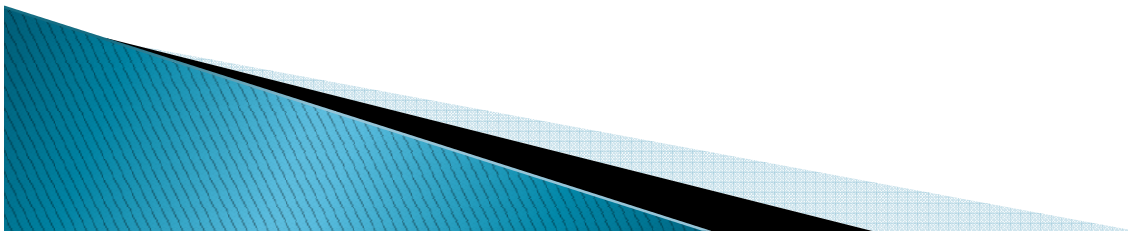


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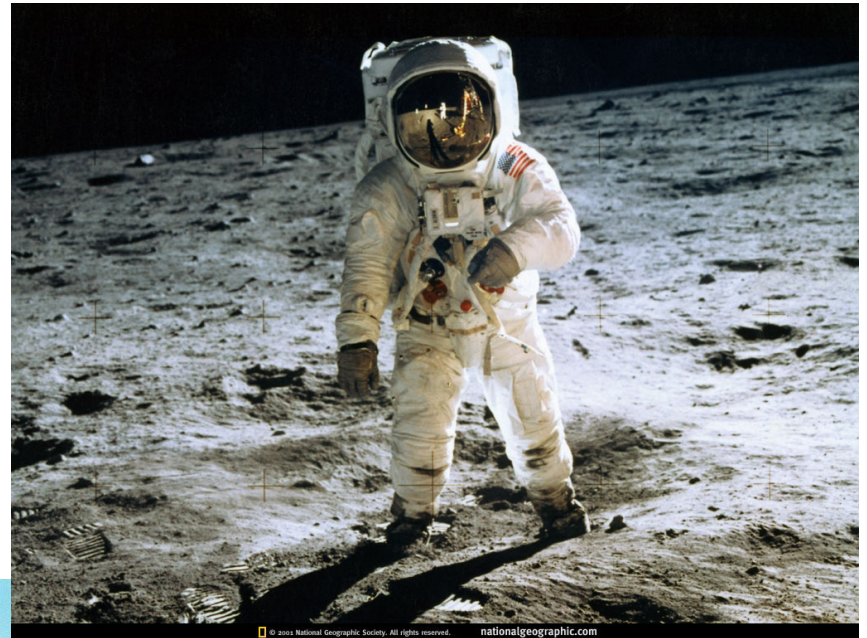


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Photo by PNWBook Girl

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My Favorite Street

THE STUDENTS MIXING WITH RESIDENTS OF ANN ARBOR

// Main Street, Ann Arbor, Michigan

As chief medical correspondent for CNN, **Sanjay Gupta** has reported from war-torn Iraq, covered the aftermath of Hurricane Katrina and was one of the first reporters in Haiti after the 2010 earthquake. When he is not reporting, Gupta, a neurosurgeon, practices at Grady Memorial Hospital in Atlanta. He is also on the faculty of Emory University School of

Medicine and has authored three books, including a medical due out in late 2011.

Despite his busy schedule, Gupta makes sure to visit his alma mater, the University of Michigan, at least once a year with his wife and three daughters. "Ann Arbor is a true college town," he says. "Main Street is where you see the students mixing with the residents of Ann Arbor. There is a great 'town/gown' relationship." —Erin C



Sanjay Gupta



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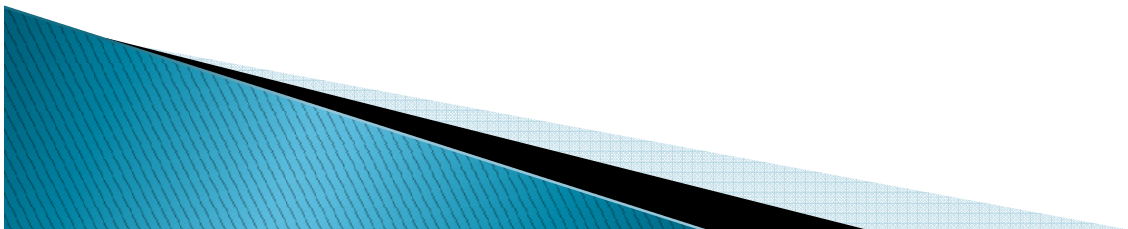


Photo by Marnie Gohari



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National Walking Survey

www.americawalks.org

Conducted by

Hunter College, CUNY

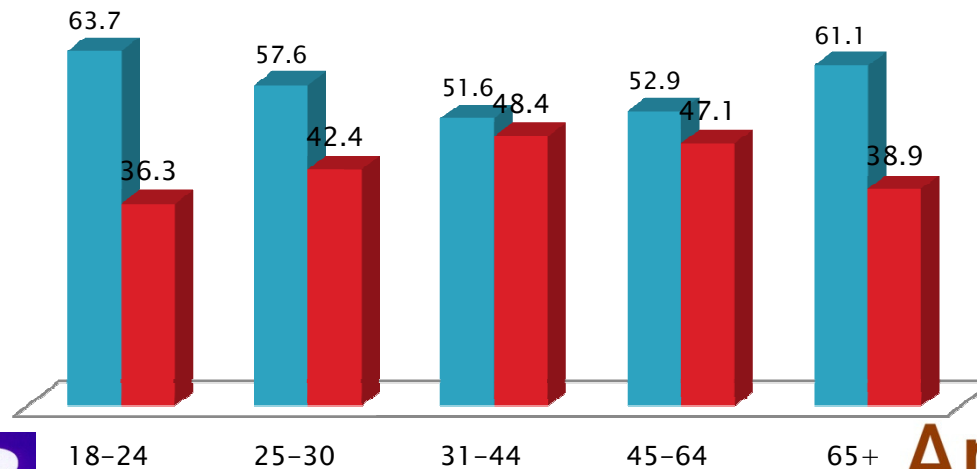


Walk Frequency by Age

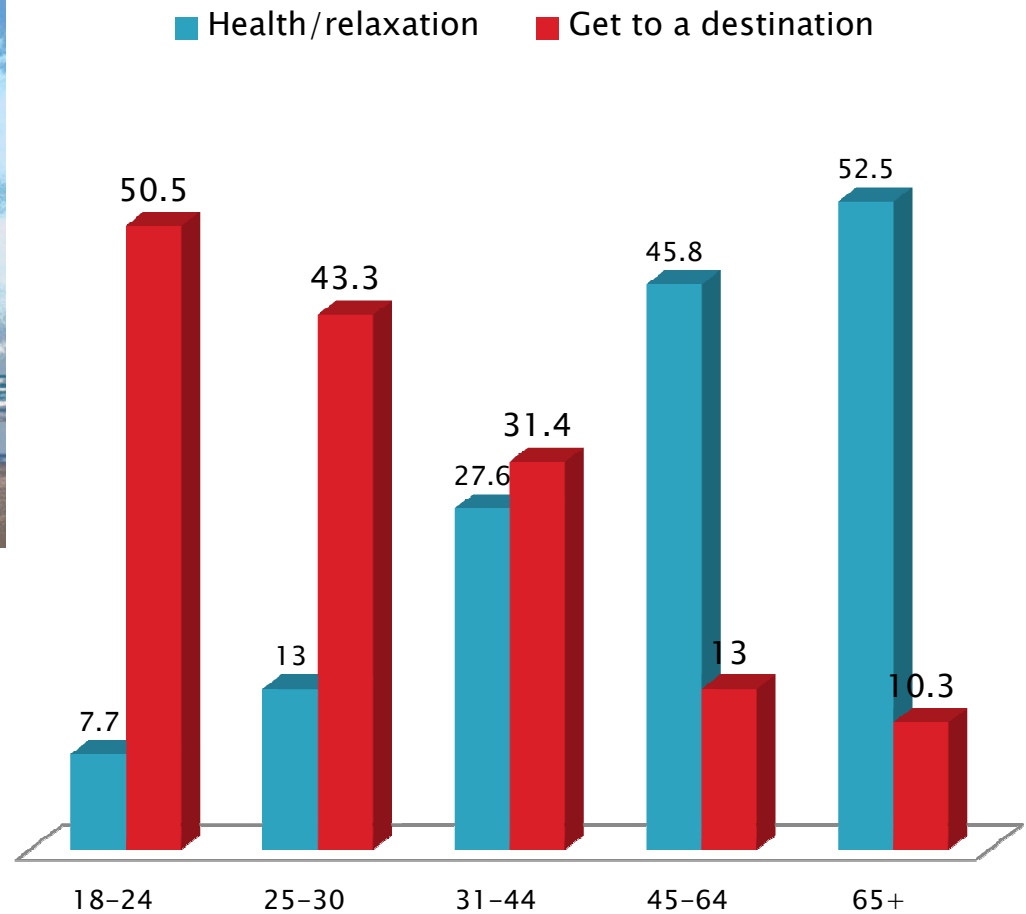


<u>Age</u>	<u>Frequent Walker</u>	<u>Infrequent Walker</u>
18-24	63.7%	36.3%
25-30	57.6%	42.4%
31-44	51.6%	48.4%
45-64	52.9%	47.1%
65+	61.1%	38.9%

■ frequent ■ infrequent

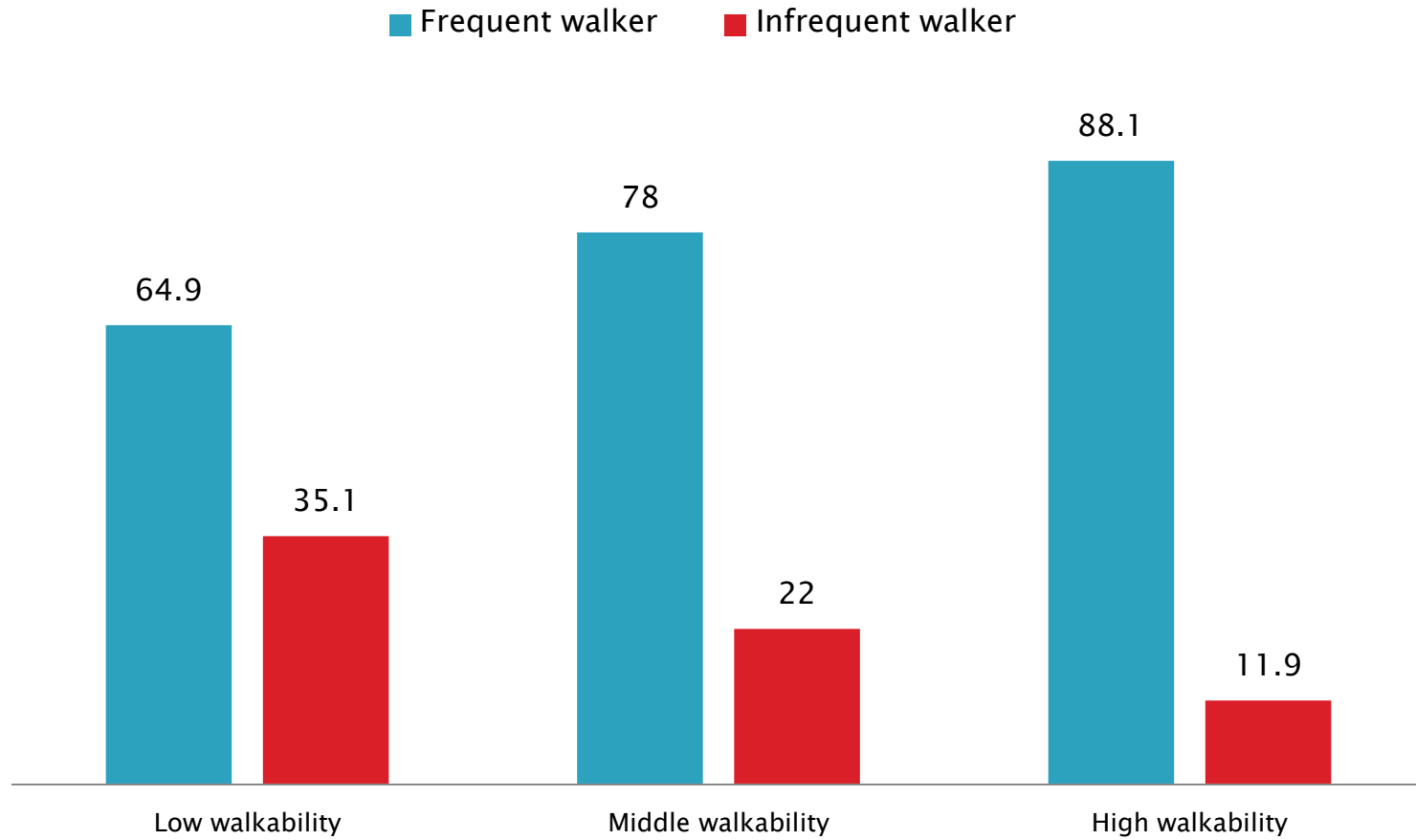


▶ Orientation toward Walking by Age



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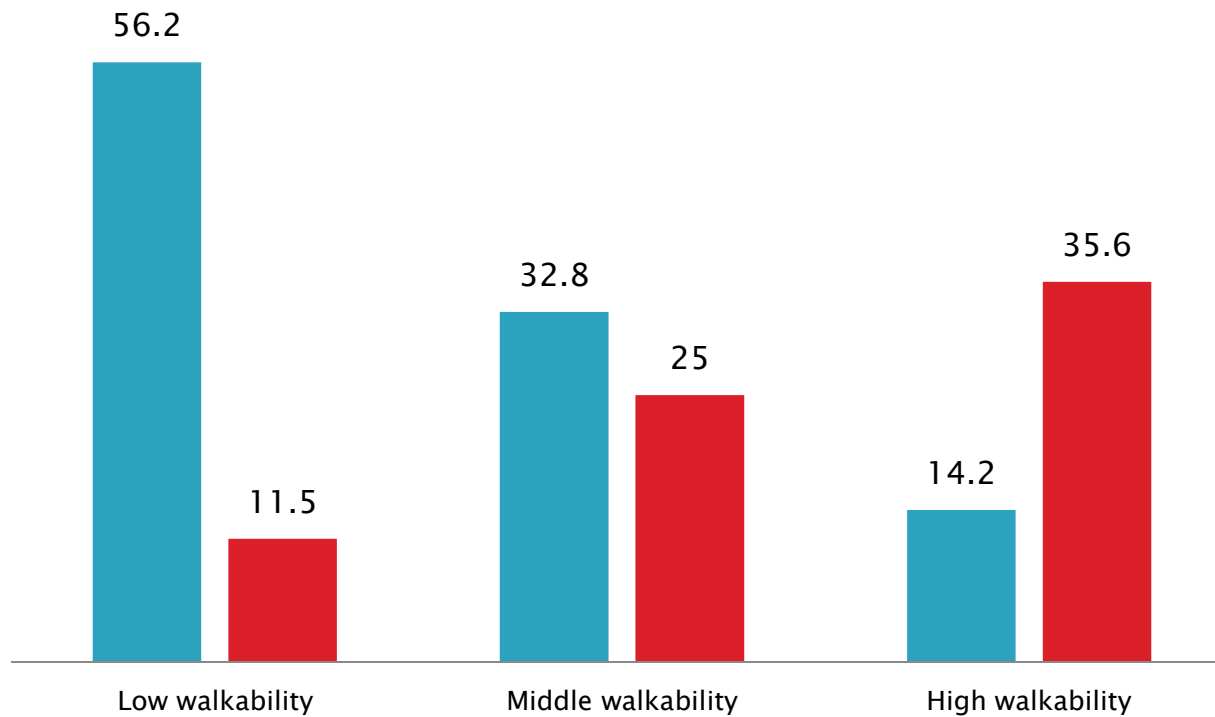
▶ Walking Related to Walkability





Orientation by Walkability

■ Health/relaxation ■ Get to a destination



Orientation toward Walking and Population Density

(excludes pet owners)

	<u>Low Density</u>	<u>Middle Density</u>	<u>High Density</u>	<u>TOTAL</u>
Health/relaxation	59.4%	41.3%	12.4%	35.1%
Get to a destination	8.7%	19.1%	38.1%	23.6%
Both reasons	<u>31.9%</u>	<u>39.6%</u>	<u>49.4%</u>	<u>41.3%</u>
	100.0%	100.0%	100.0%	100.0%

Low density – health/relaxation; high density – instrumental.

Safety Problems for Walkers

	Very big problem (%)	Somewhat of problem (%)	Total%
Drivers talking on cell phones or using other electronic devices	26.5	27.7	54.2
Speeding motor vehicles	22.9	30.3	53.2
Unsmooth sidewalks or other walking surfaces	13.4	24.7	43.4
Not enough sidewalks	18.7	20.7	39.4
Poorly-lit streets	10.7	22.6	33.3
The sidewalks are too narrow	6.8	16.5	23.3
The walk signs or street signals do not give me enough time to walk across the street safely	5.5	12.6	18.1
Crime	3.4	10.1	13.5
Dogs or other animals	3.4	9.7	13.1



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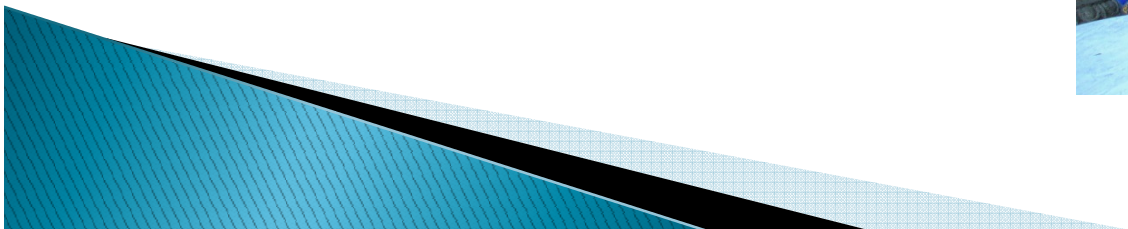


re·lax (rī-lāks) v.
1. To make less tense or rigid. 2. To relieve from nervous stress. 3. To seek rest or recreation. 4. To cease working; cast off anxiety. 5. To become less formal or reserved.



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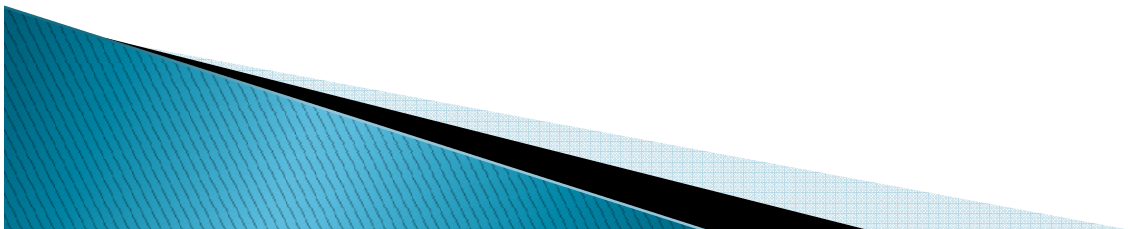
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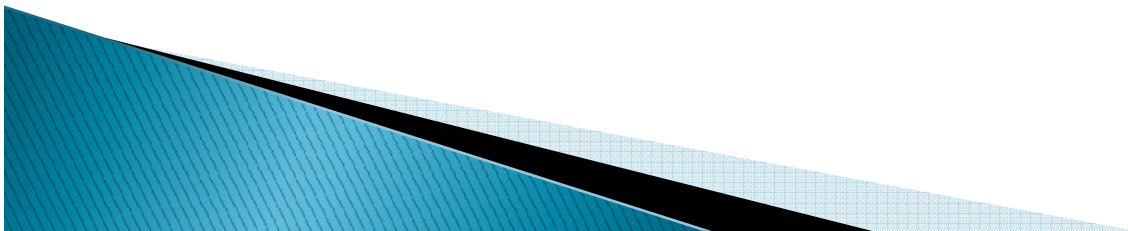


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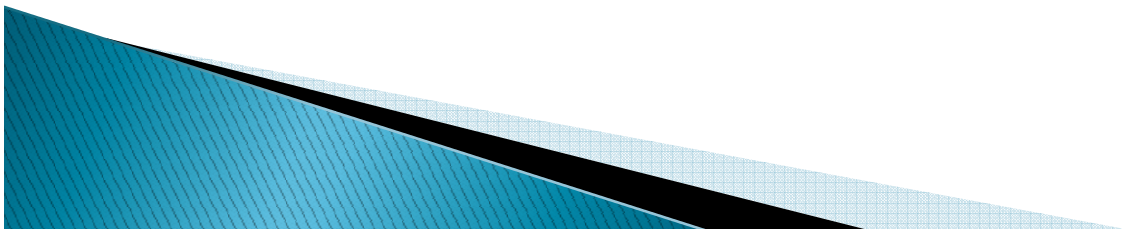
National Unified Voice for Walking

Vision for a Walkable America

- 125 organizations ...
- Steering committee
- Individual network



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National Unified Voice for Walking

▶ Federal Platform –

- Data Collection and Performance Measures
- Pedestrian safety and speed reduction
- Connecting health and transportation
- Protect dedicated funding

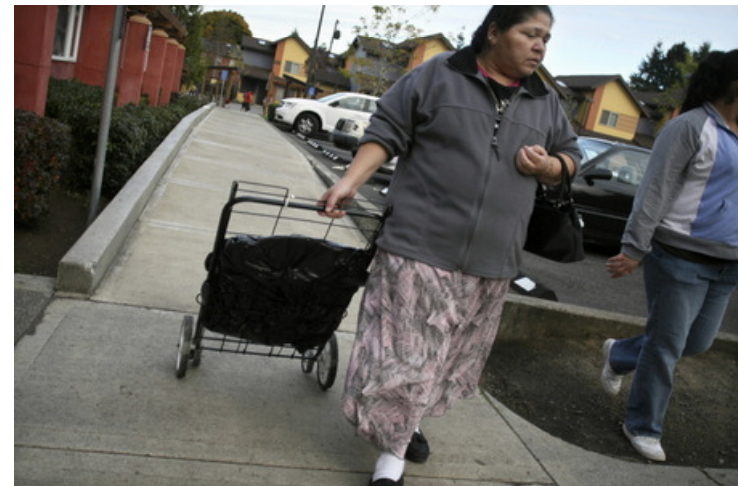
EQUAL  **FOOTING**

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State and Local Walking Action Plan

- Campaign Development
- Training and technical assistance
- Information Collection and Dissemination



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