

The Economic and Health Benefits of Walkable, Bikeable Communities

MML Annual Convention 2014
June 11, 2014



Biking and Walking make sense for both the physical and fiscal health of your community



Bicycle and Pedestrian Infrastructure is good for business



TIMES UNION ARCHIVE

Bicycle and Pedestrian Infrastructure can spur private investment



98 WALK
SCORE 

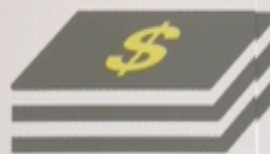
**WALKER'S
PARADISE**



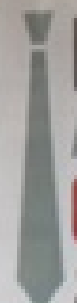


21,023
PEOPLE
LIVE WITHIN 1/2M

\$58,284,687

**IS SPENT
ANNUALLY IN
RESTAURANTS
WITHIN A
QUARTER MILE**




DUPONT CIRCLE **METRO**
21,337 EXITS
PER WEEKDAY
20,219 EXITS
PER WEEKEND DAY

\$13,016,705  **IS SPENT
ANNUALLY IN
CLOTHING
& JEWELRY
STORES
WITHIN A
QUARTER MILE**  

**Bicycle and Pedestrian Infrastructure is
good for property values**

A New Generation of Prospective Homebuyers and Employees: Millennials




 **Live where you love.**
Find apartments and rentals where you can drive less and live more.




What do you gotta have?


Places You Love


Great Commute


Bus, Train or Bike

 **Gotta Have...**

-  **Car Share** within a 10 minute walk.
-  **Coffee Shop** within a 5 minute walk.
-  **Grocery Store** within a 15 minute walk.

 **Public Transit**

 **Neighborhoods**



Gotta have a coffee shop or car share nearby?



THE ROLE OF

Communities

IN PROMOTING PHYSICAL ACTIVITY

WALKABLE COMMUNITIES

People who live in walkable neighborhoods are

2 times

as likely to get enough physical activity as those who don't.

JOINT USE

The number of children who are physically active outside is

84%

higher when schoolyards are kept open for public play.

TRAILS

People who live near trails are

50%

more likely to meet physical activity guidelines.

RECREATIONAL FACILITIES

Teens who live in poor or mostly minority neighborhoods are

50%

less likely to have a recreational facility near home.

Active Living Research

www.activelivingresearch.org

Sources: TRAILS: Huston S, Evenson K, Bors P, et al. "Neighborhood Environment, Access to Places for Activity, and Leisure-Time Physical Activity in a Diverse North Carolina Population." American Journal of Health Promotion, 18(1): 58-69, September/October, 2003. WALKABLE COMMUNITIES: Frank LD, Schmid TL, Sallis JF, Chapman J, Saelens BE. Linking objectively measured physical activity with objectively measured urban form. Findings from SMARTRAQ. American Journal of Preventive Medicine 2005; 28(2S2):117-125. JOINT USE: Farley T, Meriwether R, Baker E, Watkins L, Johnson C, Webber L. Safe play spaces to promote physical activity in inner-city children: Results from a pilot study of an environmental intervention. Am J Pub Health. 2007;97:1625-1631. RECREATIONAL FACILITIES: Gordon-Larsen P, Nelson MC, Page P, Popkin BM. "Inequality in the Built Environment Underlies Key Health Disparities in Physical Activity and Obesity." Pediatrics, 117(2): 417-424, 2006.

Health Benefits of Walking and Biking

- 
- Tone and build muscles
 - Vitamin D
 - Heart
 - Waistline
 - Prevent/manage various chronic conditions
 - Improve mood

Walking and Biking around town can be accidental exercise

Start Station	Start Date	End Station	End Date	Duration	Cost	Distance (miles)	Calories Burned	CO2 Offset (lbs.)
7th & R St NW / Shaw Library	06-05-2014 2:13 pm	Massachusetts Ave & Dupont Circle NW	06-05-2014 2:24 pm	10 minutes, 45 seconds	\$ 0.00	1.21	52.03	0.82
10th & U St NW	06-05-2014 7:22 am	Thomas Circle	06-05-2014 7:31 am	8 minutes, 27 seconds	\$ 0.00	0.86	36.98	0.58
Park Rd & Holmead Pl NW	06-04-2014 8:56 pm	7th & T St NW	06-04-2014 9:07 pm	11 minutes, 13 seconds	\$ 0.00	1.17	50.31	0.79
10th & U St NW	06-04-2014 7:00 pm	Park Rd & Holmead Pl NW	06-04-2014 7:10 pm	10 minutes, 2 seconds	\$ 0.00	0.99	42.57	0.67
Massachusetts Ave & Dupont Circle NW	06-04-2014 5:09 pm	7th & T St NW	06-04-2014 5:20 pm	11 minutes, 7 seconds	\$ 0.00	1.25	53.75	0.85
13th & U St NW	06-04-2014 8:10 am	Massachusetts Ave & Dupont Circle NW	06-04-2014 8:19 am	9 minutes, 9 seconds	\$ 0.00	0.91	39.13	0.62

Over the course of 200 trips to local restaurants and shops, over 9,400 calories burned!

Rental Statistic Totals for the last 200 Trips	
Total Distance:	219.22 miles
Total Calories Burned:	9426.46 calories
Total CO2 Saved:	148.79 lbs.
Total Duration (last 200 trips):	1 days, 10 hours, 2 minutes, 7 seconds

Walking to a Downtown area or Main Street to shop burns calories, too!



**Biking and Walking instead of driving
means that instead of spending money on
this:**



Residents and visitors can put that money back into your local

Business Appears to Be Picking Up Near Capital Bikeshare Stations

MARCH 5, 2014

9 COMMENTS



Walter Tejada of the Arlington County Board helps launch a bikeshare station.

New research suggests that companies located near [Capital Bikeshare](#) stations see an increase in business because of traffic from bikeshare riders.

By enabling visitors to walk/bike, rather than pay for parking, that leaves extra money in their pockets to spend at Main Street shops and restaurants



For commuters this adds up, too

A comparison of monthly spending on driving, taking public transportation, using bike share, and walking to work using the same commute data suggests that walking and biking leave commuters with more money to put into local economies

Driving to Work costs me \$91/month



For Commuters: Commute Cost Calculator

Driving alone to work costs me HOW much?


A. How far, in miles, is your roundtrip to and from work each day?	<input type="text" value="3"/>
B. How many days per month do you normally work? (21 days is average for 40/hour, non-compressed week)	<input type="text" value="21"/>
C. How many miles per gallon does your automobile average?	<input type="text" value="20"/>
D. How much per gallon do you normally pay for gasoline?	<input type="text" value="3.75"/>
E. What is your cost per mile for registration, maintenance, taxes, financing, insurance and depreciation? *	<input type="text" value=".4635"/>
F. How much do you pay for monthly parking?	<input type="text" value="50"/>
	<hr/>
<i>Your estimated Monthly cost of commuting is</i>	<input type="text" value="\$91.01"/>

Taking Public Transit Costs me \$84/Month

Itinerary 3 *(approx 21 min transit)*

RAIL DEPARTS FROM SHAW METRO STATION at 8:25am	BOARD GREEN LINE  Rail towards BRANCH AVE	ARRIVE GALLERY PLACE CHINATOWN METRO STATION at 8:28am
RAIL DEPARTS FROM GALLERY PLACE CHINATOWN METRO STATION at 8:39am	BOARD RED LINE  Rail towards GROSVENOR	ARRIVE DUPONT CIRCLE METRO STATION at 8:46am

Walk 0.03 mile E to DUPONT CIRCLE [Get directions ►](#)

 There are active advisories that may affect your trip: [View advisories](#) | [View elevator outages](#)

\$ 2.10
SmarTrip Fare

\$ 1.05 SmarTrip (Senior/Disabled/Medicare)

\$ 3.10 Cash / Farecard

\$ 1.55 Cash / Farecard (Senior/Disabled/Medicare)

(Only Cash & SmarTrip are accepted on Buses)

[Send](#)

By taking transit instead of driving, I save \$7/month, which I can then spend at local restaurants, shops, and bars

Capital BikeShare costs \$75/year



By taking BikeShare instead of driving, I save \$86/month, which I can then spend at local restaurants, shops, and bars

Walking



Personal Bike



FREE.

By walking and biking, I save up to \$91/month, which I have in my pocket to spend at local shops, restaurants, and bars.

Resources Available to Maryland's Cities & Towns

- **HEAL Cities & Towns Campaign**
- Heritage Areas (12 in State)
- Maryland Main Streets
- Smart Growth America Local Leaders Council
- Safe Routes to School



Marisa Jones, MS

mjones@institutephi.org

www.healcitiesmidatlantic.org

