



Activity-Friendly Communities Can Help Everyone

The benefits of activity-friendly communities are extensive:

Safe and Accessible Streets Protect Lives



Street design features enhance safety by decreasing vehicle speeds and increasing the number of safe crossings.

- Examples of features include sidewalks, curb ramps, crosswalks, streets that are lined with trees, medians, and pedestrian crossing islands.
- These features are particularly important for the safety of people with visual and mobility limitation, parents with children in strollers, and older adults.

Greening and gardening interventions on vacant lots can reduce firearm violence.

Community Walkability and Green Spaces May Improve Social Cohesion and Mental Health

- Walkable communities may promote opportunities for social interaction that are beneficial for physical and mental health.
- More time in green space may improve social cohesion and mental health.



Prioritizing community members' voices will help ensure that activity-friendly improvements meet their needs and help them keep their homes and businesses.



Activity-Friendly Communities Can Be Good for the Environment

- Tree canopy and other plants help cool the environment.
- Parks, multi-use paths, and protected bike lanes can offer solutions to manage stormwater by increasing green infrastructure.
- Fewer cars lead to better air quality through reduced air pollution and greenhouse gases.
- Less motor vehicle traffic decreases noise pollution.

Activity-Friendly Communities Can Be Good for the Local Economy

- Activity-friendly communities can:
 - Attract businesses and improve employment opportunities, which may help local economies thrive.
 - Help increase property values and retail revenue.

Get started today! See what state and local organizations can do to increase physical activity through community design.

<https://www.cdc.gov/physical-activity/php/strategies/increasing-physical-activity-through-community-design-prevention-strategies.html>

