

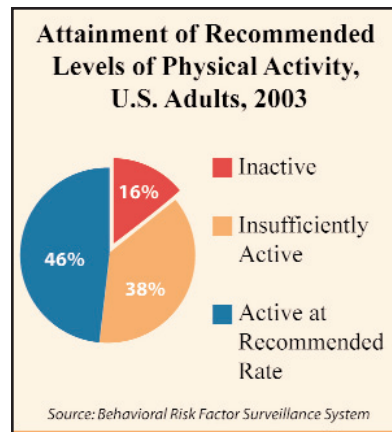
## FACT SHEET

### The Need for Active Communities

*Studies show that fewer than half of American adults report they achieve the recommended level of 30 minutes of moderate physical activity, five or more days per week. Improving health as a result of physical activity requires removing barriers and creating more opportunities for active living.*

### The Facts

- Americans are spending more time commuting in their cars than ever before, while the number walking to work continues to decline.
- Land-use trends have increased dependence on driving and made walking, biking, and public transit less safe and practical. In fact, 75% of short trips (less than one mile) are made by car.
- 30 minutes of daily physical activity are recommended. Transit riders already average 20 minutes walking or biking to and from transit.
- Only 38% of Hennepin County adults and 50% of the county's sixth-graders get recommended levels of moderate physical activity each week. (Sources: SHAPE 2002 Geographic Data Book and the Minnesota Student Survey, 2004)



- Many cases of heart disease, type 2 diabetes, colon cancer, breast cancer, and stroke are attributable to physical inactivity.
- In 2006, about 25% of the adult population in the United States was obese, representing a doubling of the rate since 1980. (Source: Centers for Disease Control and Prevention)

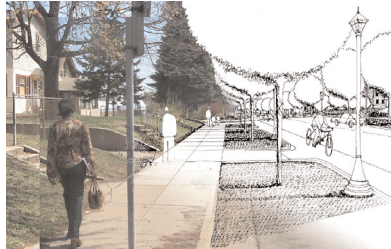
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## Community Design is Key in Promoting Physical Activity

*Physical activity improves health and quality of life in communities. Places should be designed to provide everyone—regardless of age, gender, language, ethnicity, economic status, or ability—with a variety of opportunities for safe, convenient, and affordable physical activity.*

### Elements of Healthy Community Design

- Transportation systems, including transit and trails that provide safe, convenient, and affordable access to destinations such as housing, worksites, schools, and community services.
- Development patterns that encourage a mix of land uses, compact designs, and links to roads, transit facilities, bicycle lanes, and trails.
- Buildings and landscapes oriented to the street, sidewalks, bicycle facilities, and transit stops.



- Building interior designs that include highly visible and inviting stairs, signs near elevators to encourage stair use, community rooms near stairs, and lockers and showers for bicyclists and others involved in higher levels of physical activity.

### For More Information

- Active Living Hennepin County Team  
612.348.8089  
<[www.activelivingcommunityvision.org](http://www.activelivingcommunityvision.org)>
- Active Living by Design  
<[www.activelivingbydesign.org](http://www.activelivingbydesign.org)>

