

CREATING a

# Walkable Community

in  
PENNSYLVANIA



## Healthy

Regular walking can **REDUCE ANXIETY AND DEPRESSION**, and improve mental function.

Connected, walkable communities are even associated with better memory among Alzheimer's patients

Walkable communities are correlated with better physical health, including **LOWER RATES OF OBESITY**.



## Safe

As more people walk in a community, the **RISK** of being struck by a vehicle **DECREASES**.

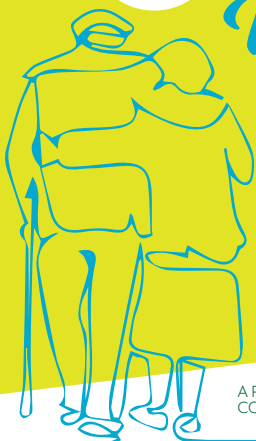
Community design that encourages walking also tends to **SLOW VEHICLE TRAFFIC**, reducing the number of crashes.



## Vibrant

Walkable communities **ATTRACT MORE BUSINESSES**.

Walkable neighborhoods boast **HIGHER HOME VALUES**



A PROJECT OF THE PA WALKABLE COMMUNITIES COLLABORATIVE





# Green

More people walking means fewer cars on the road, **REDUCING THE AMOUNT OF POLLUTANTS** in the air such as carbon monoxide and particulates.

Tree-lined streets, a key component to many walkable areas, can **IMPROVE AIR QUALITY** and **LOWER SURFACE TEMPERATURES**.



# Connected & Accessible

Walkable communities

**CONNECT PEOPLE TO THE PLACES THEY LOVE** such as recreation opportunities with parks and trails.

Walkable communities with accessible sidewalks are **BETTER FOR FAMILIES AS WELL AS OLDER ADULTS AND PEOPLE WITH DISABILITIES**, providing space for navigating wheelchairs, walkers, and strollers.



# Equitable

Including walking infrastructure is inclusive, as **ALL PEOPLE BENEFIT** regardless of wealth or physical ability.

A walkable community can **REDUCE A FAMILY'S TRANSPORTATION COSTS**. Owning, maintaining, and operating a vehicle costs \$8,500 per year.

**WALKING IS FREE!**

## HOW YOU CAN

*help create a walkable community*



**ENGAGE**

*Key Stakeholders*



**ASSESS**

*Routes for Walkability & Safety*



**IDENTIFY**

*Priority Projects & Locations*

FIND TOOLKITS, RESOURCES & MORE AT

**PAWALKWORKS.COM**

SOURCE FOR STATISTICS AND MORE USEFUL INFORMATION CAN BE FOUND AT **WALKBOSTON.ORG**

