

Active Transportation

Creating Spaces That Promote Active Living

OVERVIEW

The way communities are designed and developed can affect physical activity and obesity rates. Environments that are safe and built with walking, biking and other physical activities in mind are correlated with lower body weights and reduced cardiovascular disease. Conversely, a sedentary lifestyle puts people at risk for diabetes, heart disease and premature death.

Integrating health considerations within community design—

FACT SHEET Creating Spaces

- Congestion Mitigation and Air Quality (CMAQ)