
BENEFITS OF WALKABLE COMMUNITIES

What is a walkable community?

- ❖ A walkable community is a place where people of all ages and abilities have safe, enjoyable, and easy access to their community *on foot*.¹
- ❖ People who live in walkable neighborhoods make four times as many walking and biking trips, three times as many transit trips, take fewer car trips, and drive fewer miles.³
- ❖ In a walkable community, cars and traffic are controlled making it is a safer place for walking.¹

Why do we care about making it safer, easier, & more enjoyable to walk in our communities?

- There are many benefits from walking that affect us personally, our family, our community, & the world!

1. Health: *Walking keeps us healthy and active.*

- People walk more in walkable communities, which helps to prevent health issues such as obesity, cancer, heart disease, high blood pressure, diabetes, and bone loss, while improving mood and mental performance.^{2,4}
- Parents feel comfortable letting children walk in their neighborhood resulting in more active and healthy children, while building a sense of independence and developing a life-long habit of walking.¹
- Seniors living in a walkable community have greater mobility and independence, which gives them more energy for the things they enjoy and reduces falls.⁵

2. Community Strength: *Walking in your neighborhood builds a sense of community.*

- In more walkable neighborhoods, people have a greater level of pride and sense of ownership and place.⁷
- People that walk in their neighborhood interact with other neighbors and have more acquaintances, forming a sense of connection and social support.^{2,7}

3. Crime Prevention & Safety: *Walking puts more 'eyes on the street'.*

- Walking in your neighborhood helps prevent crime because there are more people present to look out for one another and a criminal does not want to commit a crime with witnesses out walking and watching.⁸
- A walkable community has safer streets and environments for walking, which means a pedestrian is less likely to get hit by a car or injured.⁴

4. Economic: *Walkable neighborhoods financially benefit the people who live & work there.*

- People living in walkable communities can walk to buy groceries, do their laundry, and other errands close to their home without spending money on gas and supporting local business.⁴
- For cities, there are fewer cars on the road resulting in less wear and tear on the roads, which reduces the need for spending city funds on road improvements.¹
- At the same time residential property values tend to increase in walkable communities, which benefits local homeowners.⁹

5. Environment: *Think globally, act locally.*

- If there are more people walking, then there are fewer cars on the roads and less traffic congestion, less air and noise pollution, and less gas being used, which creates a healthier world for all of us!^{1,2}

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