

making communities walk- and bike-friendly helps them thrive



Bike and walk friendly communities...

Improve Safety

The Allen County community has the worst bike and pedestrian crash rates in Ohio, compared to similar sized communities.¹ We can reduce crashes by making roads safer for people to walk or ride bikes. And there's safety in numbers! When walking and bicycling rates double, the risk of pedestrian-motorist crashes decreases by 34%.²



Improve Health

3 out of 4 adults in Allen County have an unhealthy weight.³ Choosing to walk and bike increases levels of physical activity, which in turn reduces risk of chronic diseases, and saves everyone money on healthcare costs.

2 OUT OF 3 ADULTS in Allen County have an unhealthy weight.

Help Save the Environment

Cars add to air pollution; walking and biking produces none. Replacing two miles of driving each day with walking or bicycling will, in one year, prevent 730 pounds of carbon dioxide from entering the atmosphere.⁴





Walk and bike friendly communities help the local economy by...

Saving Families Money

Americans spend more than 18 cents of every dollar on transportation, more than food, clothing and healthcare. When a two-person household downsizes to one car, they can save up to \$10,064 a year. With the average cost of owning and operating a vehicle at 60.8 cents per mile, every mile walked or biked is money in your pocket.⁵⁻⁷

\$.18 OF EVERY \$1.00 *is spent on transportation, more than food, clothing and healthcare.*

Increasing Home Values

Two out of three homebuyers think about the walkability of an area when they decide to buy a home. Homes in neighborhoods with higher Walk Scores sold for \$4000 to \$34,000 more than the average home.⁸

Boosting Local Business





When you walk or ride a bike, you're more likely to keep trips shorter, and shop close to home, which is great for local business.





Walk and bike friendly communities give more choices to...

Children, so that they can safely walk or bike to school

Healthy children are better learners. A study at the University of Illinois Urbana-Champaign found that a 20 minute walk for 9 & 10 year olds increased brain activity, which translates into better and faster test performance.¹⁰ A half-mile walk to and from school will add about 20 minutes of walking to their day.



People who don't drive

About one in three Americans don't drive automobiles. Along with children, this includes people with a disability (nearly 1 in 5 Americans) and seniors. Walk, bike and transit options allow more people to become and stay independent as long as possible.¹¹



Everyone

Seven out of ten Americans say that having bike lanes or paths in their community is important to them.¹²

"The communities that are thriving are the ones that support active transportation."

-Jeff Sprague, President/CEO Allen Economic Development Group



It's time to take action...

What Can You Do?

Reach out to your local officials and let them know that you support active transportation that provides choices for everyone.

Take advantage of the biking/walking facilities that we already have in Allen County.

Challenge yourself to leave the car parked for trips under a mile or two.

What Can Businesses Do?

Businesses can promote active commutes to employees, and install bike parking for employees and patrons.



Join the Allen County Bike and Pedestrian Task Force, and get involved. You can volunteer to join a subcommittee, or help with bike and pedestrian counts held twice a year.

ALLEN COUNTY PUBLIC HEA For more information call 419-228-4457 and ask for the Health Education Division.

Allen County Creating Healthy Communities Program. This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health, Bureau of Healthy Ohio, Creating Healthy Communities and as a subaward of a grant issued by Ohio Department of Health under the Preventive Health and Health Services Block Grant and CFDA number 93.991.

References

cs-individuals nd com/docs/bnp4mimm81hufdk.pdf?t=1333050594 in Preadolescent Children: Neuroscience, 2009 Streets%20Overview.pdf Access date: 9/8/2014 annual report/2010



The Allen County **Active Transportation Plan**

What Is The Plan?

The plan is to make active transportation a safe, easy option in Allen County. You can learn about the plan on Activate Allen County's Active Transportation Plan webpage. Visit www.activateallencounty.com, on the "Healthy Community," and "Active Transportation" tabs.



1. Lima Allen County Regional Planning Commission, 2006-2013

2. Jacobson, P. (2003). Safety in numbers: more walkers and bicyclists, safer walking and bicycling. Injury Prevention 9: 205-209

3. Allen County Health Risk and Community Needs Assessment. 20014. http://www.allencountypublichealth.org/wp-content/uploads/2015/02/CHA-2015.pd Federal Highway Administration. (1992). Benefits of bicycling and walking to health

5. "Complete Streets Lower Transportation Costs." Smart Growth America., access date 9/8/2014. http://www.smartgrow

6. Chitwood, Chad. "August American Transit Savings Report Shows Individuals Save \$10,064 a Year" www.atpa.com August 14, 2014. American Public Transporta tion Associaltion. Access Date, September 2, 2014. http://www.apta.com/mediacenter/pressreleases/2014/Pages/140814_Transit-Savings.aspx

7. Bureau of Transportation Statisitics, Research and Innovative Technology Administration. US Department of Transportation. "Average Cost of Owning and Oper ating a Vehicle" Retrieved 9/8/2014. http://www.rita.dot.gov/bts/sites/rita.dot.gov.bts/files/publications/national_transportation_statistics/html/table_03_17.html 8. National Association of Realtors. (2011). The 2011 Community Preference Survey: What Americans are looking for when deciding where to live. Retrieved from http://www.stablecommunities.org/sites/all/files/library/1608/smartgrowthcommsurveyresults2011.pdf

9. Cortright, Joe. (2009). How Walkability Raises Home Values in U.S. Cities. Chicago: CEOs for Cities. Retrieved from http://documents.scribd.com.s3.amazonav

10. Hillman, CH, Pontifex MB, Raine LB, Castelli DM, Hall EE, and Kramer AF. The Effect of Acute Treadmill Walking on Cognitive Control and Academic Achievemer

11. "Busting the Myths about Complete Streets." Active Transportation Alliance. http://www.atpolicy.org/sites/default/files/Communities%20for%20Complete%20

12. Bureau of Transportation Statistics. (2010). Transportation Statistics Annual Report. Retrieved from http://www.bts.gov/publications/transportation_statistics_