



Physical inactivity and poor diet is a major contributor to health issues related to weight gain.





Community and street scale design interventions that improve walking and bicycling infrastructure lead to increases in physical activity.





Less than half of U.S. adults meet the *Physical Activity Guidelines for Americans*.





Less than 3 in 10 high school students get at least 60 minutes of physical activity every day.





Walking is the most commonly reported form of physical activity.





Approximately 17% of the U.S. population have limited or no access to a supermarket.





Vehicle drivers are more than 25 times at risk of an accident than when using transit.





Poorly designed streets and sidewalks make it difficult for people with mobility impairments or challenges.





People with a disability are more vulnerable to barriers in neighborhoods and towns.





A large proportion of socioeconomically disadvantaged communities lack bicycle infrastructure.





A growing proportion of roadway deaths involve pedestrians.





Approximately 43% of all vehicle trips are for distances of 3 miles or less.





The average U.S. family of four spends approximately \$10,000 a year on transportation which is more than they spend on food.

