TODAY’S AGENDA

8:15   Welcome & Introductions
8:30  Why Walkability Matters; Walkability Principles, Deterrents and Treatments
9:15   Assessing Walkability – The Survey Tool
9:30  BREAK
9:45   Walking Audit Site #1 Lacey
11:00  Walking Audit Site #2 Tumwater
12:10 LUNCH
12:45  Walking Audit Site #3 Olympia
2:00  Observations, Next Steps Action Plans
3:00  Wrap Up
Walkability: Making the Case
Between 2000 – 2009, more than 47,700 pedestrians were killed in the U.S.

43 pedestrian fatalities or serious injuries in Jackson County during 2006-2010.
Vehicle-miles traveled has a stronger correlation with obesity than any other factor.
Obesity Rates

Obesity (BMI ≥ 30)

Missing Data
14.0%–17.9%
18.0%–21.9%
22.0%–25.9%
26.0%

<14.0%
• Obesity is the nation’s fastest rising public health problem.

• Childhood obesity has tripled in the past 30 years.

• Two-thirds of American adults 20 years of age and older are overweight or obese.
Obesity

- The total economic cost of obesity is $270 billion per year.
- Overweight children are more likely to become obese adults.
Diabetes

In October 2010, the CDC reported that if current trends continue, one out of three Americans will have diabetes by 2050.
Diabetes Rates

2010

Diabetes

Missing data

- 4.5%–5.9%
- 6.0%–7.4%
- 7.5%–8.9%
- ≥ 9.0%

<4.5%

CDC

Centers for Disease Control and Prevention
From 1969 to 2001, the percentage of students walking and bicycling to school in the United States declined from 41 percent to 13 percent.
Since 2000, antidepressants have become the most prescribed medication in the United States.

This generation of children could be the first in the history of the United States to live less healthy and shorter lives than their parents.
Walking and cycling for transportation can reduce cardiovascular risk by 11 percent.
Equity & Prosperity

Americans in the lowest 20 percent income bracket, many of whom live in rural settings, spend about 42 percent of their total annual incomes on transportation, compared to 22 percent among middle-income Americans.
Equity & Prosperity

Nearly 1/3 of the United States population is transportation disadvantaged and without reliable access to food, medical care, employment or educational opportunities. In Thurston County, 4.5% have no car available.
Equity & Prosperity

Half of all non-drivers age 65 and over – almost 4 million Americans – stay at home on a given day because they lack transportation.
Carbon emissions from transportation will be 41 percent above today’s levels in 2030 if driving is not curbed, according to the Urban Land Institute.
Sustainability

Congestion cost $87.2 billion in hours and fuel in 2007.
Simply increasing bicycling from 1 percent to 1.5 percent of all trips in the United States would save 462 million gallons of gasoline each year.
• About 22 million people are currently diagnosed with asthma

• Each year, asthma accounts for 14 million days of missed school days by children.
The modern America of obesity, inactivity, depression and loss of community has not happened to us; rather we legislated, subsidized and planned it.
Olympia Crashes

- 458 people were killed in motor vehicle crashes statewide in 2010.

- Between 2000 and 2009, there were 19 pedestrian fatalities in Thurston County (7.8% of all traffic deaths).
Air Quality: Washington

- Adult asthma prevalence in Washington is 9.3%. The U.S. rate is 8.5%. Vehicle exhaust can be an asthma trigger.

- In 2011, the air quality in Thurston County was “moderate” on 16 days and “good” on all other days (EPA Air Quality Index Report).
Social Equity: Washington

- 4.8% of households in Thurston County have no vehicles available (statewide rate is 6.5%).
- 10.3% of Thurston County residents live below the poverty level. (Statewide figure is 12.1%).
For More Information

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