Active Transportation

Definition, History, Resources and Action

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Active Transportation

Definition
Physical inactivity is a global pandemic responsible for over 5 million deaths annually through its effects on multiple non-communicable diseases.

“Four of six environmental attributes were significantly, positively, and linearly related to physical activity ... net residential density ... intersection density, public transport density, and number of parks.”

“Design of urban environments has the potential to contribute substantially to physical activity. Similarity of findings across cities suggests the promise of engaging urban planning, transportation, and parks sectors in efforts to reduce the health burden of the global physical inactivity pandemic.”

GLOBAL REPORT ON DIABETES
“Globally, an estimated 422 million adults were living with diabetes in 2014, compared to 108 million in 1980. The global prevalence … has nearly doubled since 1980 … to 8.5% … This reflects an increase in associated risk factors such as being overweight or obese. Diabetes caused 1.5 million deaths in 2012. Higher-than-optimal blood glucose caused an additional 2.2 million deaths, by increasing the risks of cardiovascular and other diseases. Forty-three percent of these 3.7 million deaths occur before the age of 70 years."

“The physical or built environment plays an important role …. Urban planning and active transport policies can ensure that walking, cycling and other forms of non-motorized transport are accessible and safe for all.”

“The modern America of obesity, inactivity, depression, and loss of community has not ‘happened’ to us; rather we legislated, subsidized, and planned it.”

Active Transportation History
In 1939, two 14 lane expressways cross in the intersection of General Motor's Futurama exhibit at the World's Fair, a 35,700 sq. ft., detailed model of planned "America of 1960." -- LIFE
Los Angeles freeways, 1958
Active Transportation Resources
Alliance for Biking & Walking
Building the People Powered Movement

MIWEST ACTIVE TRANSPORTATION CONFERENCE
Accelerating Effective Approaches for Engaging People in Active Transportation
FRIDAY, MAY 20, 2016
Centennial Hall — University of Wisconsin-La Crosse
www.uwlax.edu/confed/active-transport

REGISTER NOW!
Join us at the Midwest Active Transportation Conference for one day of active learning, networking, collaboration, and continuing education. We are facilitating the bonds of all who share an interest in empowering people in communities by increasing awareness, implementation, and coordination of active transportation.

Our primary goal is to encourage and accelerate effective strategies for engaging people in active modes of transportation.

AUDIENCE
We are targeting professionals in health promotion, urban planning, engineering, and transportation.

A half-day thread is designed for the active citizen, too!

CONTENT AREAS
- Urban design shifting paralyzes in active transportation
- Planning Policy and urban design strategies and solutions
- Current research showing how public health concerns including measures supporting active transportation
- Current best practices and approaches in Active Transportation realization

WHAT IS ACTIVE TRANSPORTATION?
Active transportation is any self-propelled, transport-powered mode of transportation, such as walking or bicycling. Physical activity is a major contributor to the country's rise in obesity, diabetes, heart disease, stroke, and other chronic health conditions in the U.S. Many Americans view walking and bicycling as their primary choice as unique due to heavy traffic and a scarcity of sidewalks, crosswalks, and bicycle lanes, increasing these elements can increase active transportation such as children walking to school or older people walking to work. Safe and convenient opportunities for physical activity within travel also expand access to transportation for people without cars.

Show your support for Active Transportation in your community: Sponsorship Opportunities Available
Complete Streets policies

Ensure that the entire right-of-way is planned, designed, constructed, operated, and maintained to provide safe access for all users.
Who wants Complete Streets?

47% of older Americans say it is unsafe to cross a major street near their home.

54% of older Americans living in inhospitable neighborhoods say they would walk and bike more often if the built environment improved.

56% express strong support for adoption of Complete Streets policies.

Planning Complete Streets for the Aging of America, AARP
We know how to build right
Yet too many roads still turn out like this:
or this:
or this:
Streets are inadequate

• Uninviting for bus riders
Active Transportation Action
Auto-centric design as barrier to active transportation:

Intersection of King and West, La Crosse WI
Thank you.