

Community Enhancement to Encourage Active Transport

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The Problem

Obesity is a major concern for both adults and children. This is leading to an increasing number of people with diabetes, cardiovascular problems, precocious puberty, cancer, etc.

It has been shown that weight loss is effective in improving glucose control, improving cardiovascular health and decreasing cardiovascular risks.

When people utilize active transport they increase their physical activity level and decrease health concerns related to obesity and passive transport (cars, bus).



Background

Studies show children who walk to and from school tend to be more active and are more often involved in sporting programs.

Studies have shown that by making communities safer and more accessible we can increase the number of people who will utilize active transport.

Parents often do not allow their children to walk/bike to school due to two main concerns: distance and safety.

Walking School Bus and Safe Routes to School programs were formed in order to address safety concerns while encouraging active transport. However, lack of sidewalks and visible signs is a problem.



Current Project

As physicians working in the South Valley, our desire is to help improve accessibility to healthcare, as well as to improve the health of our community.

The current project—still in its formative stages—is an effort to encourage youth and adults to utilize active transport (walking, bicycling) to school and nearby establishments.

In collaboration with the County Transportation Planner and with Planning and Development, we are formally proposing the addition of sidewalks and signs in order to facilitate safe active transport to the South Valley First Choice clinic, nearby schools, and community resources. These improvements will positively impact the health of our community.



References

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