Historical Context

Redlining in Atlanta

Single-family zoning (pink) vs. other types of housing (teal) in Charlotte, NC

Disinvestment in transit

People Don’t Have Access to Safe Streets

Only 1 in 5 Black people have access to streets that make walking safe and easy and have access to safe and convenient locations that support walking, such as walking trails, parks, and recreational facilities.

People Driving Don’t Follow Speed Limits

Only 30% of Black people reported that they lived in neighborhoods where drivers followed the speed limit.

Traffic Prevents Children from Walking to School

Prevalence of Reported Barriers for a Child to Walk to School

- Too dangerous because of traffic
- Too dangerous because of crime
- Live too far away
- No protection from the weather
- School doesn't allow it
- Other

45% 49%
8% 17%
52% 50%
18% 15%
5% 3%
16% 13%

People Want Safer Streets

84.3% of Black adults reported favoring (45.4%) or strongly favoring (38.9%) safer street design even if driving is slower.

Disparities Persist in Physical Inactivity Rates

Prevalence of Self-Reported Physical Inactivity Among U.S. Adults by State and Territory, BRFSS, 2015-2018

Non-Hispanic White

≥30% of adults were inactive in 5 states and Puerto Rico

Hispanic

≥30% of adults were inactive in 22 states and Puerto Rico

Non-Hispanic Black

≥30% of adults were inactive in 23 states and the District of Columbia

https://www.cdc.gov/physicalactivity/data/inactivity-prevalence-maps/index.html
Dr. Whitt-Glover speaking at the Active People, Healthy Nation Congressional Briefing in January 2020
Historical Context

https://vimeo.com/460197268
Where you live, does traffic, crime or dogs or other animals make it unsafe for you to walk?

Prevalence for crime and animals as barriers to safe walking was higher among Blacks and Hispanics compared to Whites.

Indicates non-different values

Error bars represent 95% confidence intervals
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Strategies That Work

Activity-Friendly Routes to Everyday Destinations
- Complete Streets policies
- Zoning policies
- Comprehensive or Master plans
- Safe Routes

Access to Places for Physical Activity
- Shared-use agreements
- Workplace facilities and policies
- Parks and recreation centers

School and Youth Programs
- Comprehensive physical education
- Opportunities to be active before, during, or after school

Community-Wide Campaigns
- Events combined with multi-channel messaging

Social Supports
- Walking or other activity groups
- Groups that support people with disabilities or chronic conditions

Individual Supports
- Peer or professional support
- Technology

Prompts to Encourage Physical Activity
- Point-of-decision signage

Equitable and Inclusive Access