

Kentucky's Vision for Access to Physical Activity

All Kentucky communities will accommodate all modes of transportation and provide access to safe, attractive and convenient opportunities for physical activity, whenever and wherever possible.



Why should we design communities for physical activity?

ACTIVE TRANSPORTATION, such as walking or bicycling, allows residents to get physical activity while performing daily routines such as commuting to work or school.¹ Walking is actually one of the most popular forms of physical activity for adults because it does not require special skills or expensive equipment, and it can be incorporated into any busy lifestyle.

HEALTH

Brisk walking is shown to reduce body fat, lower blood pressure, manage arthritis pain and lower the risk of cardiovascular disease and certain cancers.¹

People in walkable communities do roughly 35-45 more minutes of physical activity per week and are substantially less likely to be overweight or obese than similar people living in neighborhoods with low walkability.²

Residents are 65% more likely to walk in a neighborhood that has sidewalks.³

Communities designed for physical activity encourage residents to get outside and experience the mental health benefits of outdoor recreation and improved air quality from reduced auto traffic.¹

SAFETY

Streets with sidewalks on both sides have the fewest reported pedestrian injuries and deaths.⁴

Pedestrian crashes are more than twice as likely to occur in places without sidewalks.⁴

Pedestrian risks are reduced by 28% when streets are redesigned to include raised medians, wide paved shoulders, sidewalks, better bus stop placement, traffic-calming measures, treatment for disabled travelers and proper crosswalks at intersections.⁴

Reduced automobile traffic in walkable communities puts less wear and tear on roadways and fewer opportunities for construction crew injuries and crashes.⁴

ECONOMICS

Investments in bicycle and pedestrian infrastructure create more jobs per million dollars spent than highway projects alone.⁵

Businesses are increasingly locating in pedestrian- and transit-friendly places to avoid the negative effects traffic congestion and accidents have on their employees and customers.⁶

Higher levels of walkability in a community are directly linked to higher real estate values— making your home a more desirable place to live.^{1,6}

Americans spend an average of 18 cents of every dollar on transportation. Despite the higher house prices, residents in walkable communities still spend significantly less on total household expenses by reducing costs associated with operating and maintaining their automobiles.⁵

¹ America Walks, Benefits of a Walkable Community

² Smart Growth America, Complete Streets Promote Good Health

³ Kentucky Health Issues Poll, Neighborhood Conditions for Physical Activity Vary Widely (2014)

⁴ Smart Growth America, Complete Streets Improve Safety

⁵ Garrett-Peltier, H. (2011). Pedestrian and Bicycle Infrastructure: A National Study of Employment Impacts. Political Economy Research Institute

⁶ Local Government Commission, The Economic Benefits of Walkable Communities

Not all Kentuckians are getting enough physical activity to lead healthy, active lives.

16.6% of adults in Kentucky meet recommended physical activity guidelines.⁷

The CDC recommends adults need at least 150 minutes of aerobic activity every week and muscle strengthening exercises on 2 or more days.



31.6% of middle school students in Kentucky meet recommended physical activity guidelines.⁸

The CDC recommends children need at least 60 minutes of physical activity each day and no more than 2 hours of screen time.



⁷ Centers for Disease Control and Prevention, BRFSS Physical Activity Trends by State (2015)

⁸ Centers for Disease Control and Prevention, Division of Adolescent and School Health, YRBS (2015)

Kentucky is taking steps to get people outside and moving more.

PEDESTRIAN PLANS >>>

Pedestrian Plans are the first step to making communities more walkable. These detailed plans engage community members to identify priorities for creating a safe, attractive walking and biking environment for people of all ages and abilities. A pedestrian plan adopted by local government will serve as official documentation of your community's need and readiness for improvements to pedestrian facilities. Having these plans developed to a certain level of readiness provides opportunities to apply for funding to design and/or complete these projects.

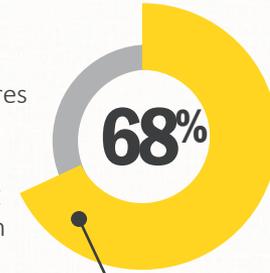
Kentucky has 56 local plans that include pedestrian elements for travel or recreation.⁹



POLICIES >>>

In 2002, Kentucky adopted a statewide *Bicycle and Pedestrian Travel Policy Manual* that requires all new or reconstruction of state-maintained roadways to consider the incorporation of pedestrian and bicycle accommodations during the planning process. The best way to help with these considerations is to have a plan for pedestrian and bicycling improvements.

Additionally, several cities and counties in Kentucky have adopted Complete Streets Policies and 63 communities have received funding for Safe Routes to Schools projects.



Kentucky children have sidewalks or walking paths in their neighborhoods.⁹

RAIL TRAILS >>>

These transportation corridors are preserved and transformed from abandoned railroad lines, providing miles of safe, multi-use pedestrian paths.



TRAIL TOWNS >>>

This program connects communities with natural land and water trails to the tools necessary for developing a vibrant tourism economy and promoting active, healthy citizens.



Seventeen communities are designated as Kentucky Trail Towns.¹⁰

⁹ Kentucky Transportation Cabinet Bike Walk Program Records (As of July 2016)

¹⁰ Office of Adventure Tourism, Kentucky Department of Travel and Tourism, Arts and Heritage Cabinet (As of July 2016)

Let's take the first step towards making Kentucky more walkable by making a plan.



OUR VISION

All Kentucky communities will accommodate all modes of transportation and provide access to safe, attractive and convenient opportunities for physical activity, whenever and wherever possible.

STRATEGY 1 Community Engagement

Bringing out the natural leaders of local coalitions and building relationships between community members and decision makers drives these improvements.

STRATEGY 2 Easy-to-Use Resources

Connecting communities to Kentucky -specific resources can help any Kentuckian easily access materials and understand how to produce a plan that designs their community for physical activity.

STRATEGY 3 Training, Technical Assistance and Networking Opportunities

Experiencing the possibilities first -hand can motivate individuals to design their own communities for physical activity. Providing opportunities for coalitions to visit model communities and connect with field experts will guide them through the technical process.

Contributing Partners

Federal Highway Administration—Kentucky Division

Foundation for a Healthy Kentucky

Kentucky Association for Economic Development

Kentucky Department for Public Health

Kentucky Department of Education

Kentucky Office of Adventure Tourism

Kentucky Injury Prevention Research Center (KIPRC)

Kentucky Safety and Prevention Alignment Network (KSPAN)

Kentucky Office of the Americans with Disabilities Act

Kentucky Rails to Trails Council

Kentucky State Parks

Kentucky Transportation Cabinet

Kentucky Youth Advocates

National Park Service

University of Kentucky—Cooperative Extension



Kentucky Public Health
Prevent. Promote. Protect.

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