

Why is Active Transportation Important?

Physical activity provides many benefits, including disease prevention, physical and mental health, and is crucial for the optimal health of everyone in the United States. Many adults and children do not get enough physical activity in their daily lives. Only 26 percent of men, 19 percent of women and 20 percent of adolescents meet the aerobic and strength training recommendation in the Physical Activity Guidelines for Americans. According to the World Health Organization, physical inactivity has been identified as the 4th

References:

1. Centers for Disease Control and Prevention. Transportation Health Impact Assessment Toolkit.
2. U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans, 2nd edition*. Washington, D.C.: U.S. Department of Health and Human Services; 2018.
3. World Health Organization. Global strategy on diet, physical activity, and health.
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