



It's Time to Invest in Safe Walking & Biking for North Carolina Kids and Communities!

Walking and biking are important for all of North Carolina's communities - our rural areas, small towns, and cities.



AN INFOGRAPHIC BY



The Safe Routes Partnership and the NC Alliance of YMCAs are working together to promote the importance of walking and biking for creating safe and healthy communities.

GOOD FOR OUR BODIES

Walking and biking are great ways to get physical activity, supporting a healthy weight and preventing diabetes, stroke, heart disease, and more.



GOOD FOR OUR MINDS

When kids walk and bike to school, they get physical activity built into their day, have fun with friends and family, and arrive at school focused and ready to learn.



GOOD FOR OUR ECONOMY

Walking and biking paths contribute substantial economic benefits to businesses and the overall state economy, through purchases, tourism benefits, and job creation.



Economic benefits of walking and biking investments include increases in real estate values and reduced health, congestion, and pollution costs.

An investment of \$6.7 million in walking and bicycling paths in the Outer Banks led to \$60 million in tourism revenue and the creation of 1,400 jobs.



Increasing walking and biking can help reduce the \$9.9 billion in hospital charges in North Carolina associated with diseases related to physical inactivity.

But North Carolina's kids and adults are at risk because we aren't investing enough in walking and biking.

2,900 people

on foot or bike experience traffic crashes in North Carolina each year; of those, 80% are injured or killed

15.5% of fatalities

in traffic in North Carolina are people walking and biking, even though they make up less than 2% of commutes

#13 most dangerous

U.S. state for walking according to Smart Growth America's 2018 Dangerous by Design report

43% more deaths

for people walking and biking in North Carolina's highest-need communities

33% of NC kids

don't get enough physical activity, and the same percent are overweight or obese

4,600 people

in North Carolina were killed by diseases associated with low levels of physical activity in 2017

Walking and Biking Death Rate in High-need Communities, 2011-2015



2x higher



1.5x higher

The death rate is 2 times higher for people biking and 1.5 times higher for people walking in high-need communities compared to thriving communities.

North Carolina Can Do Better

- North Carolina spends a mere \$1.79 per capita on walking and bicycling projects, among the lowest spending levels for the 50 states.
- Currently, state dollars cannot be used for projects that are focused on making walking and biking safer.
- North Carolina has a good Complete Streets policy, but earned less than 40% of available points in its [2018 Report Card on State Support for Walking, Bicycling, and Active Kids and Communities](#).

WHAT CAN WE DO?

Investments in Safe Routes to School and in walking and biking infrastructure would bring health, safety, and economic benefits to North Carolina's kids, seniors, and communities.