

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. FUNDING WAS PROVIDED BY BOTH THE DCNR COMMUNITY CONSERVATION PARTNERSHIPS PROGRAM (C2P2) AND THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) THROUGH THE 2018-2019 STRATEGIES FOR ACTIVE AND HEALTHY COMMUNITIES GRANT AWARDED TO THE PA STATE ALLIANCE OF YMCAS.

