

PHYSICAL ACTIVITY

in Boulder County



The built environment impacts physical activity

People who live in neighborhoods with sidewalks are

65%

more likely to walk than those without sidewalks

Public transit users take

30% more steps

per day than people who rely on cars



Source: Giles-Corti B and Donovan RJ. The Relative Influence of Individual, Social, and Physical Environment Determinants of Physical Activity. SocialScience & Medicine, 54(12):1793-1812, 2002

Physical activity improves mental health and well-being



helps control anxiety and depression



leads to better school performance



helps build self-confidence



Makes drug and alcohol use less likely

Physical activity lowers life-long risks.



maintain a healthy weight



healthy heart and lungs



healthy bones, muscles, and joints



healthy coordination and movement control

Even in Boulder County, our children aren't getting enough physical activity



46%



54%

In Boulder County, only 46% of our children aged 1-14 are exercising daily. It is recommended that children be active for at least 60 minutes every day.

Source: Colorado Child Health Survey 2011, 2012 1-14

Lack of physical activity can cause health problems



stroke

↑
high blood pressure



type 2 diabetes

high blood cholesterol



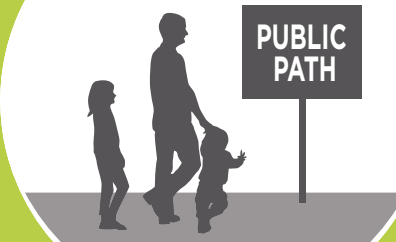
cardiovascular diseases

Support a culture of physical activity



Improve access to active transportation

For every dollar invested in transportation infrastructure such as trails, bike lanes, and pedestrian bridges, up to \$3.80 is saved in reduced health care costs and fuel consumption.



Increase access to places to be physically active

When residents have access to places to be active regardless of physical ability, income, or language, fewer people have high blood pressure or diabetes, or are obese.



Promote walking and biking for transportation and recreation

Over 50% of Boulder County high school students report that they could walk or bike to school daily, but only 17% do. Fewer than 14% of commuters to Boulder County walk, bike, or bus to work.

Source: Gotschi T. 2011. Costs and benefits of bicycling investments in Portland, Oregon. J Phys Act Health. 8(1):S49-S58

Source: 2011 Boulder County Youth Risk Behavior Survey