

WalkBikeNC



A Goal For Environments that Encourage Walking and Biking

Active Encourage **Accessible**

Contribute to the public's health by providing active living environments with safe, connected, accessible facilities along with programs that encourage walking, cycling, and wheeling.

Present Day Challenges

Chronic diseases – such as heart disease, stroke, cancer, and diabetes – are among the most prevalent, costly, and preventable of all health problems¹. In 2011, chronic diseases were responsible for almost 67 percent of all deaths, over 53,000 deaths in North Carolina². Physical activity is a key behavior that can positively impact and prevent chronic diseases. Unfortunately, fewer than half of North Carolinians (46.8%) get the amount of aerobic activity recommended for significant health benefits³. Creating a transportation system with sidewalks, greenways, and bike lanes that connects neighborhoods with destinations such as parks, farmers markets, stores and worksites will help North Carolinians be more physically active and help decrease rates of chronic disease in our state.

Actions + Opportunities for the Future

Promote active living as a “pathway” to improved health.

Work with the North Carolina Division of Public Health to support active transportation throughout North Carolina.

Provide more facilities for walking, cycling, and wheeling to enable North Carolinians to incorporate physical activity into their daily lives.

Incorporate public health professionals in transportation planning and project scoping.

Use health data to help prioritize improvements in areas of need.

For detailed information and full action steps, see the WalkBikeNC Plan.

Yearly Health Care Costs⁴



DIAGNOSIS

Increase physical activity rates of North Carolinians



SAVE



Direct Medical Expenses⁵

1. CDC 2008: http://www.cdc.gov/chronicdisease/states/pdf/north_carolina.pdf
 2. North Carolina Division of Public Health, State Center for Health Statistics. Detailed Mortality Statistics, North Carolina Residents, 2011, SCHS Online Database 2012. <http://www.schs.state.nc.us/schs/data/lcd/lcd.cfm>
 3. 2011 NC BRFSS: http://www.schs.state.nc.us/schs/brfss/2011/nc/all/_PAINDEX.html
 4. North Carolina Department of Health and Human Services, Physical Activity and Nutrition Branch, Eat Smart, Move More NC, The Obesity Epidemic in North Carolina, app. I: Fast Facts, www.eatsmartmovemorenc.com/ObesityInNC/ObesityInNC.html
 5. Chenoweth, David. (2012). "Economics, Physical Activity, and Community Design." North Carolina Medical Journal 73(4): 293-294.