



CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

California Center for  
PHYSICAL ACTIVITY

# Transportation Choices and Public Health



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# Why Does Public Health Care About



## Transportation Planning?



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The way we travel is  
making us less healthy





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# Impact of Transportation on Health

- Physical Activity and Food Access
- Obesity and other chronic diseases
- Mental health
- Injury and violence
- Environmental quality
- Economic vitality





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# Climate Change

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Only accelerates the existing crisis:



Walkability



Mass transit

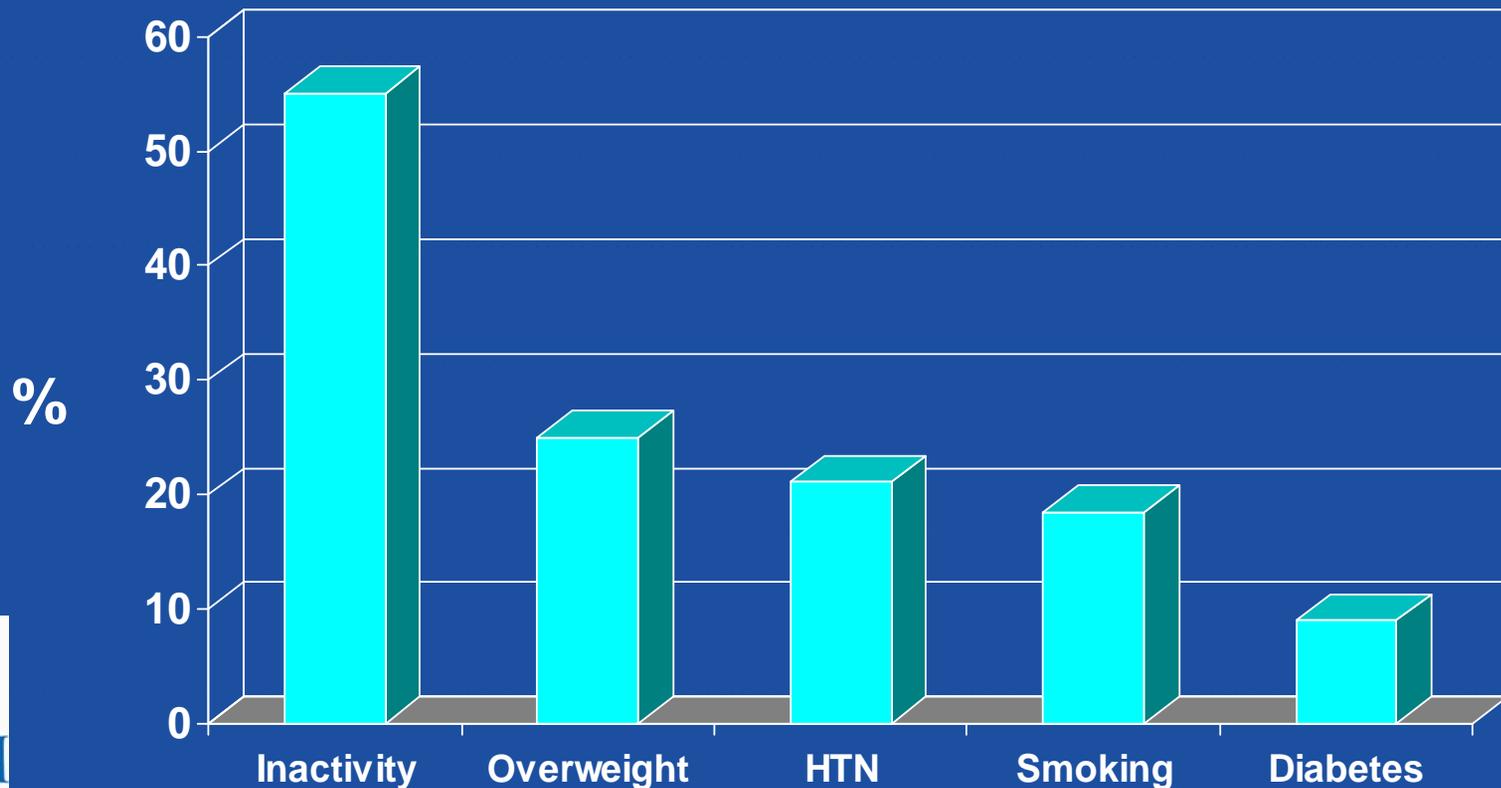
Transportation choices  
=  
Access and Mobility  
for All



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## Physical inactivity is the most prevalent risk factor in CA





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# Our Kids Are in Trouble!

- In the 1970s, 70% of youngsters walked or rode bikes to school
- Today, only 14% walk or bike
- 78% of children fall short of the recommended minimum dose of active play
  - And increased costs:  
\$7.7 billion in California for obesity –  
(attributable medical expenditures)





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# Diabetes Link to Obesity

If the current trend continues, of those children born in 2000:

- 32.8% of boys and 38.5% of girls will develop diabetes
- Close to 50% of African American and Latino children will develop diabetes





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# It's Has To Be Safe

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Hospital discharge data found that treatment for nonfatal bicycle injuries among children ages 14 and under costs more than \$113 million each year, an average of \$218,000 per injured child





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