

Relationship between Transportation & Physical Activity

Traffic Patterns

Traffic calming patterns, such as medians, can reduce pedestrian and vehicle related crashes by up to

15%

Public Transit

Public transit users take

30%

more steps per day than people relying on their personal vehicles

Sidewalks

People living in neighborhoods with sidewalks on most streets are

30%

more likely to be active for at least 30 minutes per day

Bicycle Facilities

In Portland, Oregon, bicycle commuters ride

49%

Of their miles on roads with bicycle facilities, even though these are only 8% of road miles