Biking and Walking Benchmarks

Website Demonstration

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Website

- Completely interactive
- Mobile / Tablet / Desktop
- 31 interactive charts
- 83 Data Sets
- Compare State or City statistics
- Print charts
- Download data
- Social media sharing

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Interactive and engaging user experience

- Open source solution
- Headless Drupal approach
- Drupal 7 back end
- Director.js front end
- Single page experience where the web page manages what data and assets to load

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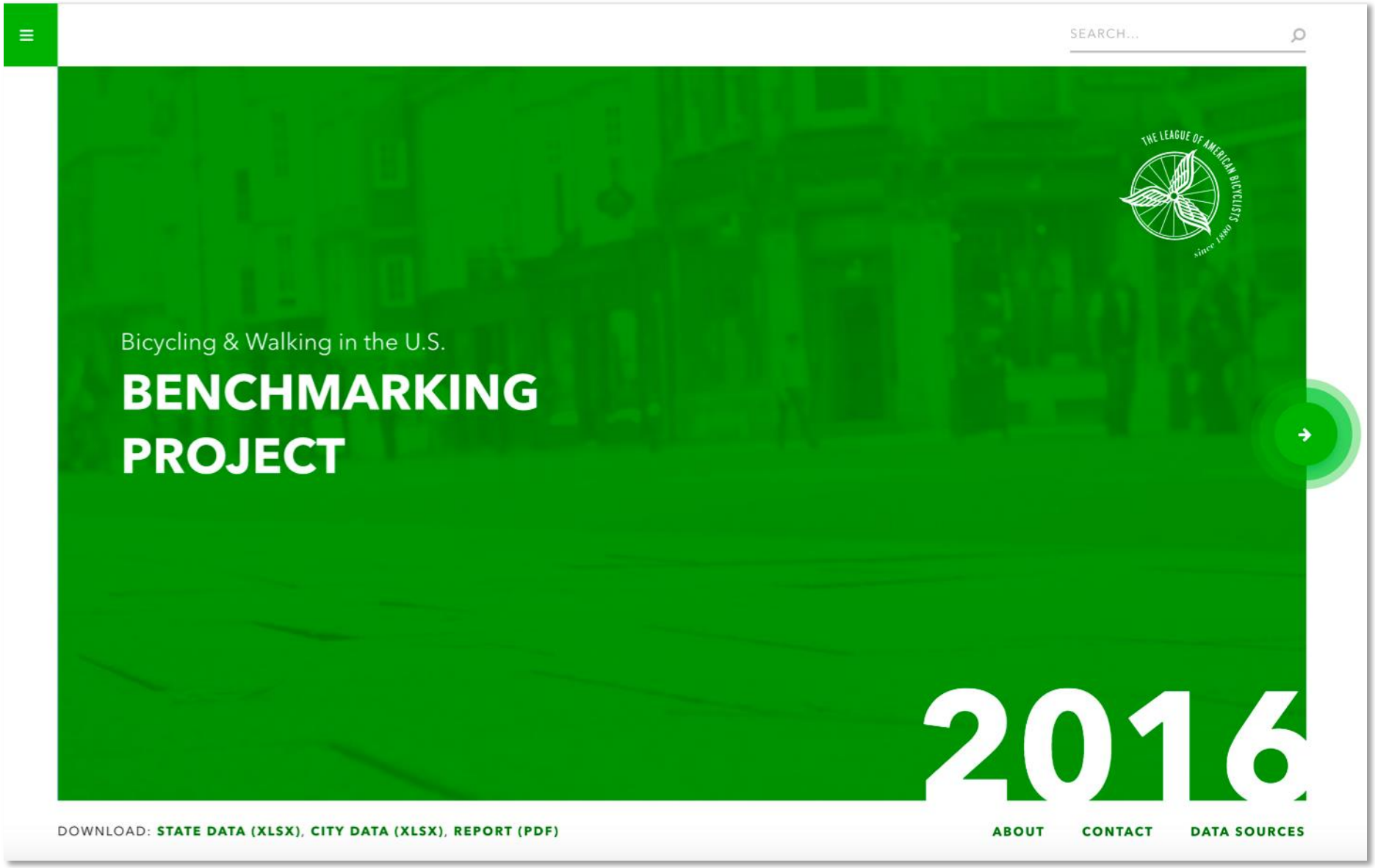

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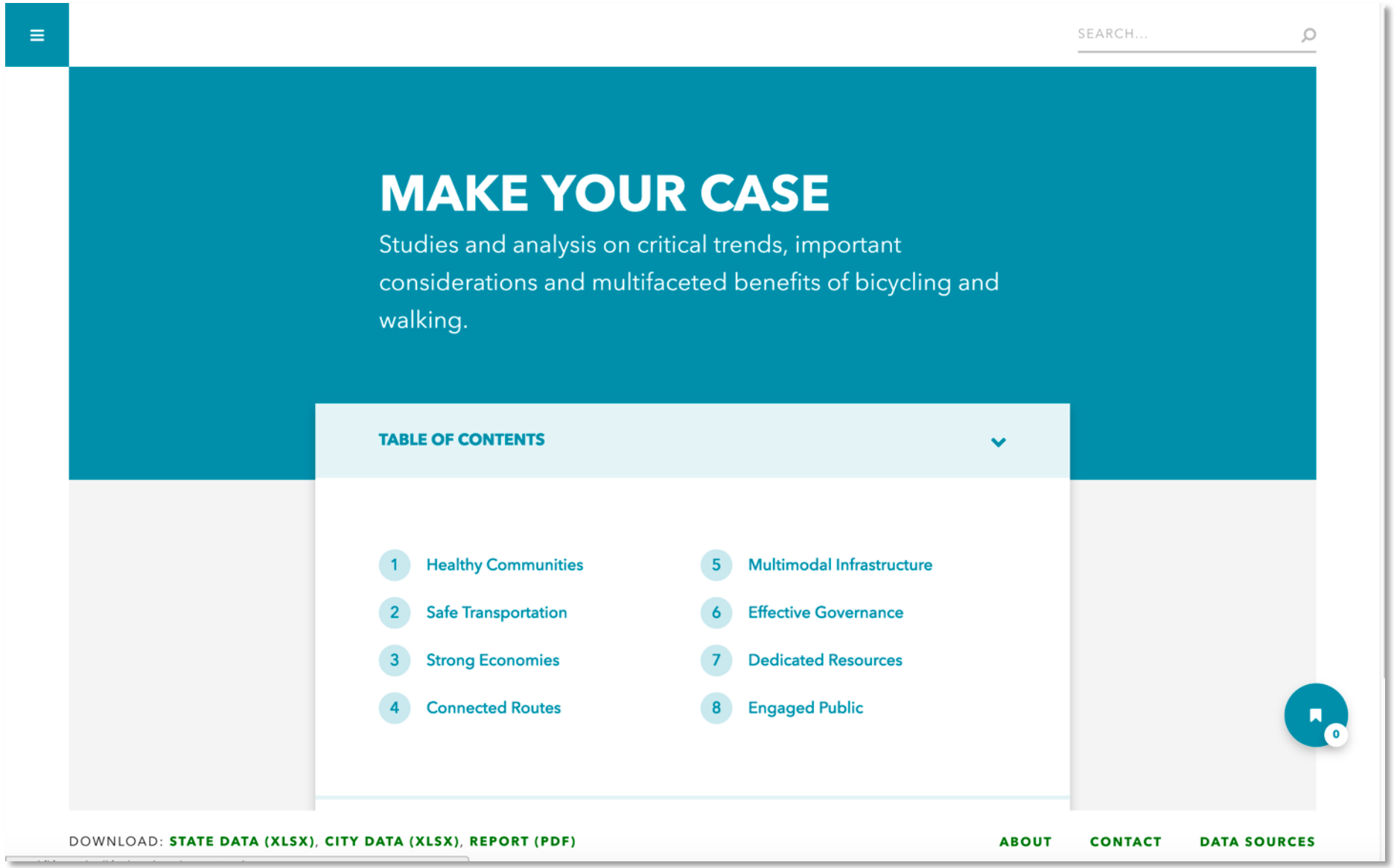

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SEARCH...

Active transportation for healthy lifestyles

Numerous studies show a positive association between physical activity and public health, including improved physical health, mental health, and social stability (Cohen, Boniface, and Watkins, 2014; Mindell et al., 2014).

The National Institutes of Health (NIH) found that not only are higher levels of moderate to vigorous physical activity associated with lower rates of obesity, but among women higher proportions of people walking to work were associated with lower body mass index (BMI), and among men higher proportions of people biking to work were associated with lower BMI. The NIH study concluded that if these associations are causal, increasing walk-to-work proportions from 2% to 4% could reduce the average weight for women by about 1.5 pounds. Increasing bike-to-work proportions from 0.4% to 0.8% could reduce the average weight for men by about 2.3 pounds (Brown et al., 2013).[1]

Positive health outcomes from increased active transportation may have

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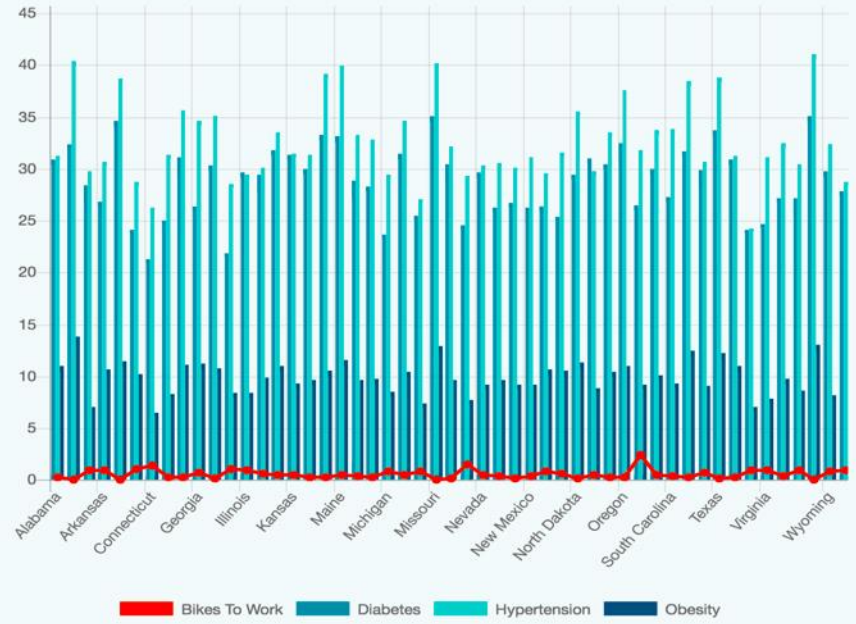
SEARCH...

Percent of Commuters who Bicycle Compared to Health Indicators



Source: ACS 3-year est.,BRFSS

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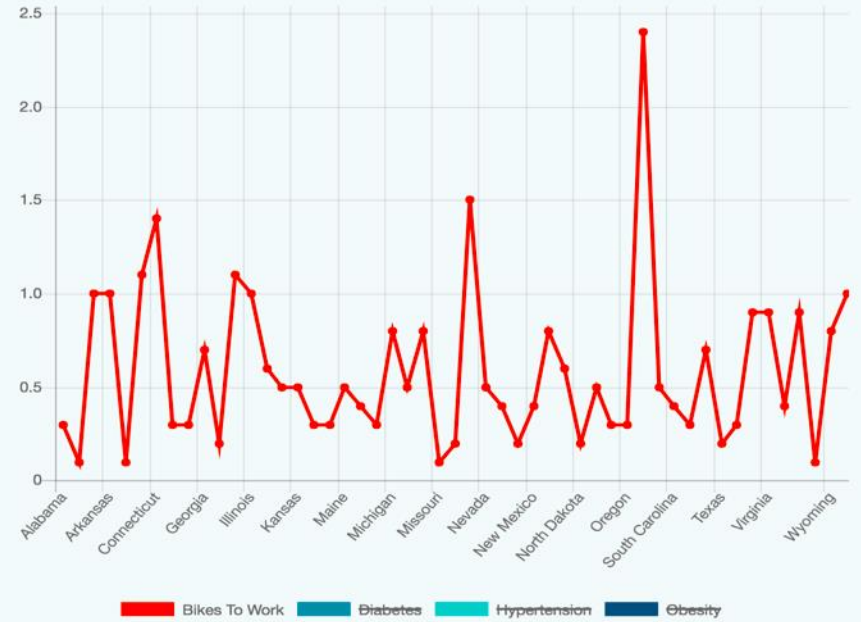
SEARCH...

Percent of Commuters who Bicycle Compared to Health Indicators



Source: ACS 3-year est.,BRFSS

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SEARCH...

Bikes To Work ~~Diabetes~~ ~~Hypertension~~ ~~Obesity~~

Source: ACS 3-year est.,BRFSS

GIRLTREK: WALKING BACK HEALTH DISPARITIES

By Darren Flusche for the League of American Bicyclists

The percentages of black men and men of Mexican origin living with obesity have only recently become higher than the percentages among

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Bikes To Work | ~~Diabetes~~

Source: ACS 3-year est.,BRFSS

The percentages of black men and men of
obesity have only recently become higher t

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Walking advocate Vanessa Garrison is taking on the crisis of inactivity. "Everything we do is around a broader discussion about black community-household stability, health, women with chronic diseases, and the crisis of inactivity," Garrison, the founder of GirlTrek, says of her work.

It's not about walking, per se, but about how people walking more and creating environments where people walk can impact our society. Sound familiar? It should. It's the shift that's happening in bicycling advocacy right now, too.

GirlTrek is a network of more than 25,000 women across the country who organize to "heal our bodies, inspire our girls, and reclaim the streets of our communities." Each month GirlTrek identifies a challenge and rewards women for getting out and walking. It's all based on the

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SEARCH...

the highest-income families (NCHS, 2015).

FOOTNOTES

3) Note that "white only" includes people of Mexican and other Hispanic origins.

4) In 2015, 400% of the federal poverty level was $47,080 for a single person and $97,000 for a family of four. (See http://familiesusa.org/product/federal-poverty-guidelines).

NEXT SECTION
SAFE TRANSPORTATION ›

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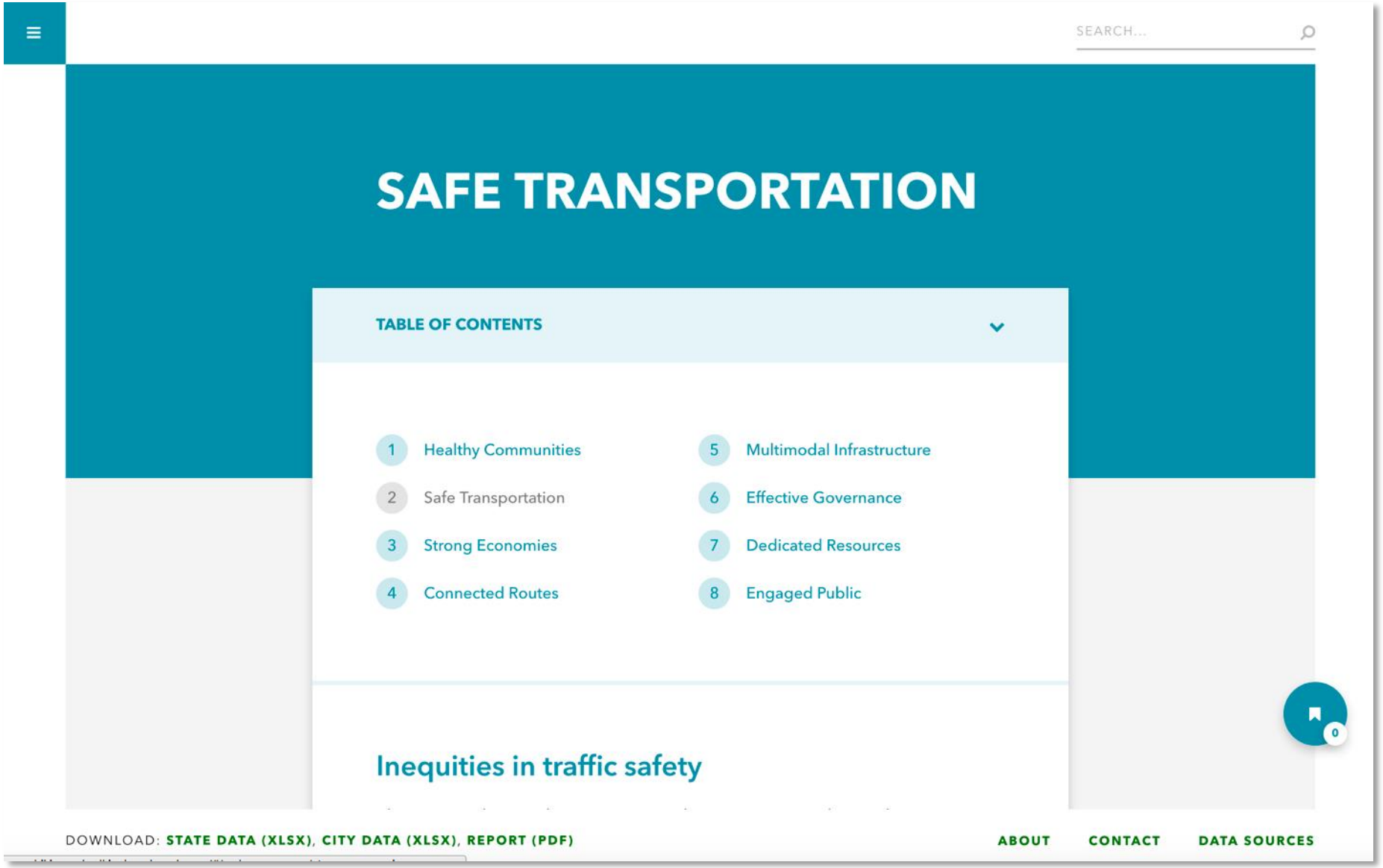

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U.S. CITIES →

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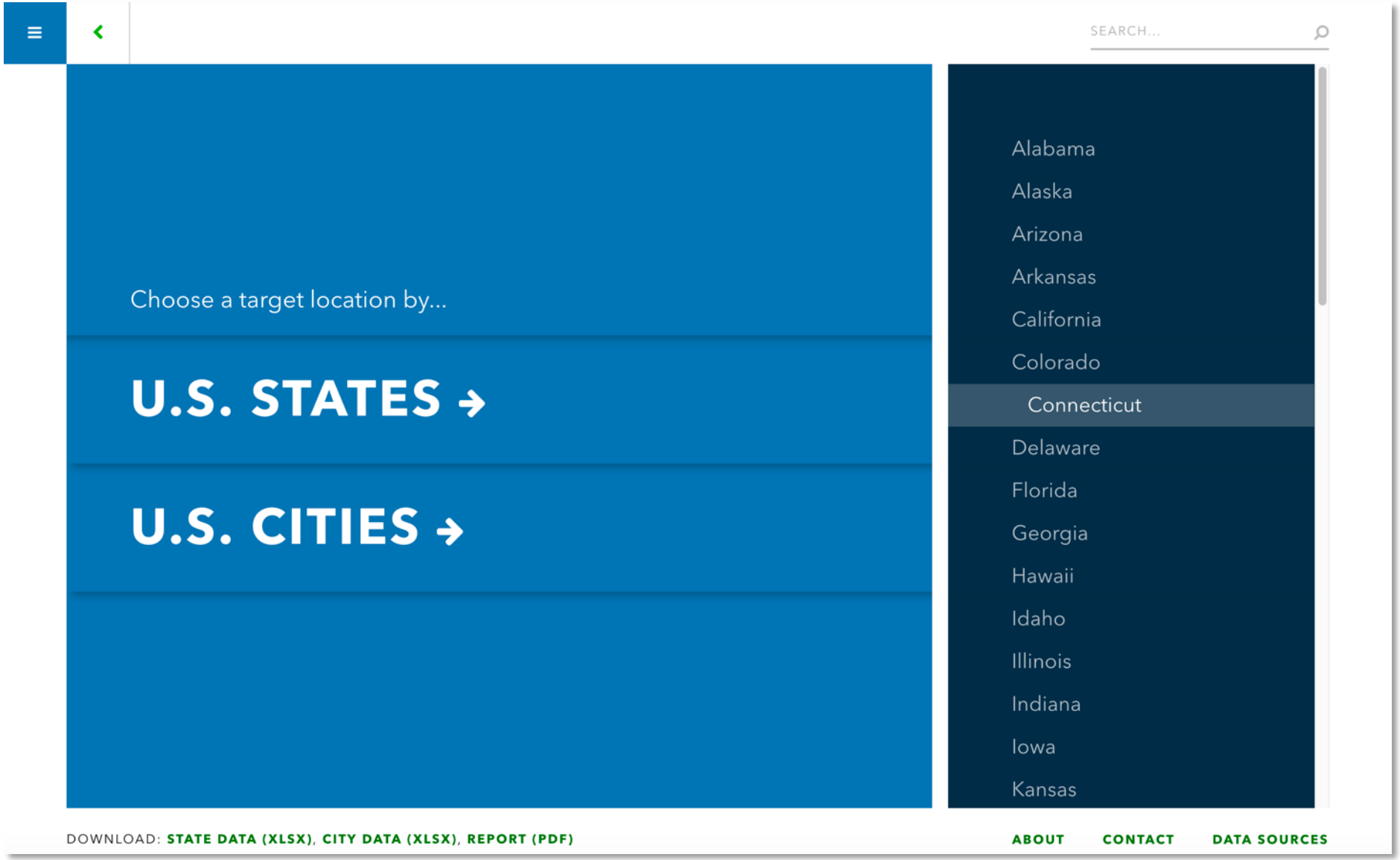

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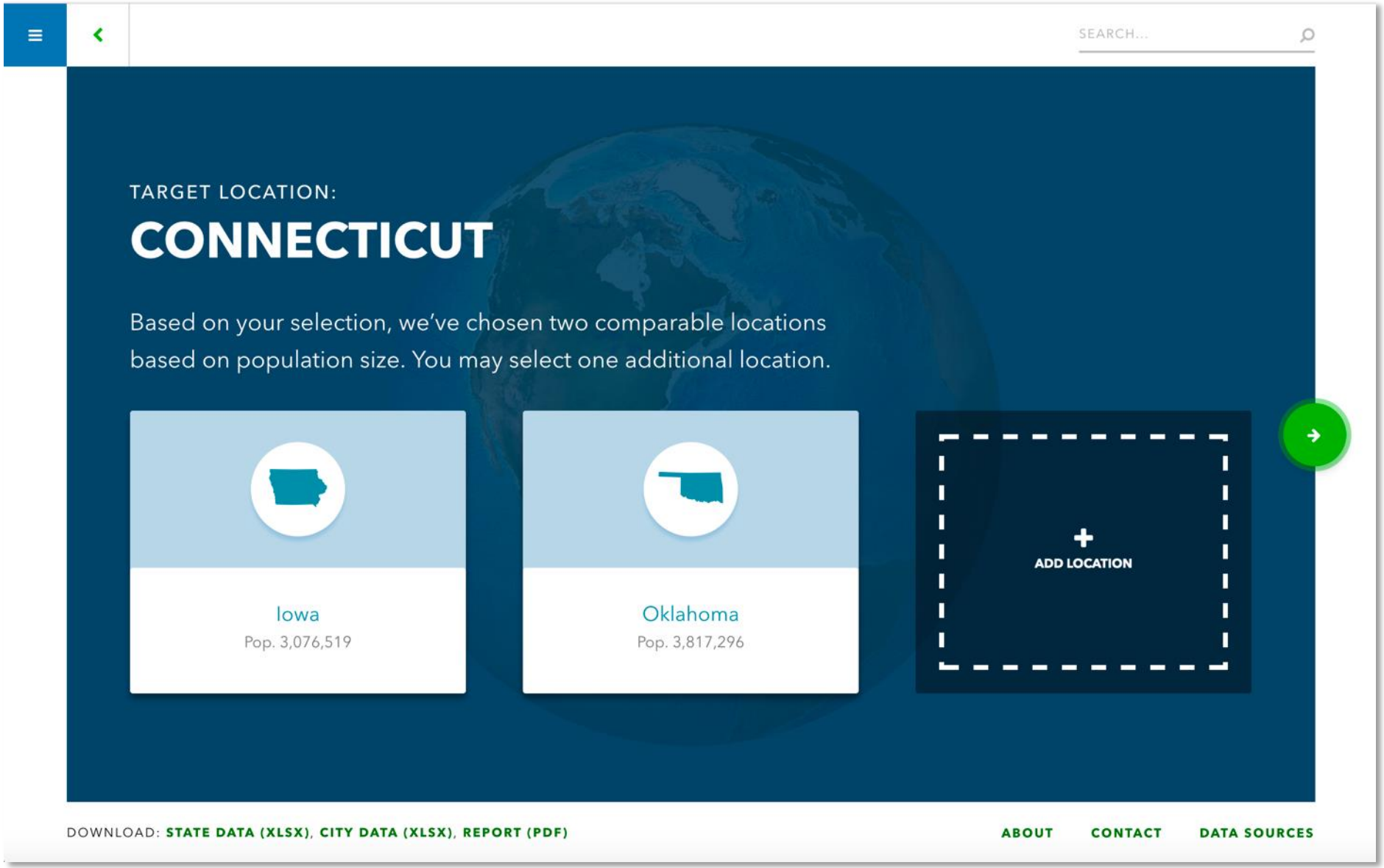

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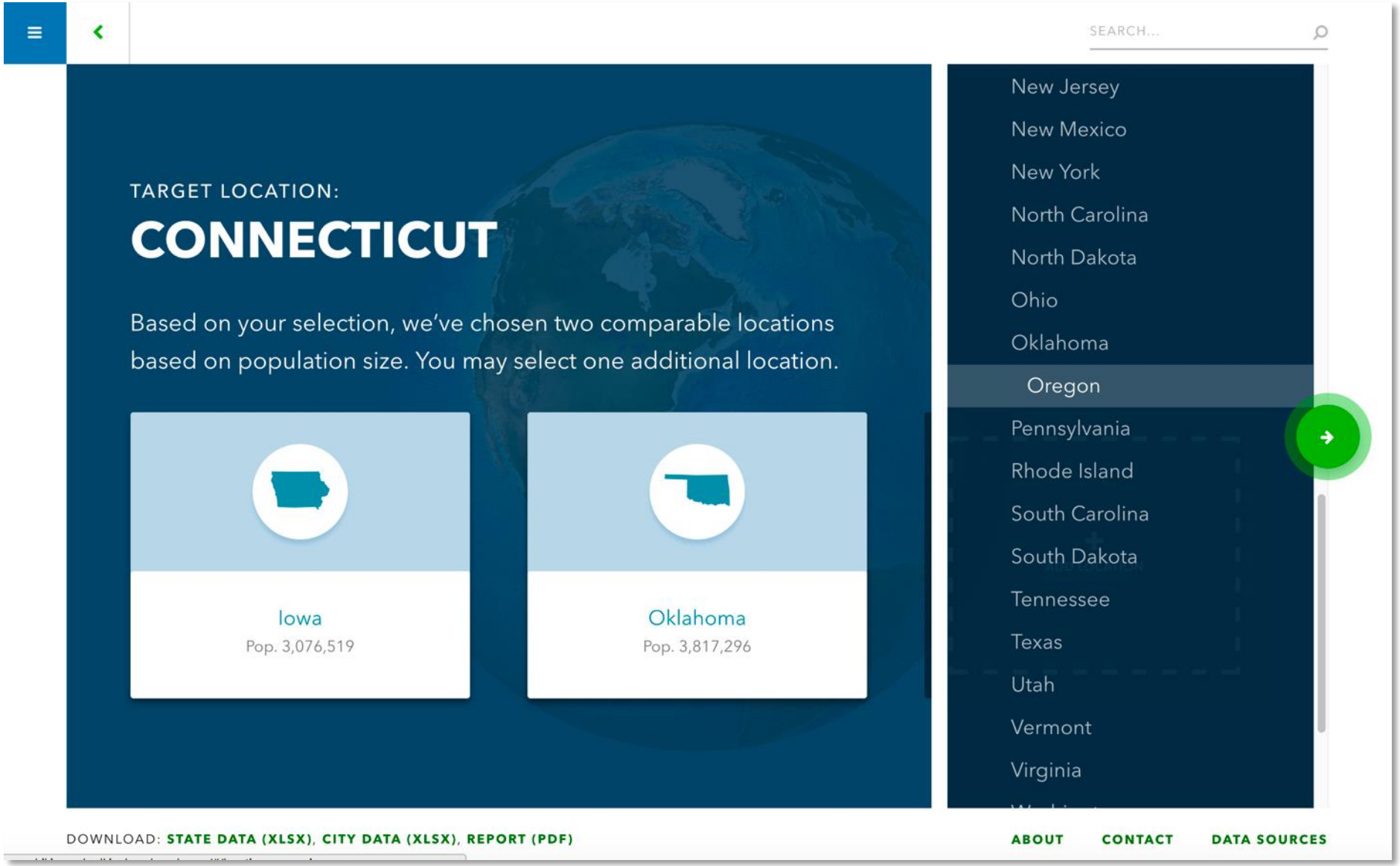

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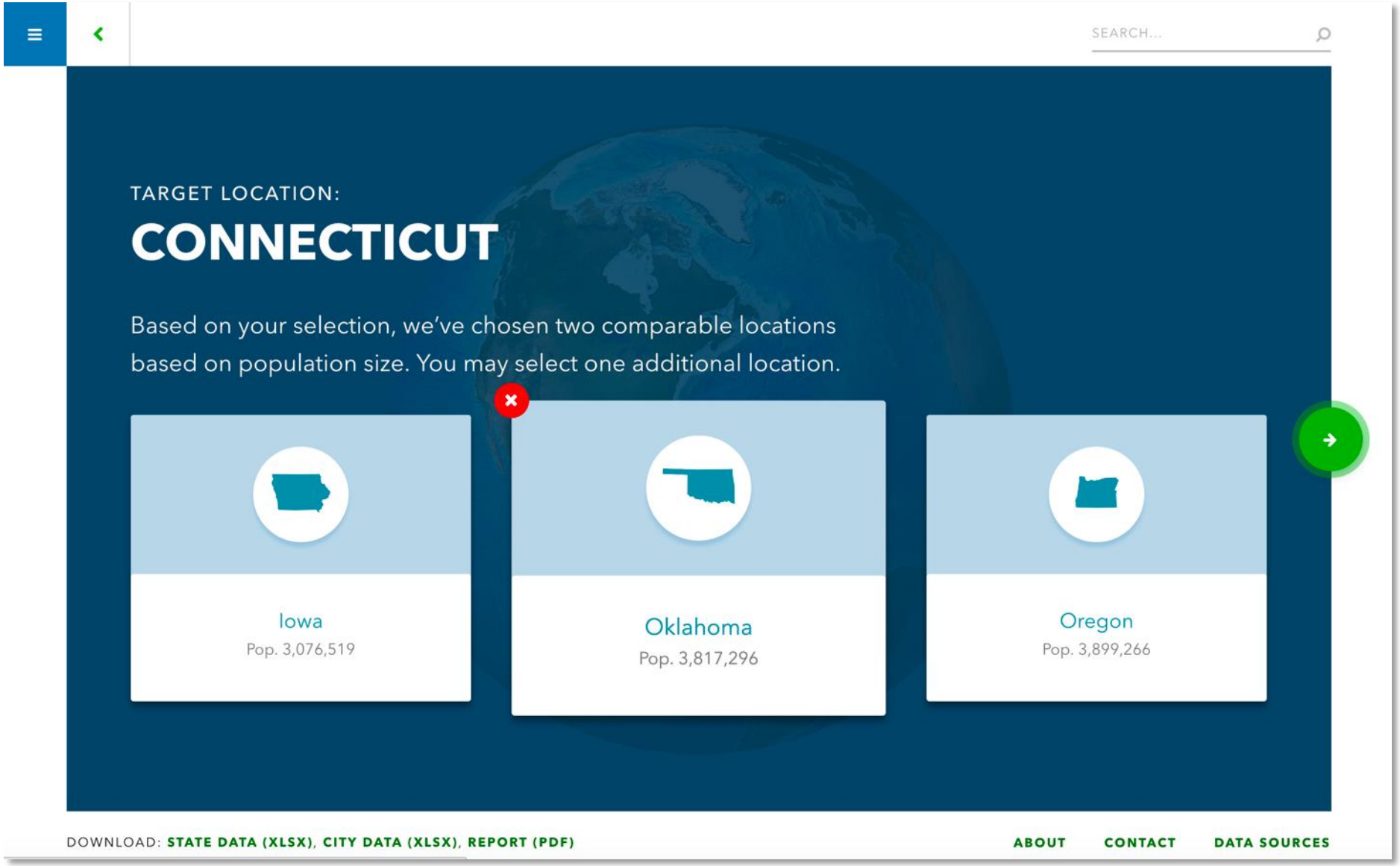

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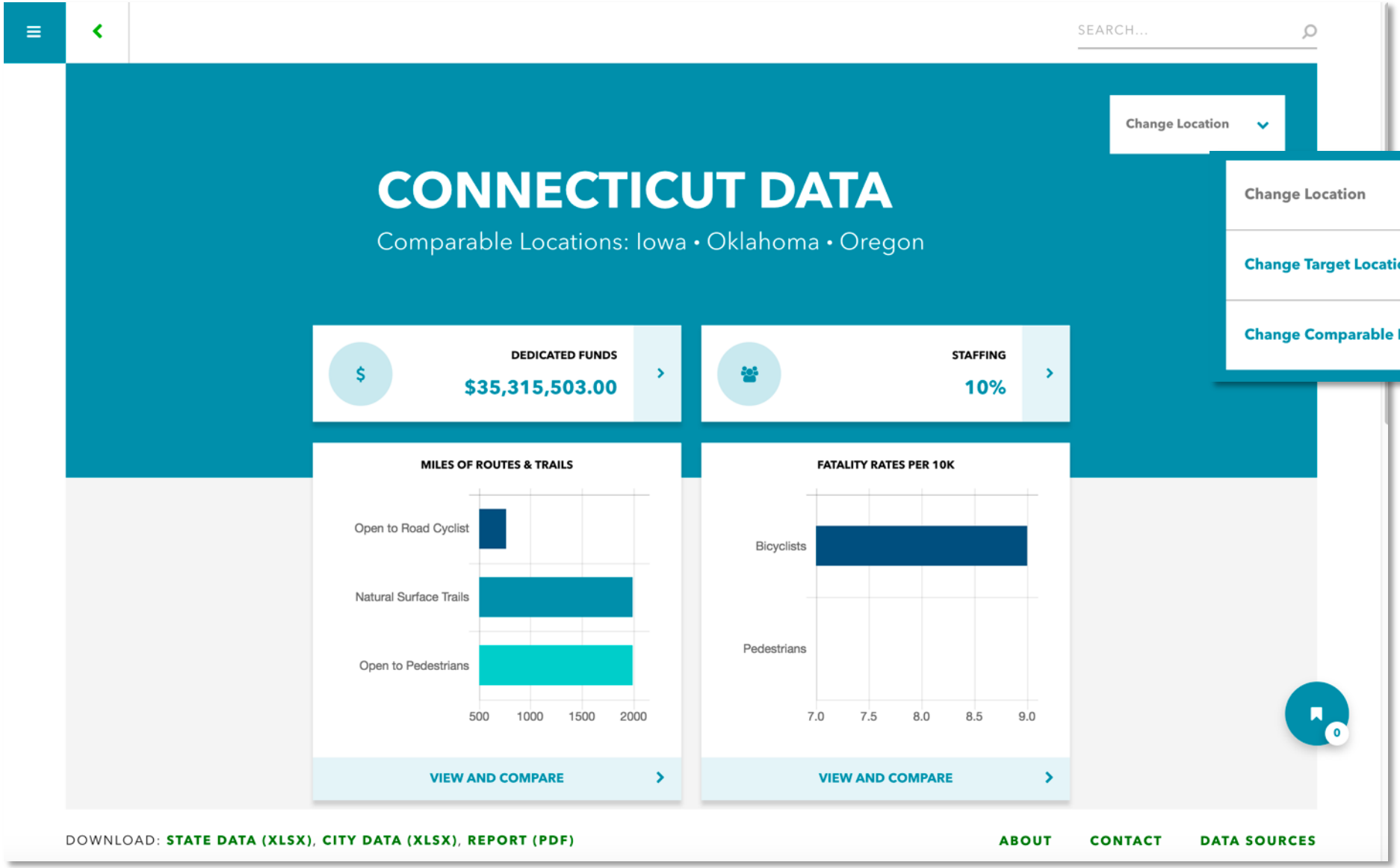

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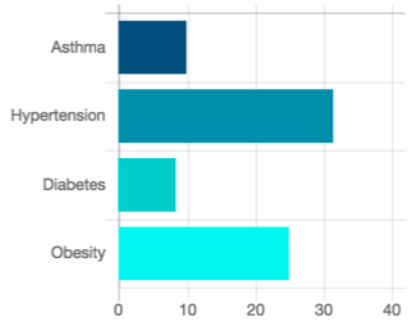
SEARCH...

HEALTH INDICATORS



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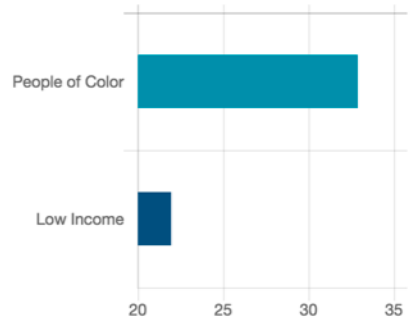
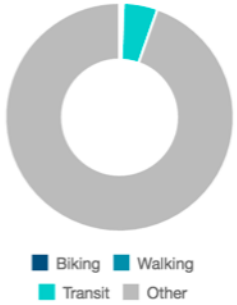
WALKING COMMUTERS BY INCOME AND RACE



VIEW AND COMPARE

COMMUTERS



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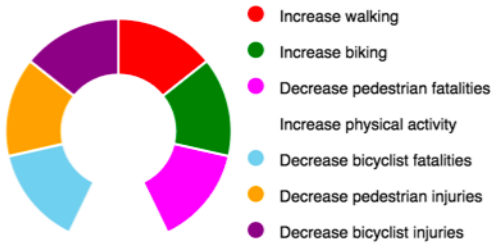
POLICY GOALS



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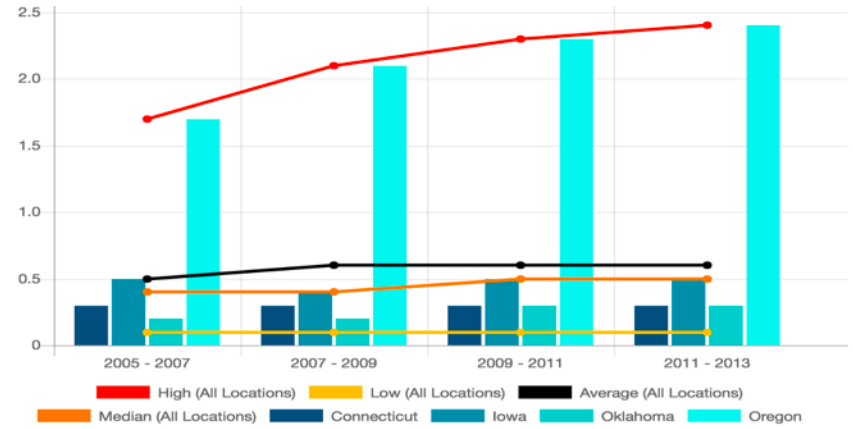
Change Location

COMMUTERS

Connecticut • Iowa • Oklahoma • Oregon

Percent of Commuters Who Bicycle to Work



Source: ACS 3 year est

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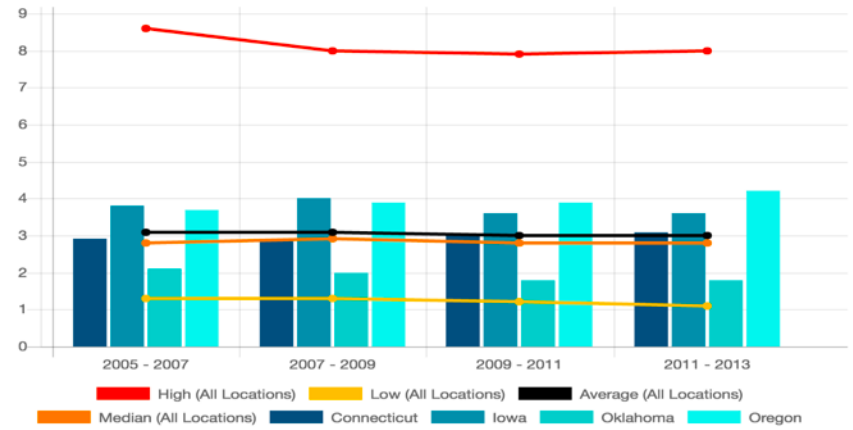
Percent of Commuters Who Walk to Work



Source: ACS 2007, 2013 (3-yr est)

Percent of Commuters Who Take Transit to Work

0

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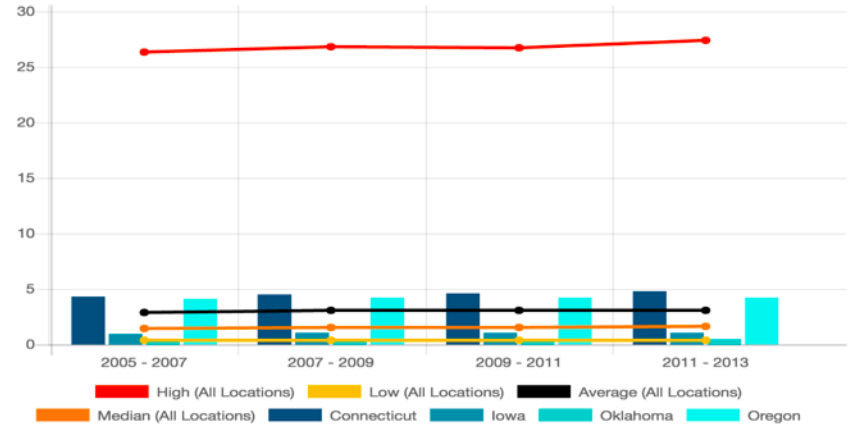
Percent of Commuters Who Take Transit to Work



Source: ACS 2007, 2013 (3-yr est)

Notes: State averages are weighted by population and do not include the District of Columbia or U.S. territories.

Commuters Walking to Work: Due to rounding, calculations show that the change in walking to work between 2007 (2.8%) and 2013 (2.8%) decreased by 0.1.

3

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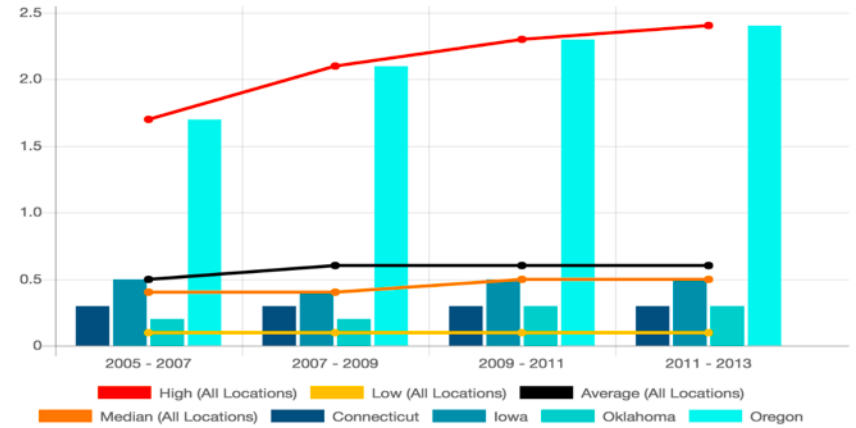
Percent of Commuters Who Bicycle to Work



Source: ACS 3-year est.

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Percent of Commuters Who Walk to Work

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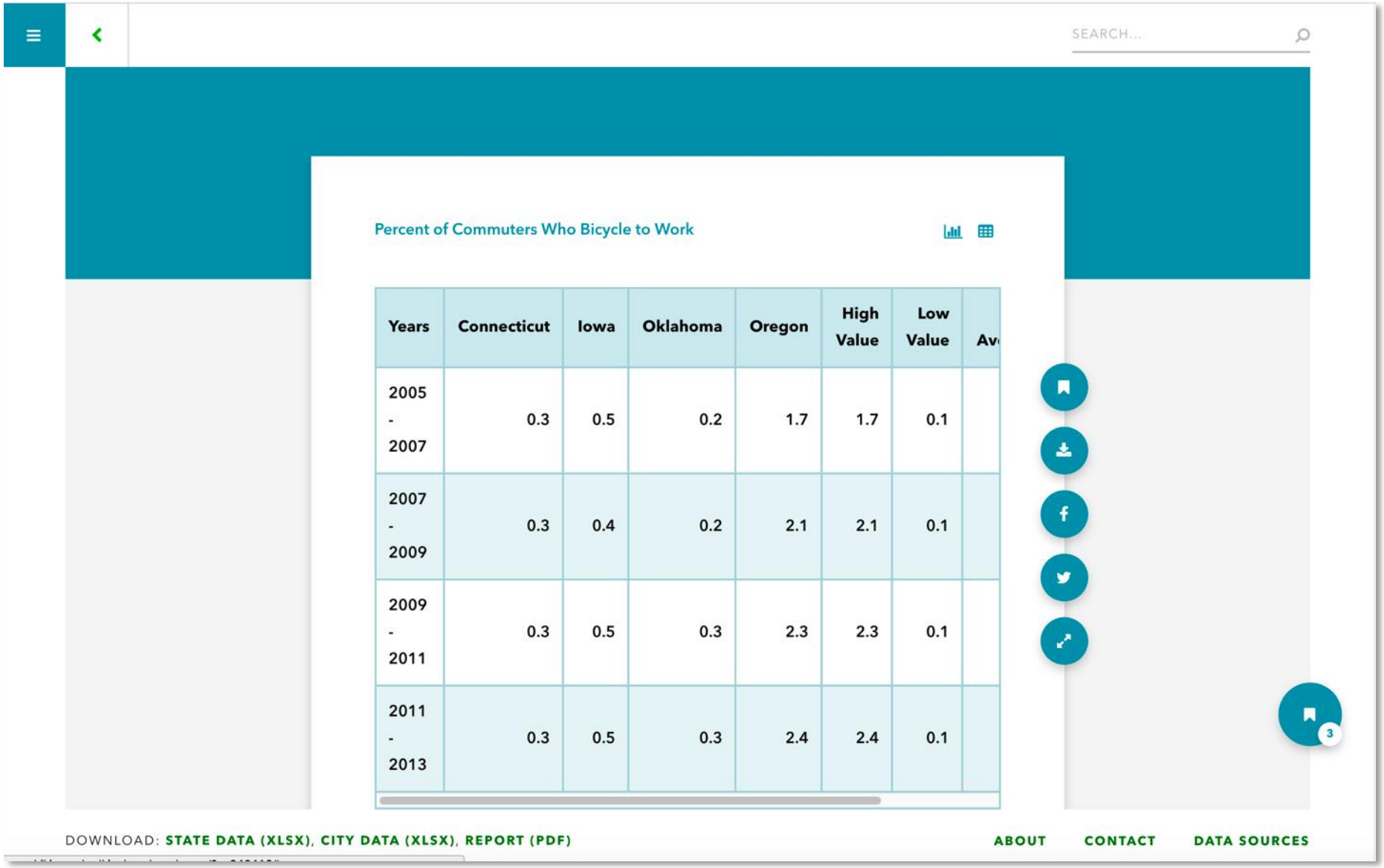

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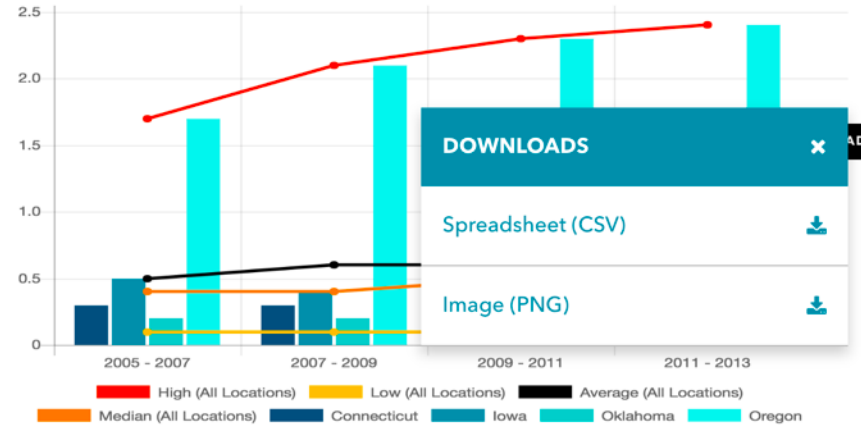

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Image (PNG)

Source: ACS 3-year est.

Percent of Commuters Who Walk to Work

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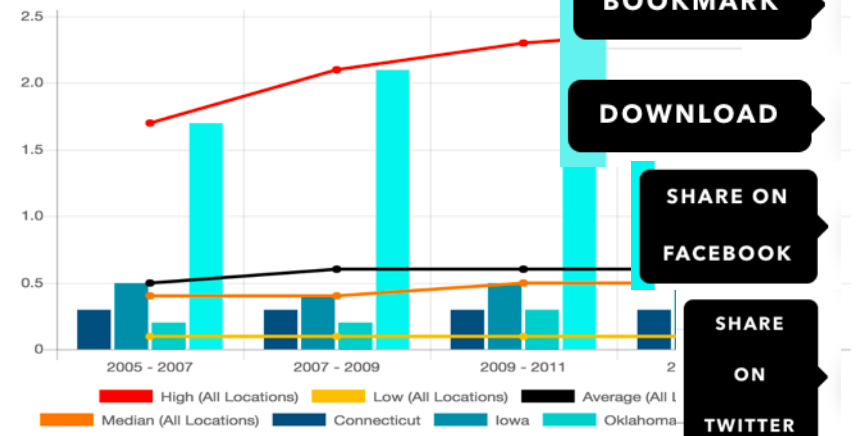
Percent of Commuters Who Bicycle to Work



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Source: ACS 3-year est.

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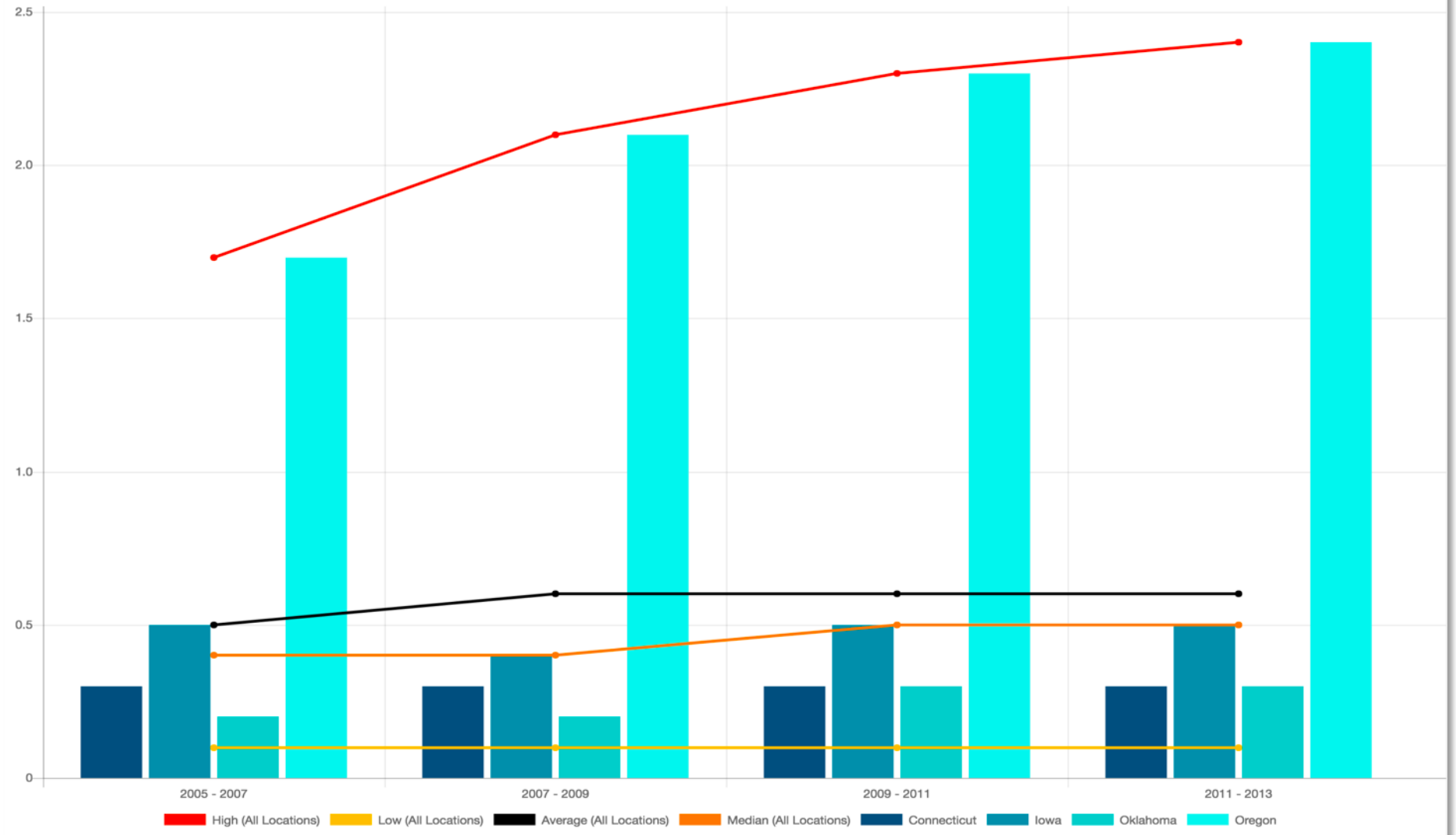

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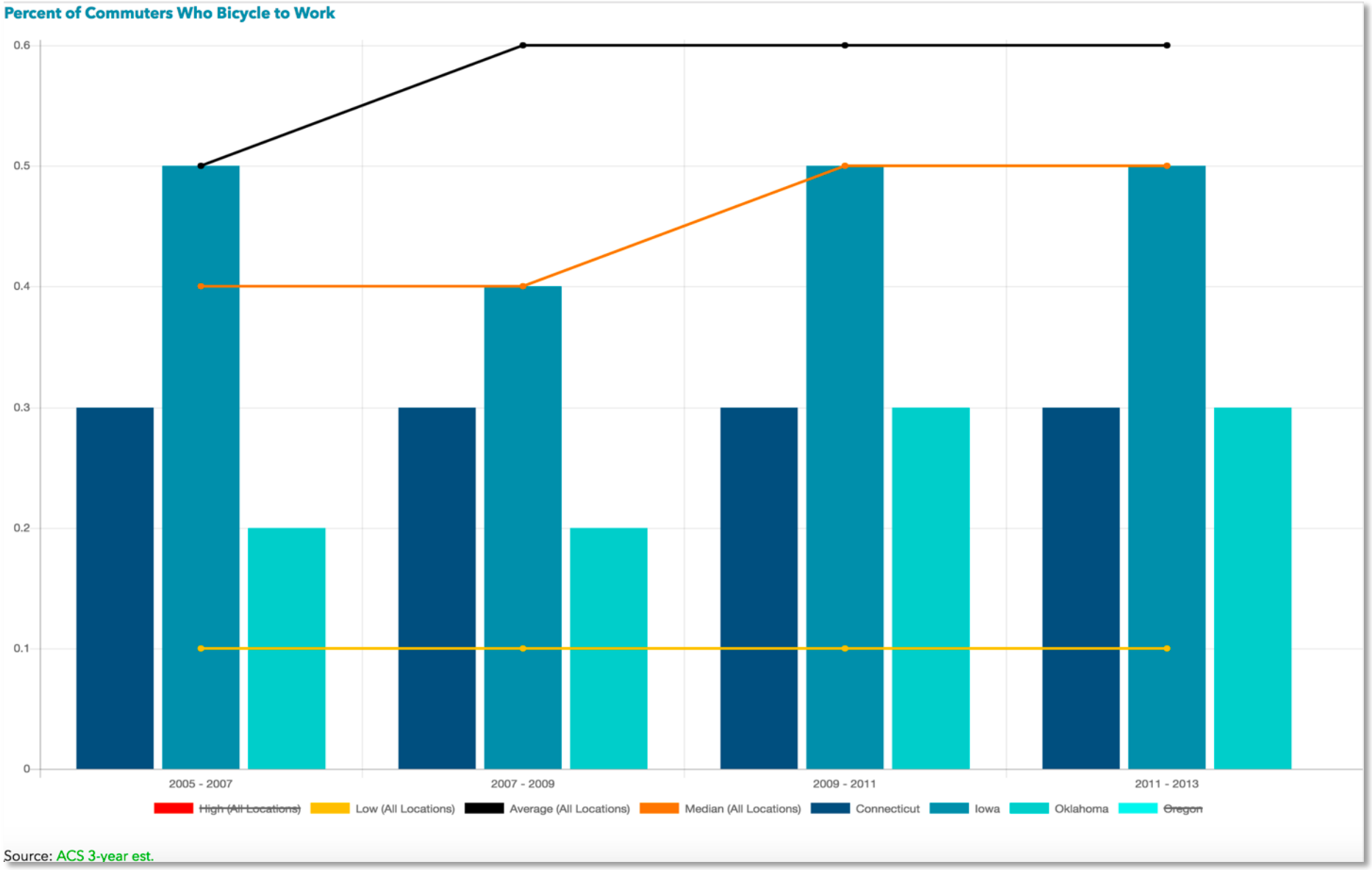

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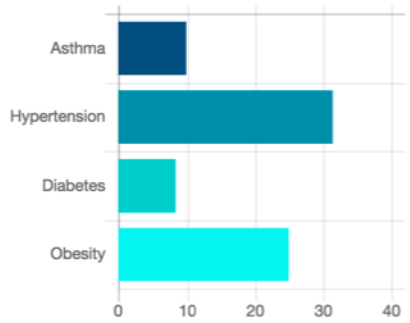
SEARCH...

HEALTH INDICATORS



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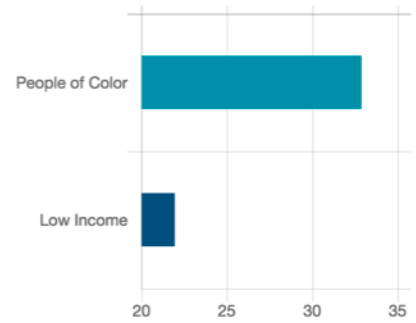
WALKING COMMUTERS BY INCODE AND RACE



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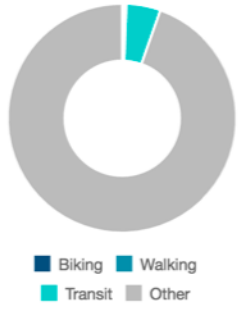

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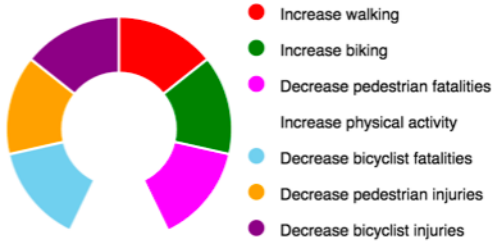

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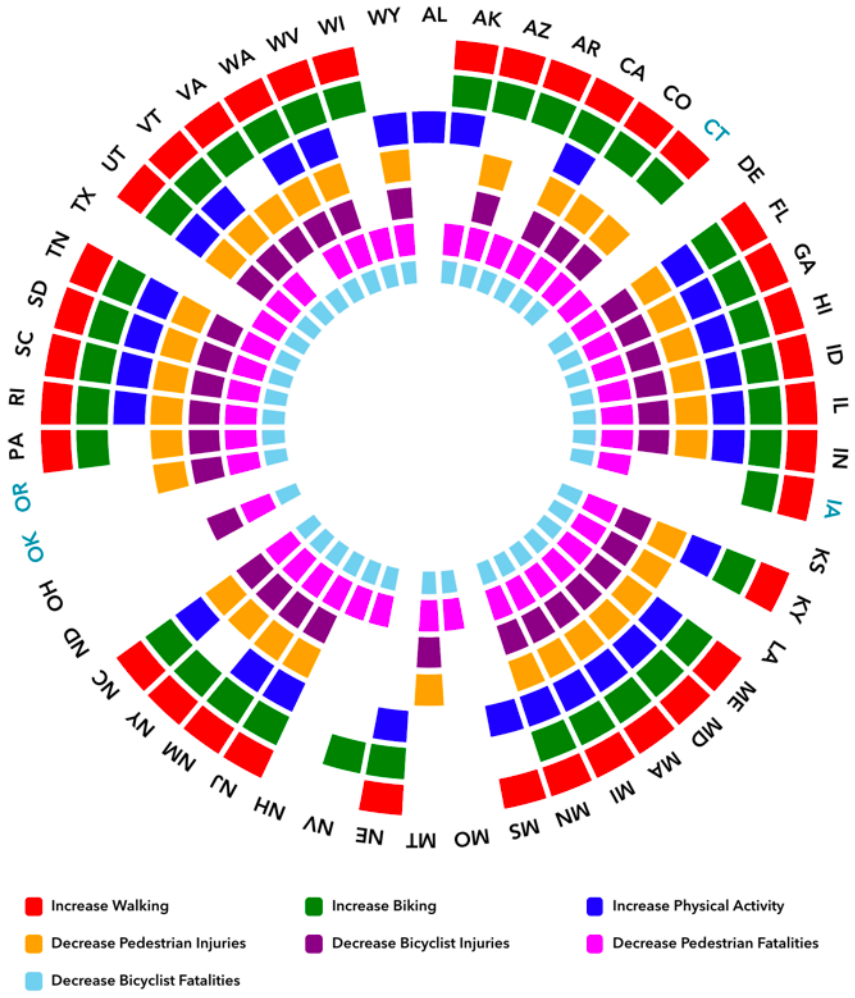

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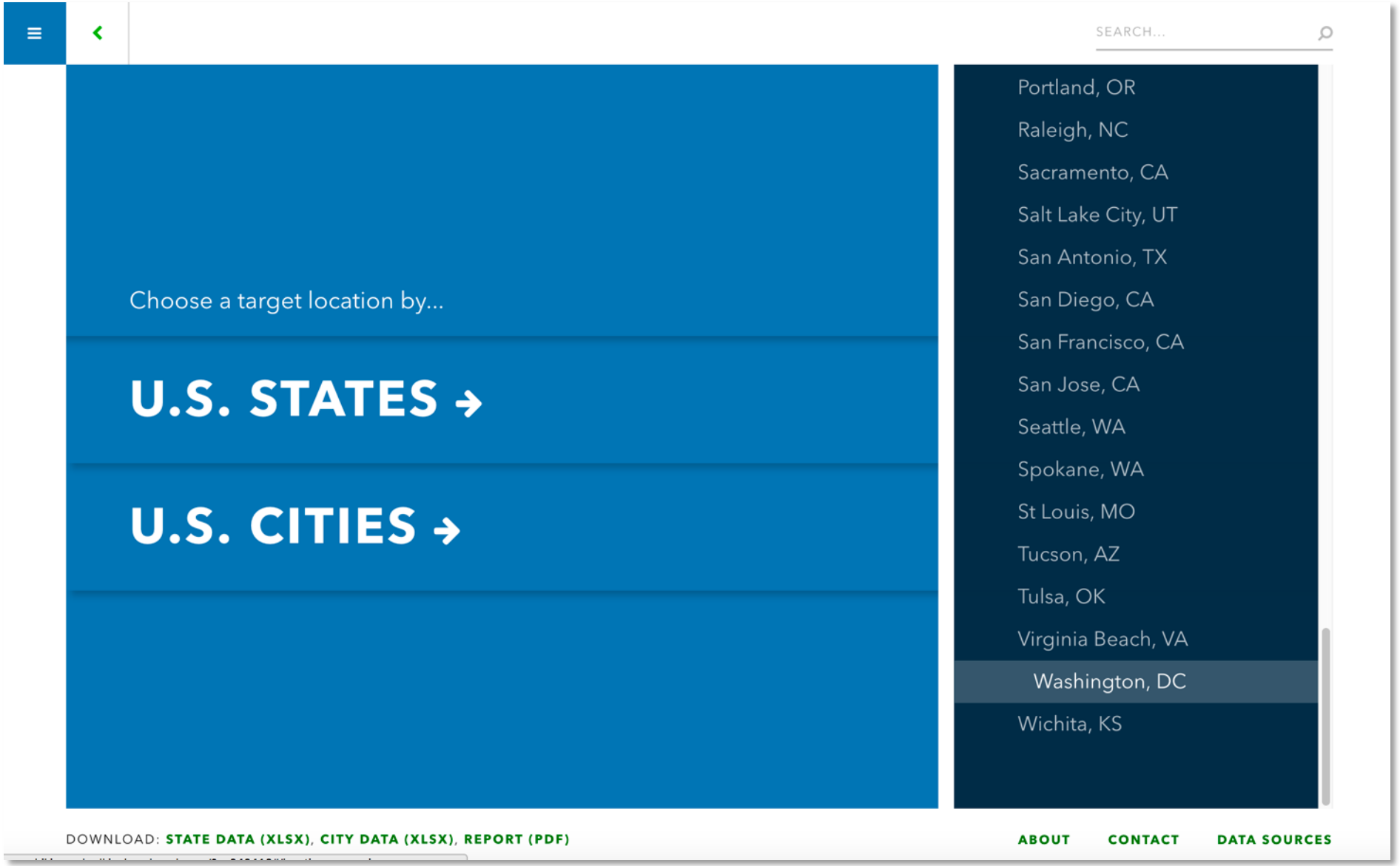

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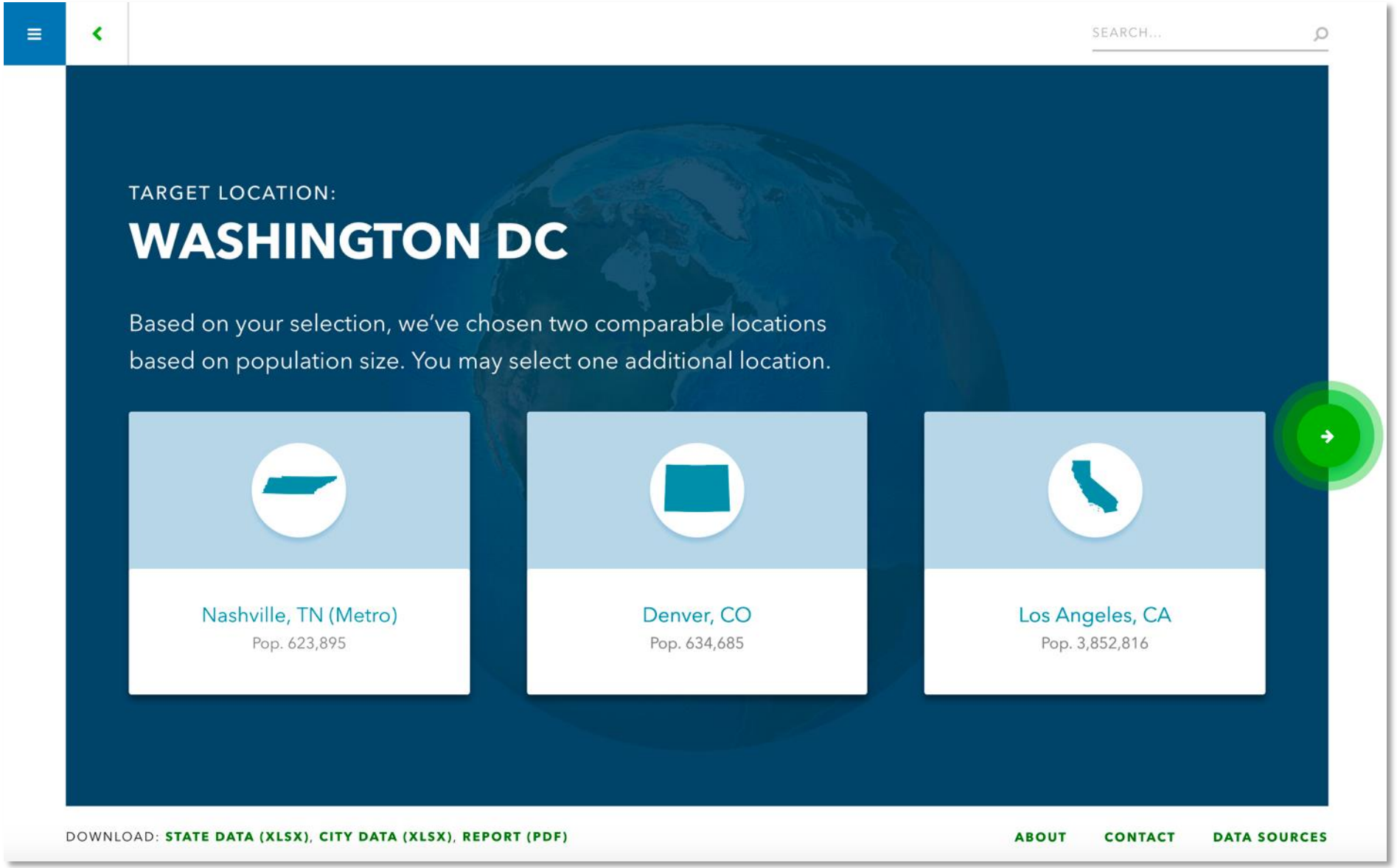

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Comparable Locations: Nashville Metro Gov • Denver • Los Angeles

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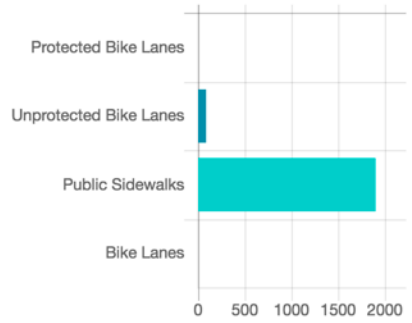
BICYCLE AND PEDESTRIAN INFRASTRUCTURE



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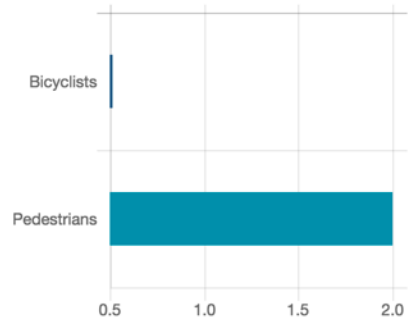
FATALITY RATES PER 10K



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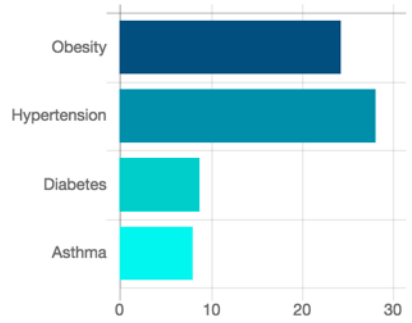

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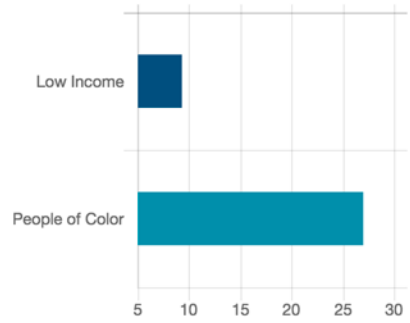

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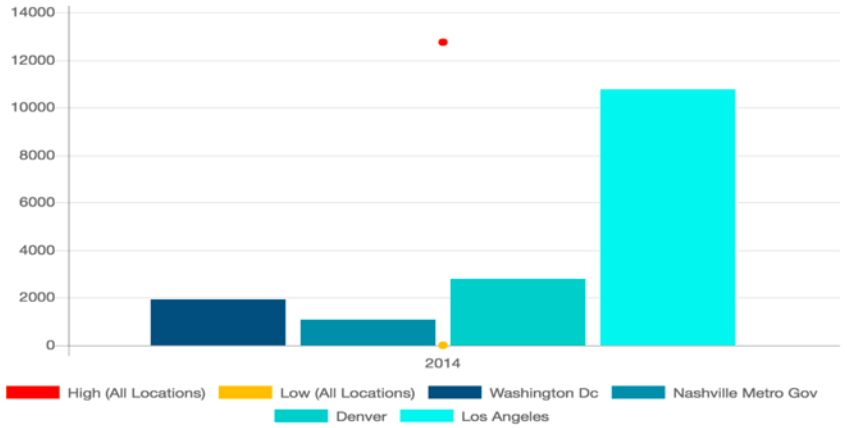
Source: Benchmarking Survey 2014

Miles of Public Sidewalks



Source: Benchmarking Survey 2014

Notes: No data available for Detroit or Long Beach

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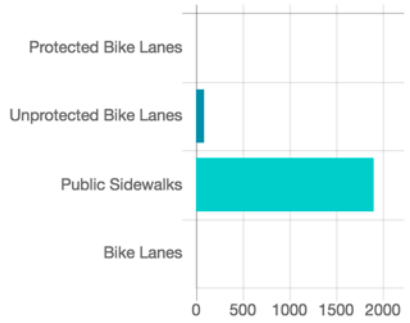
BICYCLE AND PEDESTRIAN INFRASTRUCTURE



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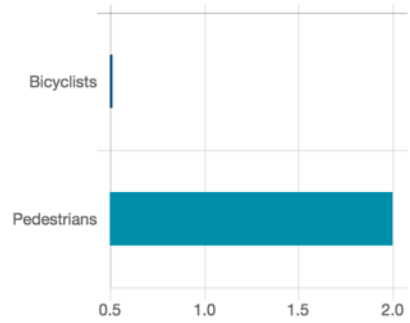
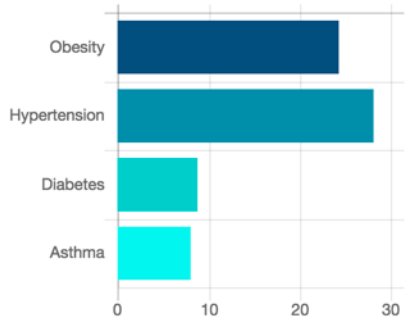


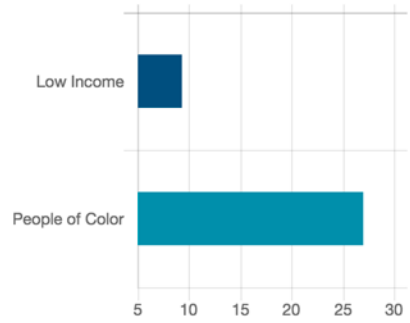
VIEW AND COMPARE

HEALTH INDICATORS



VIEW AND COMPARE

WALKING COMMUTERS BY INCOME AND RACE



VIEW AND COMPARE

6

DOWNLOAD: STATE DATA (XLSX), CITY DATA (XLSX), REPORT (PDF)

ABOUT CONTACT DATA SOURCES

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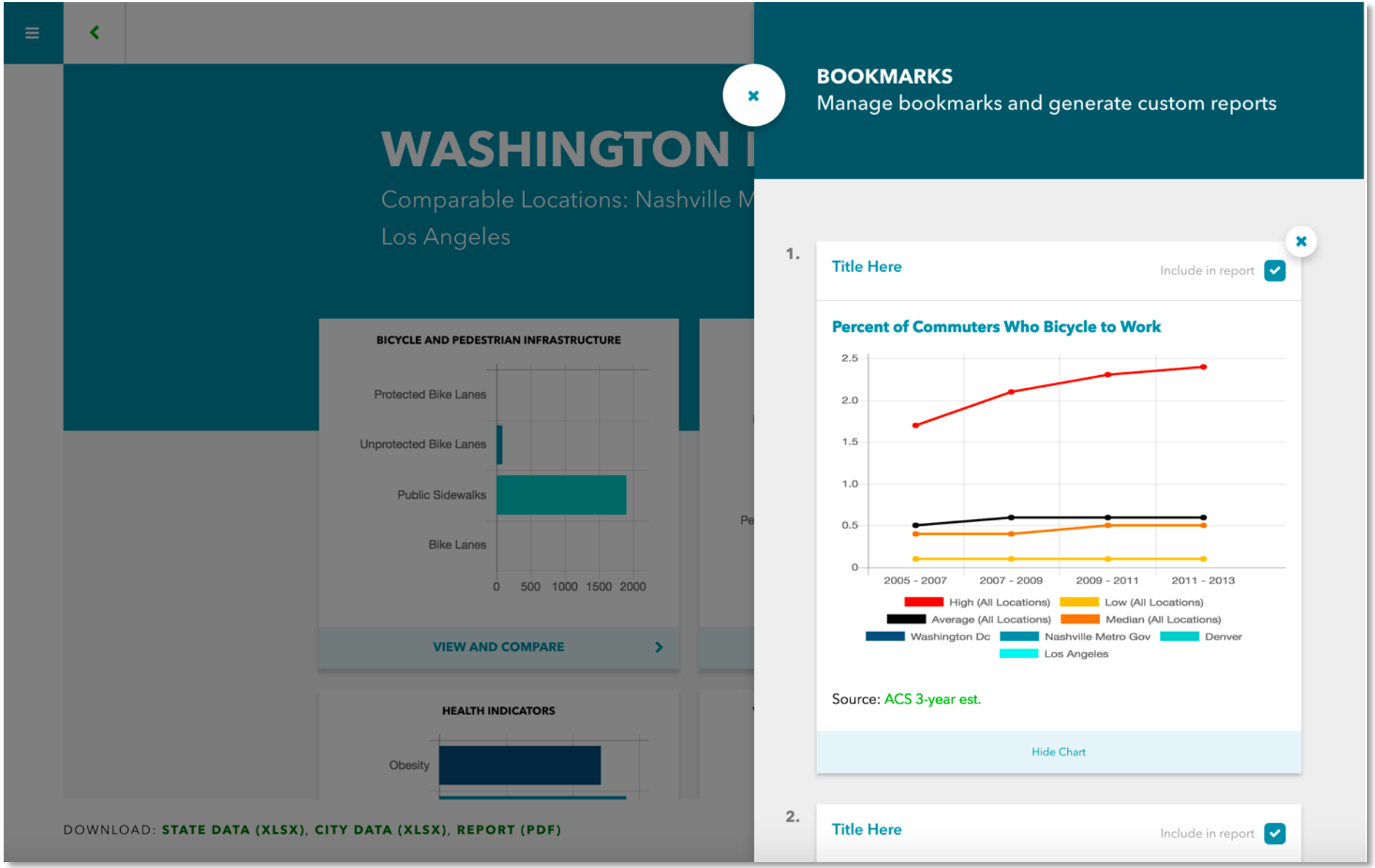

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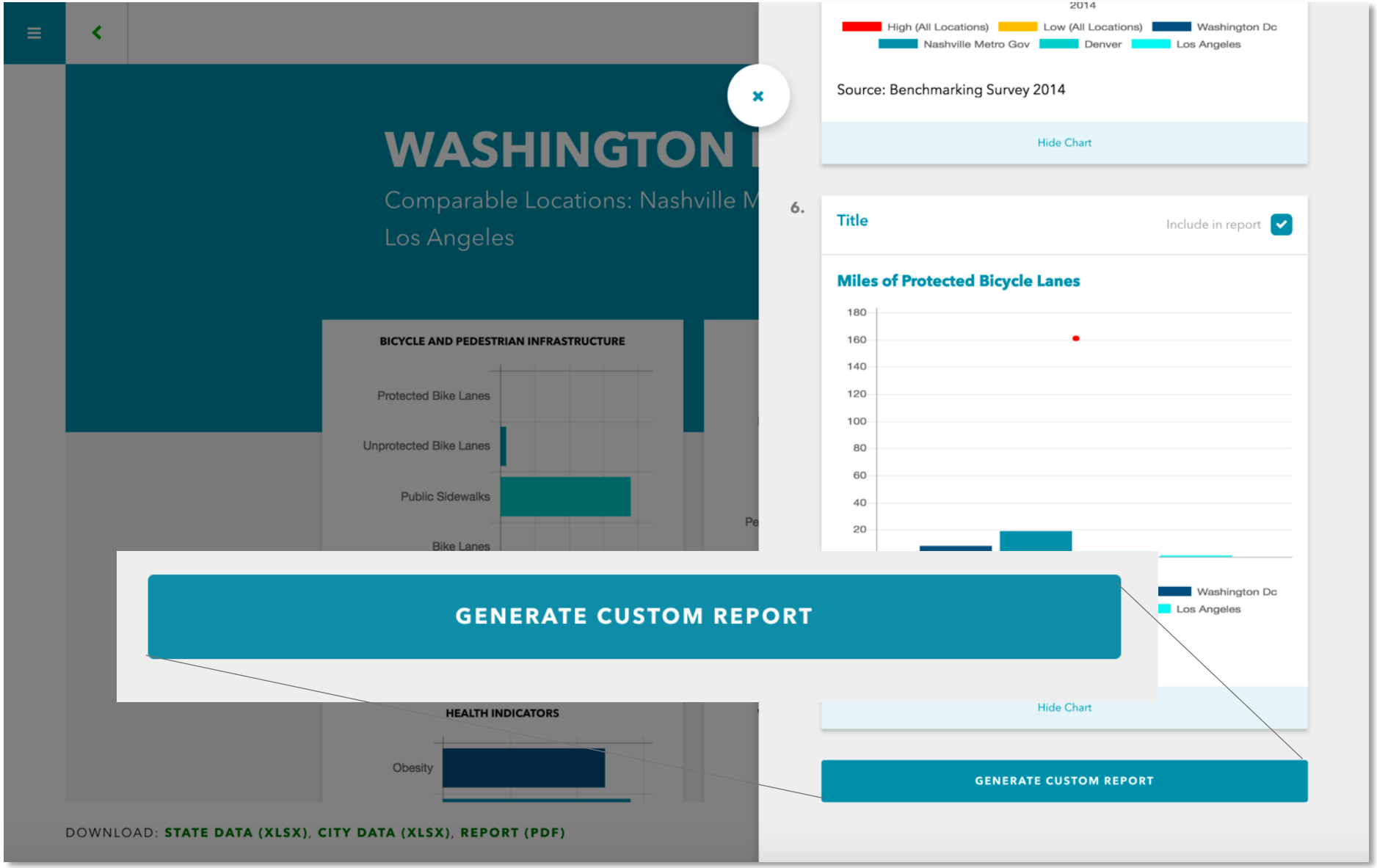

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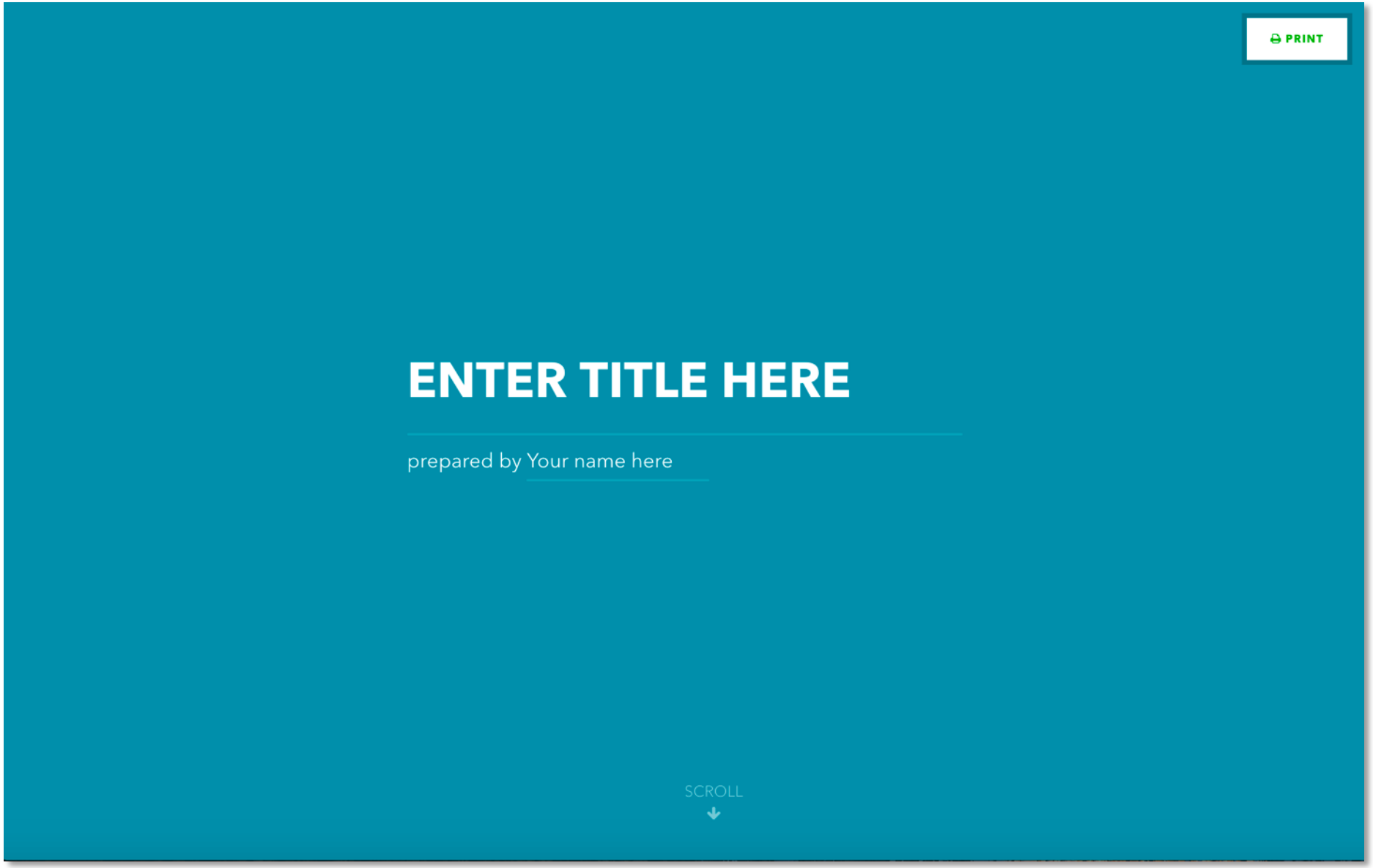

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PRINT

BIKING AND WALKING BENCHMARKS

prepared by Peter Barclay at Taoti

SCROLL

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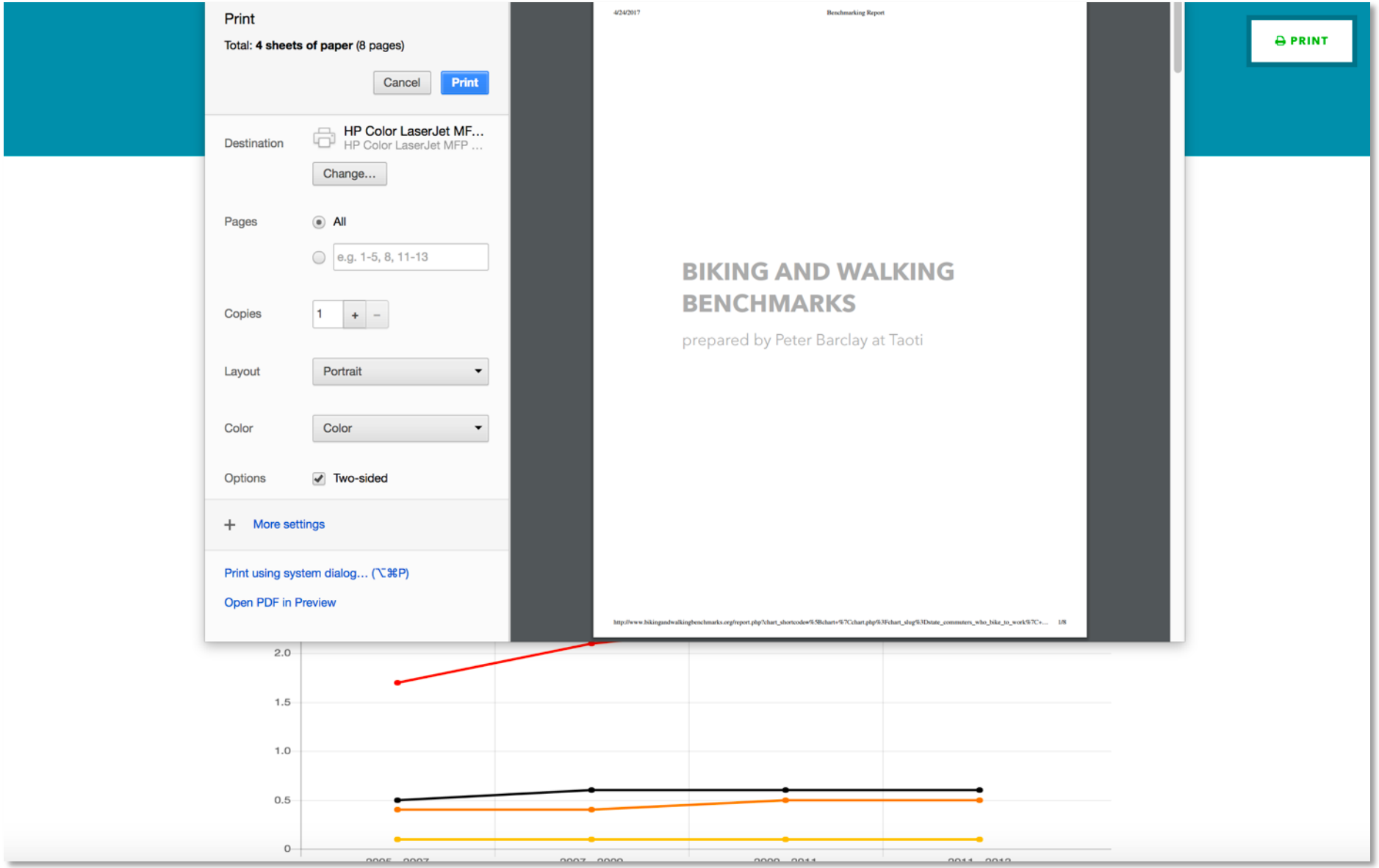

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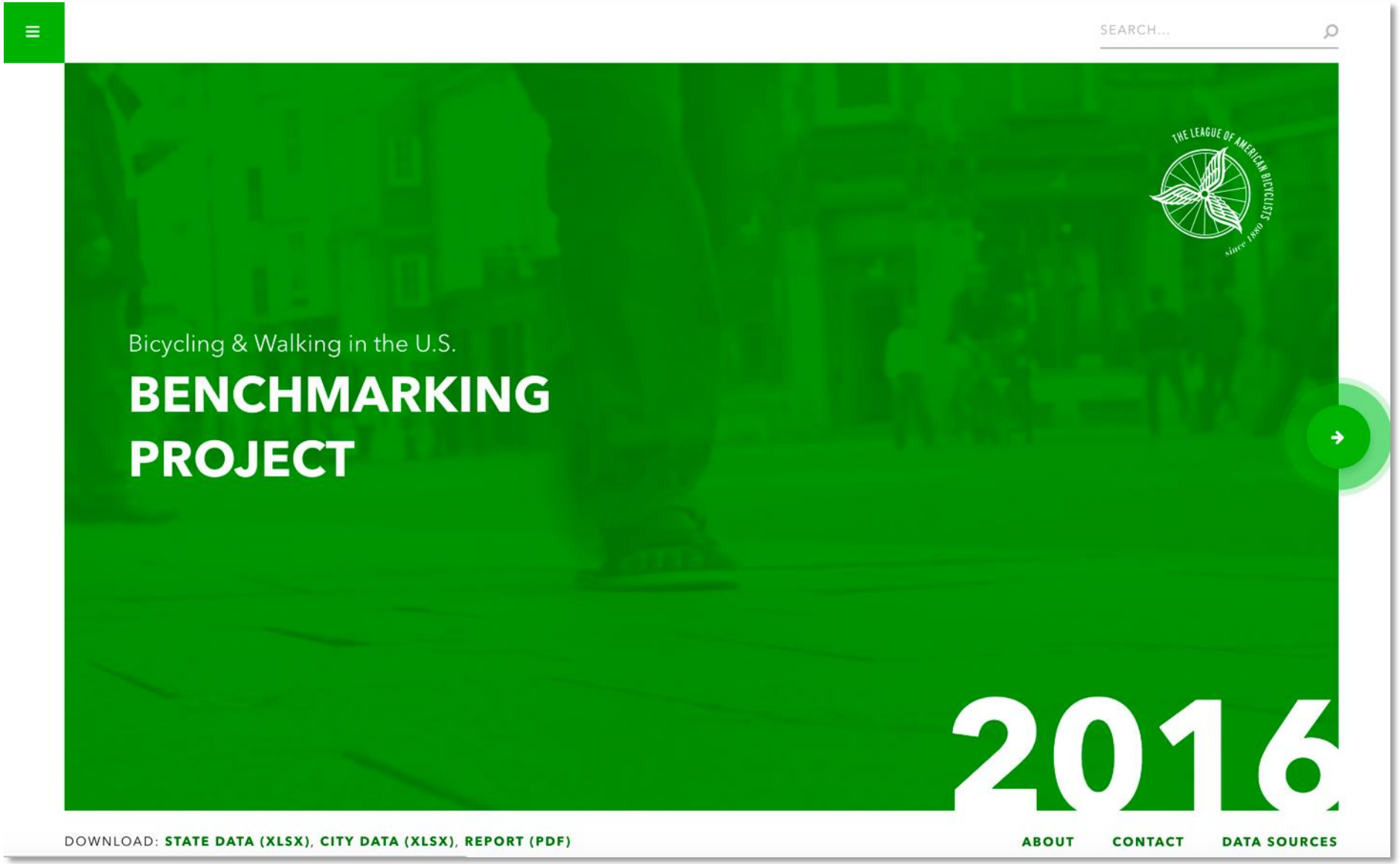

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Thank You

20 years