech & Dr. Tom Schmid, CDC


SMARTRAQ
Travel Survey
8000 Households
Stated Preference
Land Use Database
Physical Activity
OUTREACH PROGRAM
Developers, Lenders & Local Government
Dr. Larry Frank, Ga Tech & Dr. Tom Schmid, CDC

SMARTRAQ SURVEY PLAN

ACTIVITY BASED TRAVEL SURVEY
8000 Households

- Across land use type, household size, and income
- Engaging Traditionally Under-served Households via Translation, Active Recruitment, and Community Outreach

1500 households

Residential Preference Survey: ***Defining the Market for Smart Growth***

1100 Vehicles

In-Vehicle (GPS) Global Positioning Systems: ***capturing actual travel vs reported***

1000 Persons Physical Activity Survey

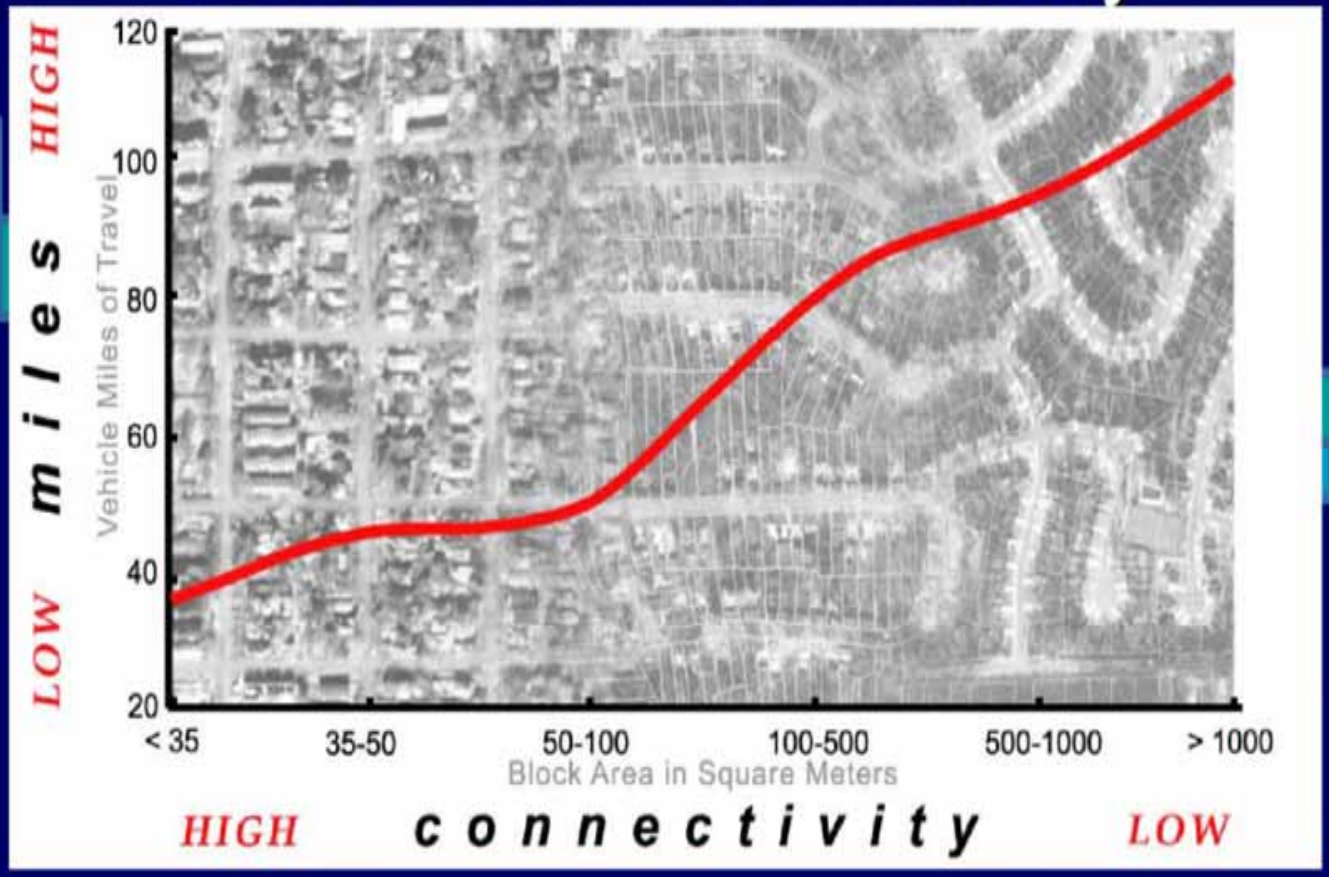
500 Persons

GPS / Palm Pilots

500 Persons

Activity monitors

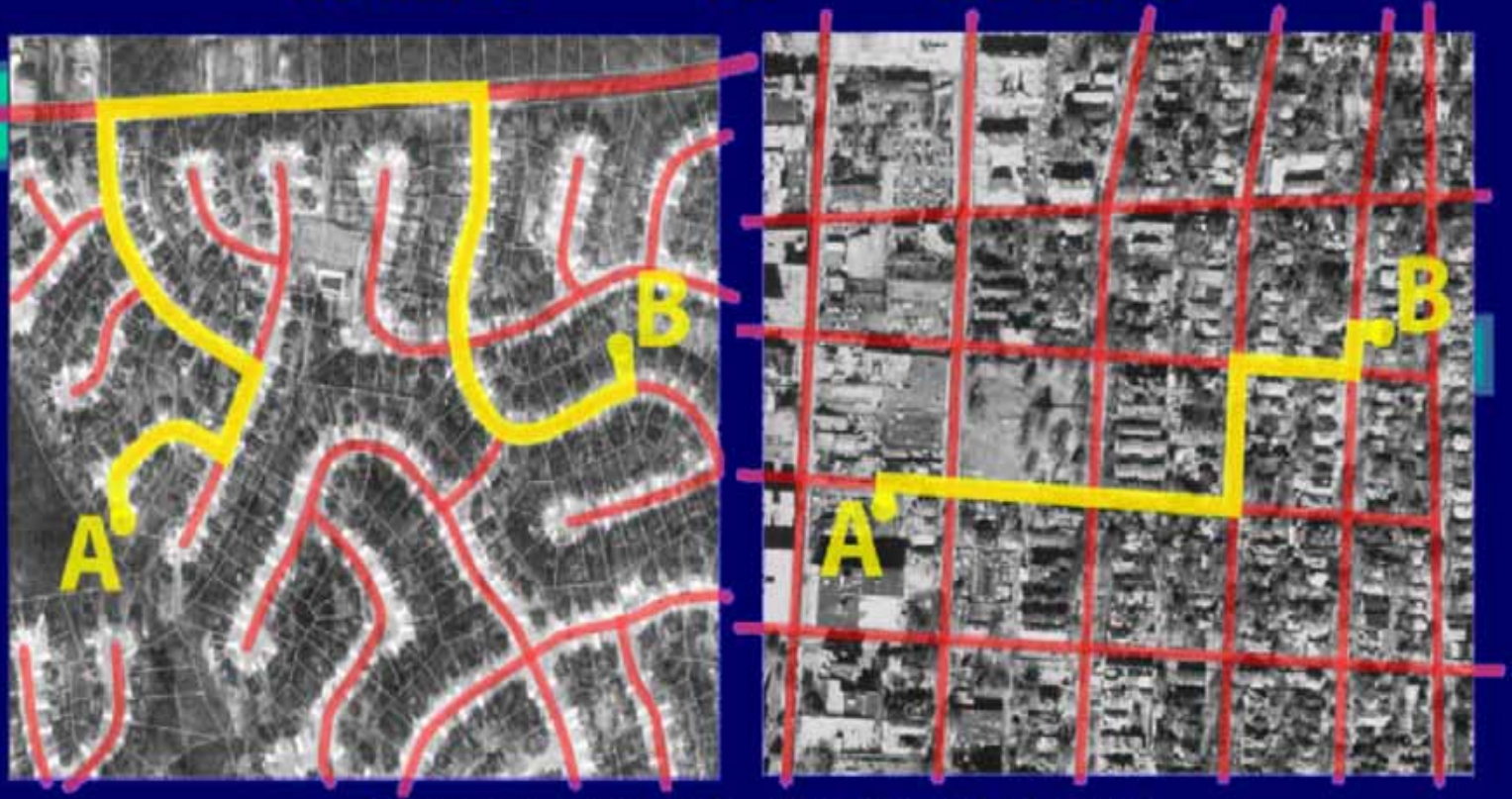
Miles of Travel Based on Street Pattern Connectivity



Dr. Larry Frank, Ga Tech & Dr. Tom Schmid, CDC

Network Distances

1.3 miles vs. 0.5 miles

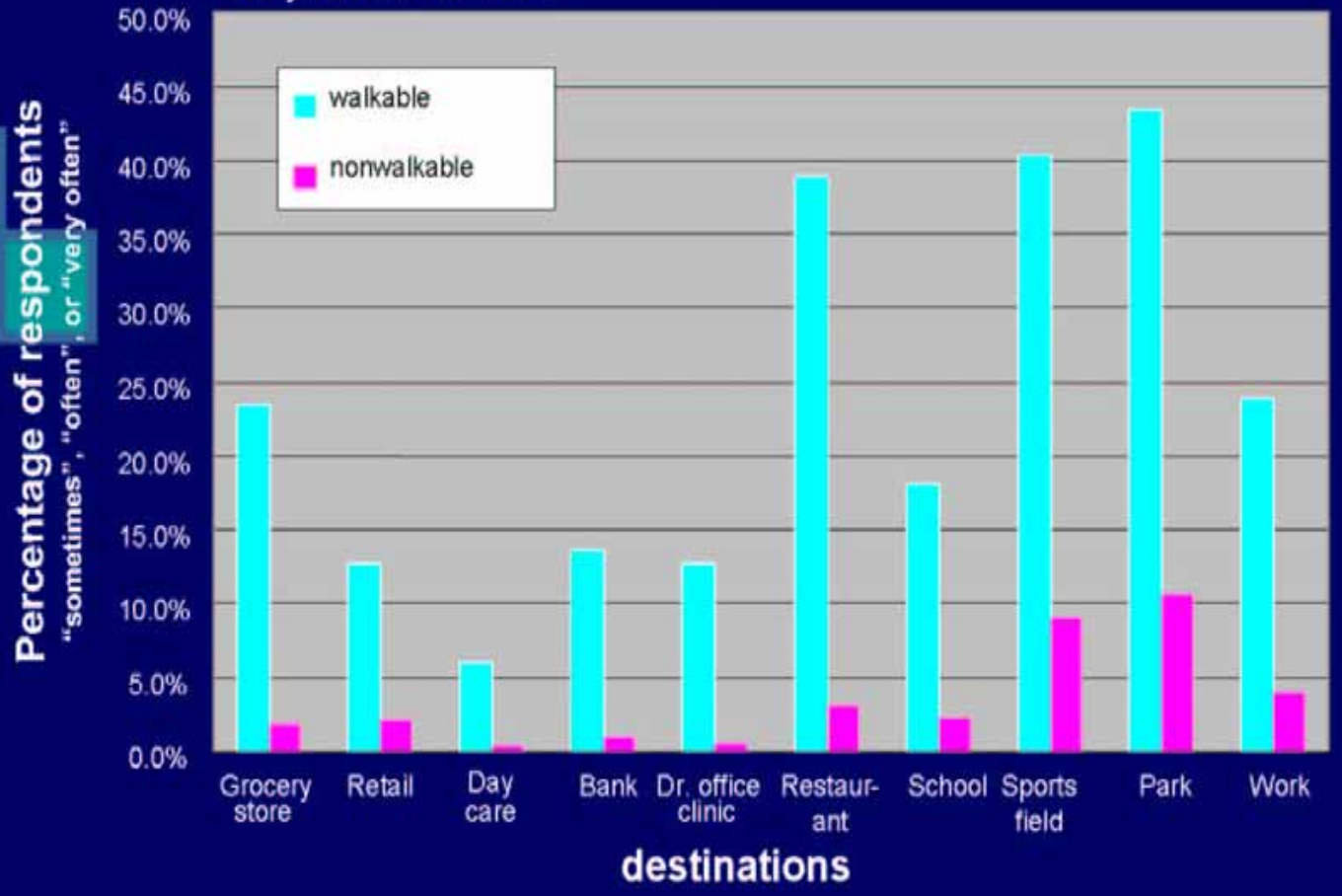


Images are same scale, approximately 1 sq mi.

Dr. Larry Frank, Ga Tech & Dr. Tom Schmid, CDC

Walk destinations from home

"When you travel to the following places from your home, how often do you walk there?"



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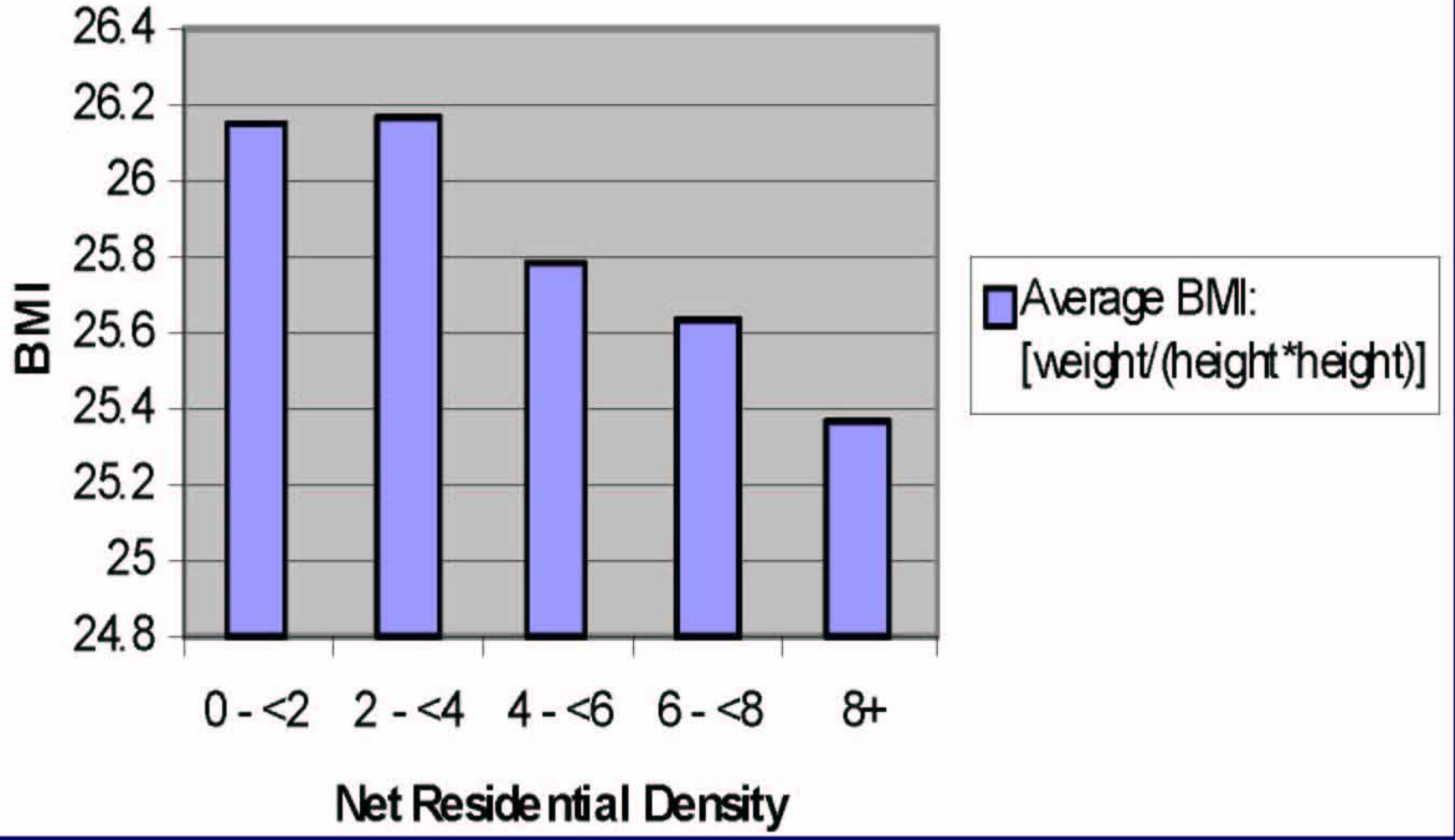
SMARTRAQ – N=4430



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ACES
Active Community Environments

Research Practice and Policy

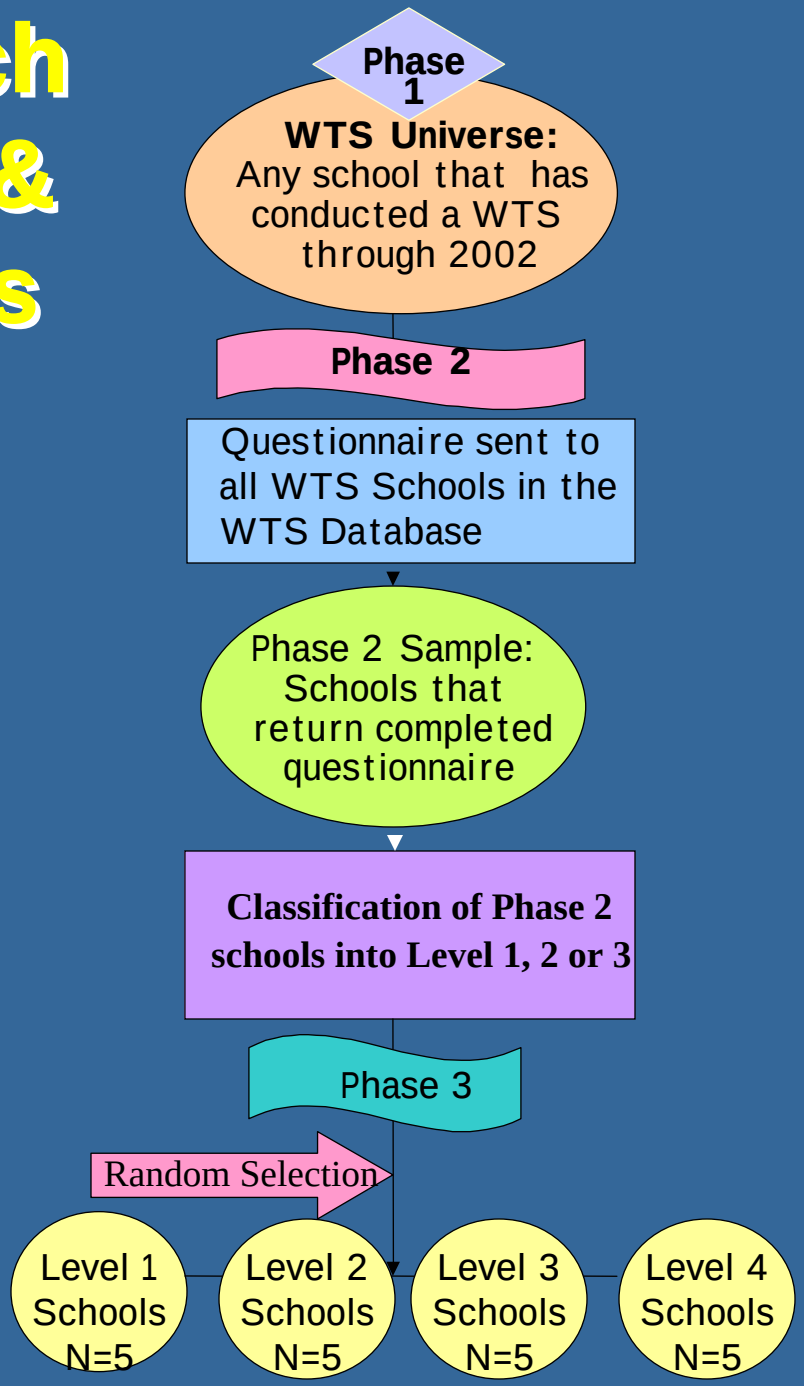
National Walk to School Evaluation Project

UNC: Prevention Research Center
A CDC-funded Initiative

Primary Aims

- Analyze the scope & impact of Walk to School programs
- Identify key determinants that affect active travel to school & program effectiveness

Research Design & Methods

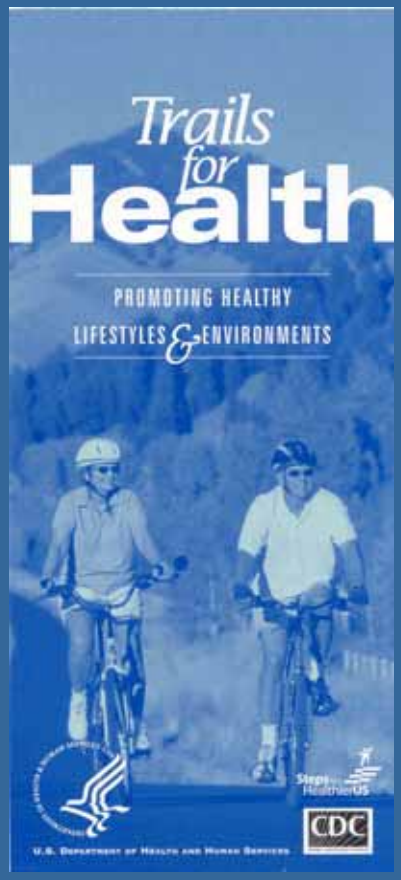


Expected Outcomes

- Case Studies
- Surveys
- Training Protocols
- Best Practices
- Data
- Report, expansion of current walk to school documents

Trails for **Health**

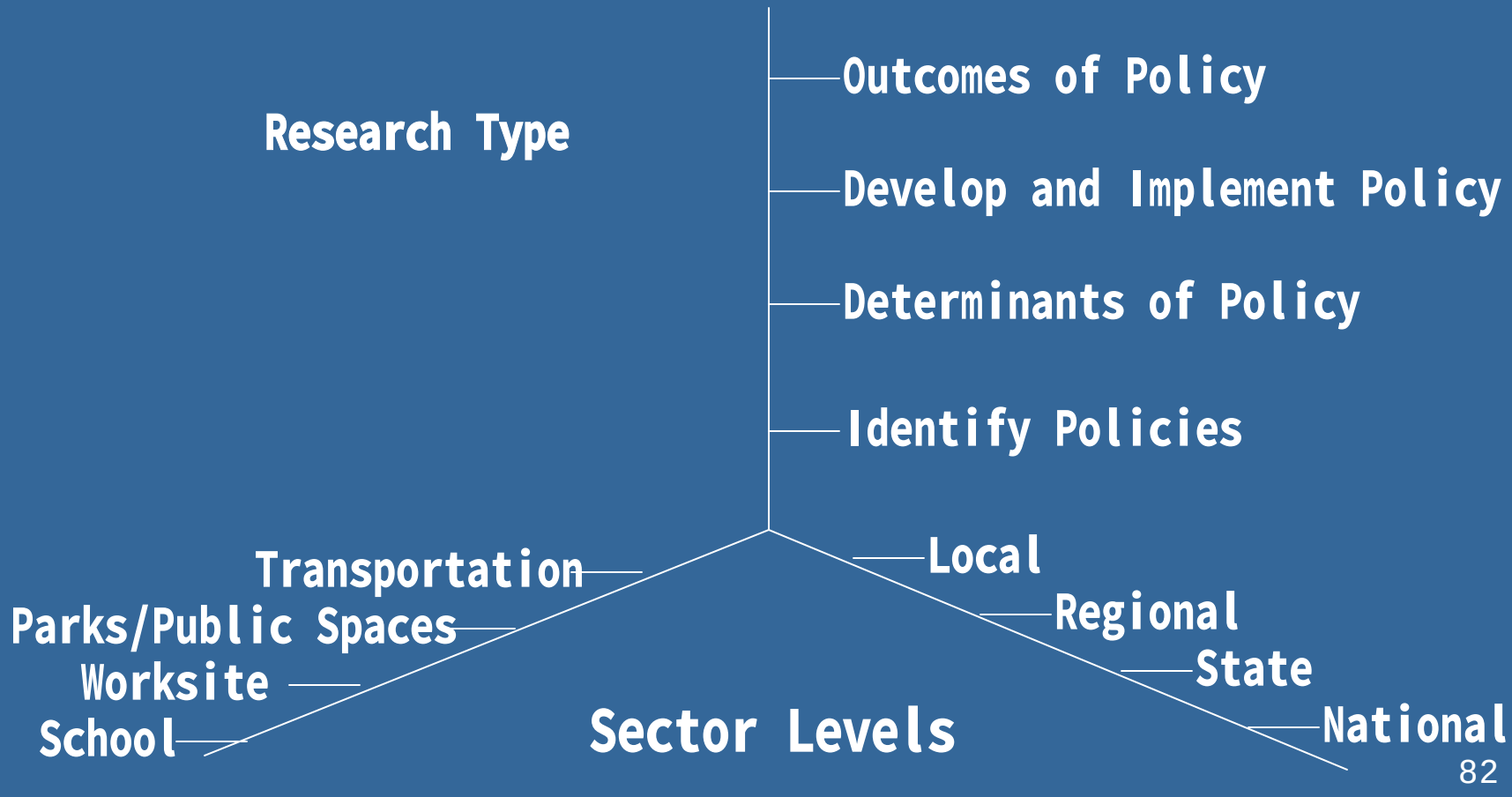
- **National Trails Training Partnership (MOU)**
- **Federal Interagency Work Group to Promote Physical Activity on Public Lands (MOU)**
- **Federal Interagency Council on Trails**



ACEs
Active Community Environments

Research Practice and Policy

Physical Activity Policy Research



Policy Research

POLICY DETERMINANTS

↓

POLICY

↓

ENVIRONMENT

↓

→ PHYSICAL ACTIVITY

↓

HEALTH

Physical Activity Policy Research Agenda Process

- Workshop #1 – Transportation, Planning, Community Design
- Workshop #2 – Economics, Schools, Insurance, Safety, Social Capital and Crime

One day workshops with CDC and non-CDC participants

Physical Activity Policy Research Agenda Process (cont')

- Third workshop further reviewed and synthesized the 10 priority research areas
- The 10 areas evolved to 7 major categories
  1. Schools
  2. Worksite
  3. Parks and public spaces
  4. Walkability
  5. Safety and crime
  6. Economics
  7. Liability

Physical Activity Policy Research Agenda Process (cont')

- The policy research status for each of the 7 major categories was discussed
- High priority research areas
  - Evaluation of ISTEA/T3
  - Transportation Planning Model
  - School siting
  - Price elasticity of walking in older adults
  - Smart Growth Property Value

Greenstyles: EPA and CDC

- National sample of opinion, and behavior relating to policy and environmental issues.
  - General Support for Walk and Bicycling Policy and Investments
  - Location Matters
    - opinion and behavior related to residential location
  - Opportunities Matter
    - community design predicts walking, biking and other pa

Public Support for Walking and Biking

- 54% support use of federal funds for more bike paths
- 61% support use of state or local funds for more sidewalks
- 72% for mandatory sidewalks in new developments

» EPA/CDC:Greenstyles Survey

Public Support for Walking and Biking

- 68% for a policy requiring sidewalks and paths between stores and homes.
- Only 20% would vote against a politician that proposed use of funds for walking and biking
- "Not sure" ranged from 13-33%
- Strongly Disagree maximum is 7.3%

– EPA/CDC: Greenstyles Survey

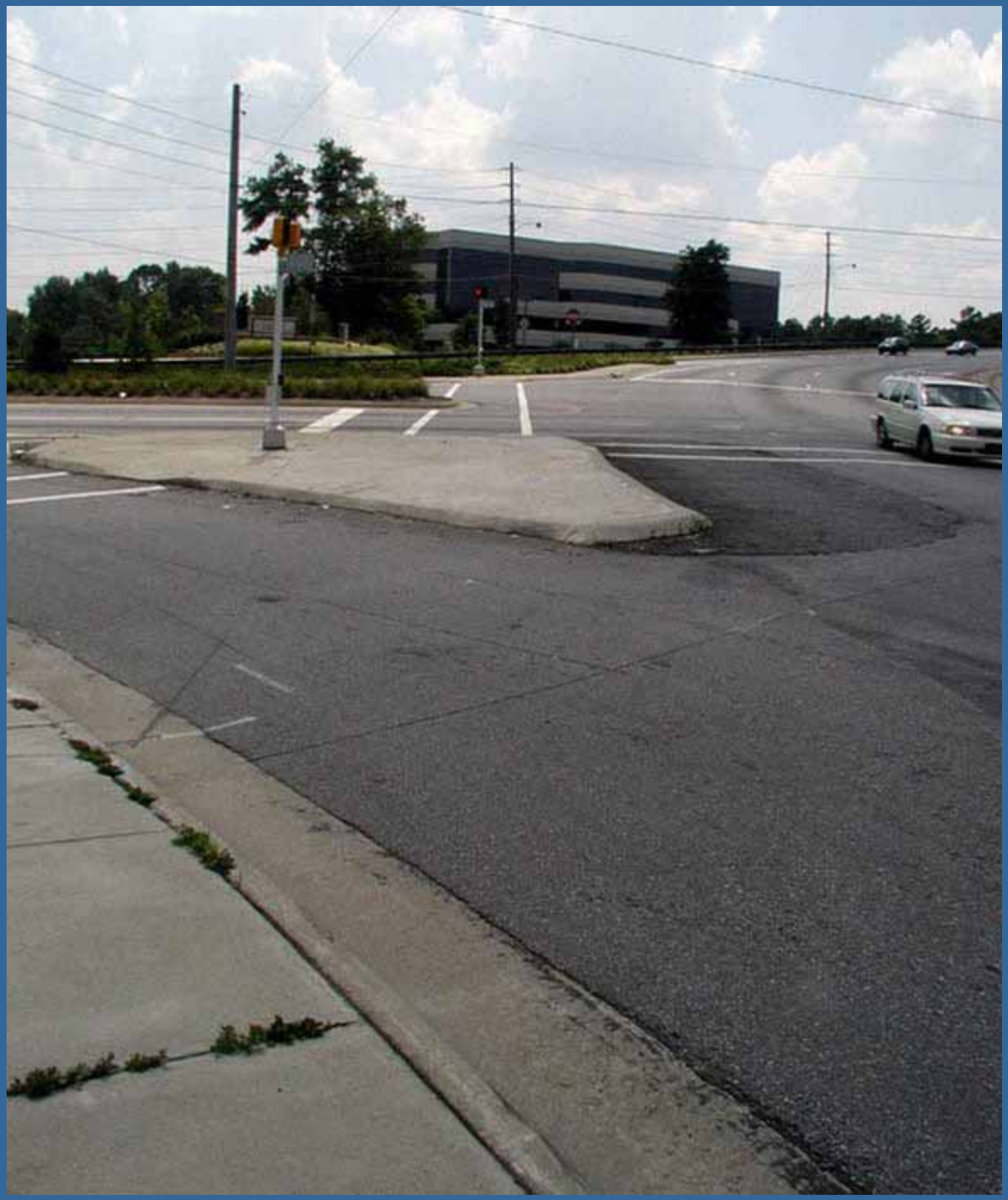
CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

CDC
Centers for Disease Control and Prevention

CDC
Centers for Disease Control and Prevention


CDC
Centers for Disease
Control and Prevention


CDC
Centers for Disease Control and Prevention



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