



The Active People, Healthy NationSM Active Communities Tool Action Planning Guide

An Action Planning Guide and Assessment Modules to Improve Community Built
Environments to Promote Physical Activity

June 2024



Contents

- Background and Purpose3**
 - Purpose4
- Building a Cross-Sector Team.....4**
- Understanding Community Contexts and Needs to Inform the Selection of Actionable Areas6**
 - Complete the *Active People, Healthy Nation Active Communities Tool Assessment Modules*8
- Developing an Action Plan 11**
- Evaluating Progress 13**
- Integrating Improvements into a Lasting Community-Wide Effort 14**
- References 15**
- Appendices17**
 - Appendix A: The *Active People, Healthy Nation Active Communities Tool Assessment Modules*18
 - Appendix B: Brief Overviews of Each Module in the *Active Communities Tool Assessment Modules*19
 - Appendix C: Glossary22
 - Appendix D: Resources23

Background and Purpose

One of the most important steps that people of all ages and abilities can take to improve their health is to increase their physical activity.¹ Physical activity can reduce the risk of at least 20 chronic diseases and conditions, effectively treat many of those conditions, and support positive mental health and healthy aging.² It can also have immediate impacts like reduced blood pressure and feelings of anxiety and improved sleep, as well as reduce the risk for serious outcomes from some infectious diseases (e.g. COVID, influenza, and pneumonia).^{2,3,4}

While the nation has experienced modest increases in physical activity levels,⁵ overall levels still remain low with only 1 in 4 U.S. adults meeting recommended levels.^{6,7}

Many factors impact a person's ability to be physically active beyond personal choice. Commonly reported barriers are insufficient time and safety concerns.¹ Furthermore, access to places to be active like parks and recreation centers, and proximity to walkable everyday destinations often do not exist.^{1, 8-10} These barriers may contribute to lower levels of physical activity among women, people from some racial/ethnic groups, people from rural communities and/or people who have lower incomes.¹¹⁻¹⁷

Many communities with larger percentages of some racial and ethnic groups, communities with lower incomes, and/or rural communities are less likely to have access to safe places to be active.¹⁸⁻²¹

Historical built environment policies related to land use and zoning, housing and transportation can contribute to reduced access to physical activity opportunities seen today.^{22,23} People who have reduced access are less likely to meet physical activity recommendations.²⁴

[Active People, Healthy Nation](#), is an initiative supported by the Centers for Disease Control and Prevention (CDC) and others to help 27 million Americans become more physically active by 2027. This multisector approach promotes the recommendations from the [Physical Activity Guidelines for Americans, 2nd edition](#) and effective strategies recommended by the [Community Preventive Services Task Force](#) (Task Force) to improve physical activity.²⁶ To increase physical activity, the Active People, Healthy Nation initiative translated the Task Force recommendations into [seven strategies for increasing physical activity](#).

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) priority strategy is community design for physical activity because it has the potential to get a large number of people more physically active.^{24,25} Community design includes strategies to implement policies and activities to connect pedestrian, bicycle, or transportation networks (called activity-friendly routes) to everyday destinations including workplaces, parks, places of worship, shopping, and more.



PURPOSE

The purpose of the Active People, Healthy Nation Active Communities Tool Action Planning Guide (Guide) is to help community-engaged, cross-sector teams create an Action Plan for improving community design to promote physical activity.

The Guide includes different assessment modules called the *Active People, Healthy Nation Active Communities Tool Assessment Modules (Assessment Modules)*, to help teams better understand their community contexts and needs. The Guide briefly describes how to use the Assessment Modules to develop an Action Plan.



What is community engagement?

[Community engagement](#) is the process of working collaboratively with and through groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the wellbeing of those people. It often involves partnerships and coalitions that help mobilize resources and influence systems, change relationships among partners, and serve as catalysts for changing policies, programs, and practices.

Building a Cross-Sector Team

Commitment from people and organizations across multiple sectors and purposeful engagement and input from community members, including those experiencing health inequities, is important to creating a community that is designed to promote physical activity. It is important for this work to be a collaboration between technical experts who have the information at their fingertips, community members with lived experience of active transportation needs, and a broader group of decision-makers to discuss the results, identify priorities, and develop an Active People, Healthy Nation Action Plan (Action Plan).

The following list provides examples of disciplines and expertise to consider for inclusion on a community-engaged cross-sector team or as an addition to an existing community coalition.

Partners that might be particularly important members of a cross-sector team include:

- public health;
- planning;
- transportation;
- public works;
- elected official;
- parks and recreation; and,
- community members with lived experience of active transportation needs, such as individuals with disabilities, older adults, and those disproportionately facing barriers to safe activity, and/or community-based organizations representing or supporting key populations such as youth and those mentioned previously.

Other partners to consider depending on your focus include:

- other local government representation (e.g., city manager, public safety, housing authority, economic development);
- public transit systems;

- housing, development, real estate professionals;
- major community employers (e.g. healthcare systems, private employers, etc);
- school district;
- sports and fitness;
- healthcare;
- arts and culture; and,
- mass media.

It is important to create a shared understanding of why increasing physical activity is important and how improving the design of a community can help promote physical activity while supporting other important community benefits. It is also important to create a shared understanding of why [equitable and inclusive access](#) to physical activity opportunities is important.



RESOURCES

[Benefits of Physical Activity and Community Design for Physical Activity](#)

[Health Equity for Community Design for Physical Activity](#)

[Cross-sector Partnership and Coalition Development](#)

[Health Equity](#)





Understanding Community Contexts and Needs to Inform the Selection of Actionable Areas

Below are some key steps to understanding community contexts to create an Action Plan. These steps are consistent across many planning processes and only the key ones are captured here.

- **Learn about past, recent, and future physical activity-related community design plans and projects.** Identify current, recently completed, and upcoming plans and projects including those that may be updated soon (e.g., road repaving, updates to transportation plan). This review will help you build upon work that is in the planning phases, currently underway, or already established. Identifying these plans and projects will help to avoid any duplication of efforts and may identify existing opportunities where it will be faster and easier to demonstrate success.
- **Learn local histories.** Understanding the history of transportation, land use, and housing policies in your community can increase your understanding of long-term inequities and why investments were made (or not made) in safe places to be active in certain areas. Understanding historical context can help shift the perspective to include strategies that address historical barriers that make the healthy choice the easy choice.
- **Engage the community early and often.** Engaging members of the community including those affected by health inequities and who experience barriers to physical activity leads to greater community support and buy-in for a project. Engaging people at the start of the process provides an opportunity for them to share their vision for community design changes and to share their priorities for the actions or issues they would like to see addressed and/or adjusted for the project. It is also important to understand whether anyone opposes the project and their reasons so you can address their concerns.

Compile relevant information and data

- **Gather existing data and information.** Many organizations and agencies collect data and other information that may be useful in developing an Action Plan. Using existing data and information can help improve the community's plans and policies to create community designs that support physical activity. This includes:
 - information from previous community health needs assessments;
 - reports or data collected by transportation, parks and recreation, and other sectors;
 - demographic data (e.g., race/ethnicity, gender, disability status and type) through existing surveys like the [American Community Survey](#);
 - qualitative data;
 - community members' lived experience through intentional engagement strategies; and;
 - housing data including revenue and vacancies; crash or injury data, and more.

These [Active People, Healthy Nation Resources](#) to Increase Physical Activity through Community Design may help you think about what information to collect and how to gather it.

- **Conduct an audit of walking, rolling, and biking conditions.** Organizing an audit that includes team members and community members is a way to gather additional relevant data to inform the Action Plan. An audit can help the team visualize proximity to everyday destinations, barriers to walking and other active travel, and identify possible solutions. Opening the audit to the community can also help add diverse perspectives and lived experiences of active travel and allow the team to recognize more barriers that may need to be addressed, including for people with disabilities.
- **Complete the *Active People, Healthy Nation Active Communities Tool Assessment Modules* ([Appendix A](#)).** *The Active People, Healthy Nation Active Communities Tool Assessment Modules* is a self-assessment tool designed to help cross-sector teams create an Action Plan for community design that promotes physical activity consistent with their community contexts. It guides consideration of the strengths and weaknesses of your community's existing plans, policies, and resources.



RESOURCES

[Community Engagement](#)

[Audits of Walking and Biking Conditions](#)



Complete the Active People, Healthy Nation Active Communities Tool Assessment Modules

The [tool](#) has six modules:

Activity-Friendly Routes

- **Module 1:** Street Design and Connectivity
- **Module 2:** Infrastructure to Accommodate Pedestrians and Bicyclists
 - Module A: Infrastructure to Accommodate Pedestrians and Bicyclists
 - Module B: Infrastructure to Accommodate Pedestrians
 - Module C: Infrastructure to Accommodate Bicyclists
- **Module 3:** Public Transportation

Everyday Destinations

- **Module 4:** Land Use Planning
- **Module 5:** Parks and Recreational Facilities
- **Module 6:** Schools

The general layout of assessment modules are as follows:

1. Each module is divided into plans, policies, resources, and environments, as applicable.
2. Broad, general questions at the beginning of each module ask whether plans, policies, resources, and environments exist to address a particular topic or a related topic.
3. A series of detailed sub-questions follow to assess the quality (e.g., strength and comprehensiveness) of existing plans or policies, including specified planning and implementation processes.

In general, the more items marked by the cross-sector team in the assessment module pertaining to an existing plan or policy, the stronger and more comprehensive it is. The items that remain unmarked represent potential opportunities for inclusion in the Action Plan.

For a brief description of each module, see [Appendix B](#).



Key points to remember when completing the Active People, Healthy Nation Active Communities Tool Assessment Modules:

1. **Complete the modules selected by the cross-sectoral team.** A benefit to looking at all the modules is to have a full picture of the opportunities potentially available for your community to improve the community design to promote physical activity. See [page 4](#) for examples of sectors to engage for a cross-sector team.
2. **Complete the Active People, Healthy Nation Active Communities Tool Assessment Modules as a group effort** involving the technical experts who know the answers to the questions (or have the information readily available) relevant to the modules selected. Public health practitioners may need to contact technical experts in other sectors and engage community members to complete the modules.
3. Answer each question in each module **selecting the answer that best describes your community.** If a question does not apply to your community, then mark it as not applicable.
4. **Center equity.** When completing the modules, consider how each item improves or detracts from equitable outcomes for all community members. Invite community members into the planning and assessment processes as equal decisionmakers, and to help determine what information is to be collected and why. Use data collaboratively to identify areas or populations experiencing the most inequities or disparities and consider prioritizing those areas within the Action Plan.

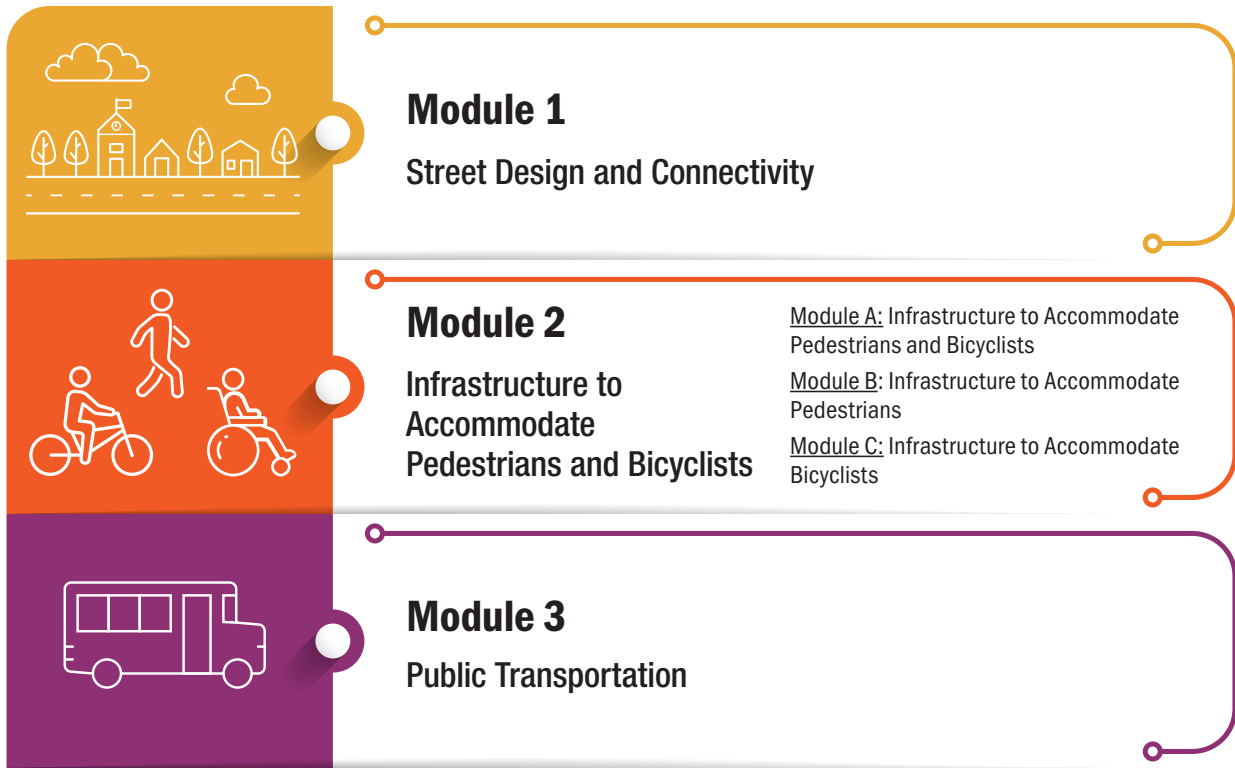
The *Active People, Healthy Nation Active Communities Tool Assessment Modules* are not intended to:

- **Assess street level community design infrastructure** (e.g., timing of traffic signals or lights, existence of benches, width of sidewalks). Data from street level audits can provide important and complementary information about community design features related to physical activity. However, other tools such as the [CDC Built Environment Assessment Tool](#), the [Community Health Inclusion Index](#), and the [Benefits of Complete Streets Assessment Tool](#) support these efforts.
- **Assess social support and school programs.** Social support and school programs are important components of a comprehensive strategy to promote and increase physical activity within the community, but they are beyond the scope of this tool.
- **Assess the quality of community facilities** (e.g., parks, schools, and infrastructure for safe walking and bicycling) or programs. Understanding the quality of community facilities is important, particularly when considering equity.
- **Compare one community to another.** A community can assess their own results over time to understand progress and areas that may need continued improvement. However, the assessment tool is not a scorecard or external benchmarking tool and is not intended for making cross-community comparisons.



Assessment Modules

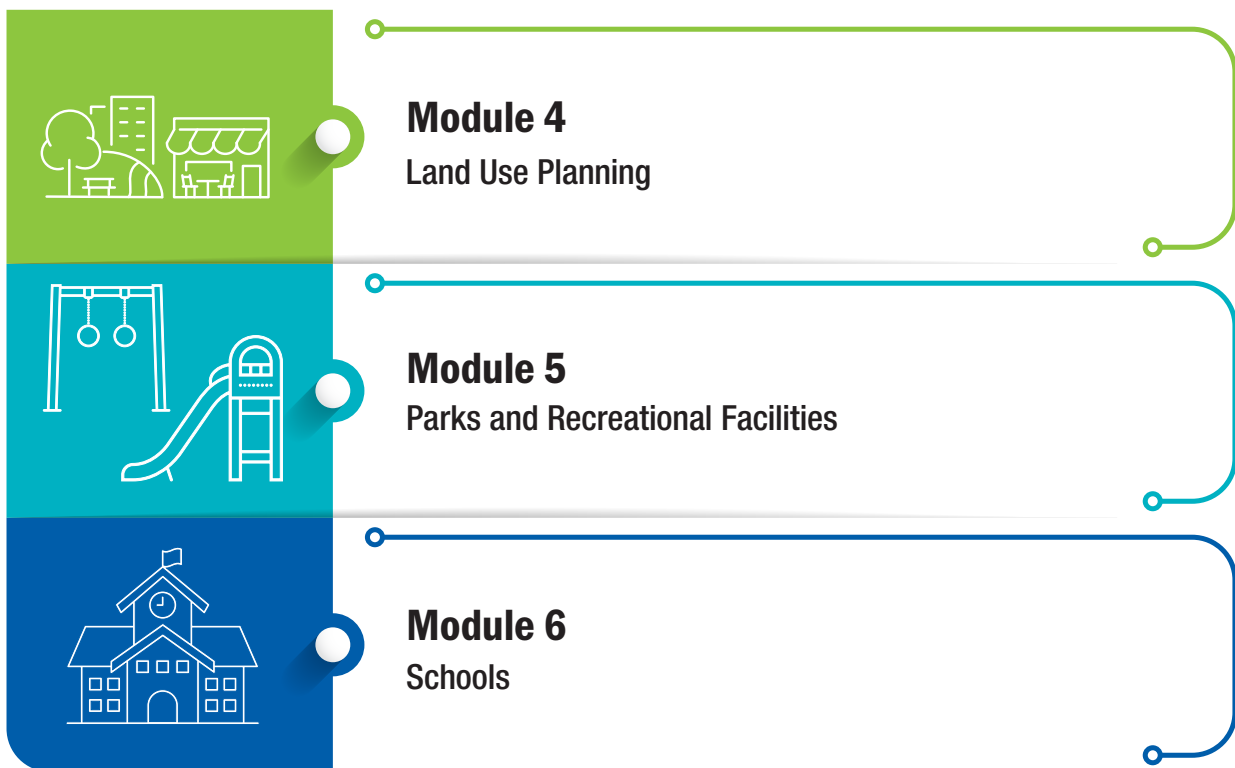
Activity-Friendly Routes



The graphic consists of three vertical colored bars on the left, each with a white icon. The top bar is orange and shows a street scene with trees and buildings. The middle bar is red and shows icons of a person walking, a person on a bicycle, and a person in a wheelchair. The bottom bar is purple and shows a bus icon. To the right of each bar is a white box with a colored border and a line connecting to the bar. The boxes contain the following text:

- Module 1**
Street Design and Connectivity
- Module 2**
Infrastructure to Accommodate Pedestrians and Bicyclists
Module A: Infrastructure to Accommodate Pedestrians and Bicyclists
Module B: Infrastructure to Accommodate Pedestrians
Module C: Infrastructure to Accommodate Bicyclists
- Module 3**
Public Transportation

Everyday Destinations



The graphic consists of three vertical colored bars on the left, each with a white icon. The top bar is green and shows icons of a tree, a building, and a storefront. The middle bar is teal and shows icons of a playground with a slide and a building. The bottom bar is blue and shows a school building icon. To the right of each bar is a white box with a colored border and a line connecting to the bar. The boxes contain the following text:

- Module 4**
Land Use Planning
- Module 5**
Parks and Recreational Facilities
- Module 6**
Schools

Developing an Action Plan

An Action Plan is a way to make sure your community's vision for a community designed to promote physical activity is concrete. It describes the ways in which your team can take action based on the opportunities identified through the assessment modules and the other data collected. An Action Plan is intended to be complete, clear, and current. It is important to engage a broader group of decision-makers (e.g., a cross-sectoral coalition), organizational leadership, and community members with diverse lived experience, such as young people, older adults, people with disabilities, people from racial and ethnic groups, people with lower incomes, and people whose first language is not English, in the development of the plan.

- **Step 1:** *Review the information gathered.* This includes the community's priorities from engagement efforts, the list of recent and ongoing physical activity-related community design policy, system, and environmental interventions, and any other data or information collected, such as:
 - plans;
 - community health needs assessments;
 - health status indicators;
 - state report cards;
 - health and safety risk and protective factors;
 - current land use; and,
 - rates of active transportation.
 - ◆ Review the responses for each module completed in the *Active Communities Tool Assessment Modules*. In general, the more items marked for a plan or policy, the stronger and more comprehensive it is. The items that remain unmarked represent potential opportunities for action.
- **Step 2:** *Brainstorm about potential gaps in your information. Consider the following questions.*
 - What additional data or information are needed?
 - What opportunities may exist for improvement?
 - ◆ What projects are being planned soon that could be potentially modified to



“Quick Builds” or Demonstration Projects

Quick Builds are temporary street modifications that improve conditions for active transportation and recreational physical activity.

Communities often want to invest in safe, accessible places for physical activity, but the perceived expense and timeframe may appear overwhelming. “[Quick Builds](#)” are a way to overcome these challenges because they provide a way to create safe, accessible places for physical activity in a reasonable timeframe at low cost.

Several features make them attractive for communities. Compared to permanent infrastructure modifications (e.g., building a sidewalk) they have several advantages:

- Quick installation and easy removal, if needed;
- Street improvements that do not require expensive infrastructure changes like moving storm drains or utility poles;
- Use of existing rights-of-way on streets and public spaces, which does not require land acquisition; and,
- Often become permanent when built with the right materials and properly maintained.

Quick Builds could take the form of a temporary bike lane, a community plaza, or a walking path.



Tip

Unlike quick builds, pop-ups are short-lived demonstration projects designed to get community input and other data over days to weeks and are made with less permanent materials than quick builds. Both are removable.

address identified priorities from the ACT modules and Action Plan?

- Where else can I engage community members and involve them in decision making processes?
- What opportunities may exist to address health equity?
 - ◆ Who and where are the priority populations and communities facing health inequities?
 - ◆ How are those communities determined?
 - ◆ How can this project and team work to reduce disparities in physical activity?
- **Step 3:** Create a list of all the potential opportunities for action or engagement based on all of the information gathered.
- **Step 4:** Decide on which opportunities to focus on or to prioritize from the list of potential opportunities identified. Consider the following questions:
 - Where could the biggest improvements be made?
 - What actions are likely to get support from decisionmakers and champions?
 - What actions are likely to get community support?
 - ◆ Where have investments historically not been made or resources not used that have created inequities in access to places to be active, or physical activity in general?
 - What actions are feasible?
 - What actions best align with the relevant transportation and other planning cycle(s) (e.g., year 5 of a 20-year plan)?
 - What actions best align with addressing community needs and preferences?
- **Step 5:** Develop your Action Plan based on those opportunities you prioritized.

Consider including the following elements in your Action Plan:

- Identify the issue(s) to be addressed and include a rationale for why the team selected this issue;
- Develop SMART (Specific, Measurable, Attainable, Realistic, Timely) objectives;
- Indicate the activities necessary to achieve each of the objectives;



Understanding Scope and Timeline for Strategic Action

Transportation and land use planning processes occur frequently at various geographic scales (e.g., single street corridors, neighborhood-wide, city-wide) and on various timeframes within your community. Understanding the planning cycles, processes, and timelines is key to identifying appropriate opportunities for action. For example, modifying a zoning ordinance adopted in the last six months may not offer the best opportunity for action, even if improvements would be beneficial for physical activity, because it was recently adopted. However, the regional planning authority may be in the process of revising their 30-year Comprehensive Plan which could offer an opportunity to incorporate language and concepts promoting activity-friendly routes to everyday destinations.



Tip

Consider including the [Active People, Healthy Nation design element](#) on your Action Plan, or language that indicates your Action Plan supports Active People, Healthy Nation, as a way to highlight your community's role in the national initiative to help Americans become more physically active.

- Indicate the timeline for each activity;
- Establish accountability for each objective and activity by identifying the responsible parties;
- Indicate the measure of success for each activity; and,
- Indicate how the team will address health equity and how the above elements will work to reduce barriers to physical activity and reduce inequities.

Once your team has drafted the Action Plan, consider how you will present it to the leadership of partnering organizations and agencies as well as to the community.

As part of any good cross-sectoral project, evaluation, planning for sustainability, and monitoring progress can benefit your action planning process. We encourage you to consider integrating these processes into your action planning process from the beginning. However, these components can be integrated into the Action Plan and addressed in the future if all components cannot be addressed at once.



RESOURCES

[Developing an Action Plan](#)

Evaluating Progress

Evaluating progress can help communities improve their abilities to take action and better understand the amount and specific type of changes needed to help their members become more physically active and address inequities in access to opportunities to physical activity. Evaluation is important to a data-informed community planning process.

The [CDC Framework for Program Evaluation](#) is a tool designed to summarize and organize essential elements of program evaluation. It encourages an approach to evaluation integrated with routine program operations. The emphasis is on practical, ongoing evaluation strategies that involve all program partners and community members, not just evaluation experts. This website also includes a variety of tools, resources, and self-guided training to support implementing the CDC Framework for Program Evaluation.



Why is evaluation important?

It is important for communities to track measures of progress, such as changes in public engagement or improvements in sidewalk quality or connections, as outcomes along the way to guide their progress. This helps to ensure activities are getting done as designed and allows for mid-course correction. Evaluation can also provide partners with information they need to continue supporting or allocating resources to the activity.



Tip

Be sure to evaluate your quick build! Quick builds provide valuable opportunities for gathering timely community feedback and input. For example, assessing vehicle speeds and pedestrian and bicyclist numbers and experiences before and after a modifiable change can allow your team to test the impact of the proposed change, helps identify what worked well or could be improved, and build awareness or support for the proposed change.

Integrating Improvements into a Lasting Community-Wide Effort

Sustainability is a community’s ongoing ability and determination to establish, advance, and maintain effective strategies and infrastructure that continuously improve health and quality of life for all.⁹ Sustainability is important because it creates and builds momentum to maintain community-wide changes by leveraging community assets and resources. Coalitions and community partners can be prepared to manage changes and challenges that arise during and after implementation to build foundations for long-term sustainability.



RESOURCES

[Sustaining the Effort](#)





References

1. U.S. Department of Health and Human Services. Step it up! The surgeon general's call to action to promote walking and walkable communities. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2015.
2. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.
3. Webber BJ, Yun HC, Whitfield GP. Leisure-time physical activity and mortality from influenza and pneumonia: a cohort study of 577 909 US adults. *Br J Sports Med.* 2023 Oct;57(19):1231-1237.
4. Hill AL, Whitfield G, Morford M, Okasako-Schmucker D, So CN, Wassef M, et al. Brief summary of findings on the association between physical inactivity and severe COVID-19 outcomes. Accessed May 25, 2023. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/Brief-Summary-of-Findings-on-the-Association-Between-Physical-Inactivity-and-Severe-COVID-19-Outcomes.pdf>
5. Whitfield GP, Ussery EN, Saint-Maurice PF, Carlson SA. Trends in Aerobic Physical Activity Participation Across Multiple Domains among US adults, National Health and Nutrition Examination Survey 2007/2008 to 2017/2018. *JPAH.* 2021 Jul; 18(S1): S64-S73.
6. Whitfield GP, Hyde ET, Carlson SA. Participation in leisure-time aerobic physical activity among adults, National Health Interview Survey, 1998-2018. *JPAH.* 2021 Jul; 18(S1):S25-S36.
7. Centers for Disease Control and Prevention, National Center for Health Statistics. National Health Interview Survey. <https://health.gov/healthypeople/objectives-and-data/data-sources-and-methods/data-sources/national-health-interview-survey-nhis>. Increase the proportion of adults who do enough aerobic and muscle-strengthening activity — PA05 - Healthy People 2030 | health.gov. National Health Interview Survey, NCHS/CDC
8. Bauman A.E., Reis R.S., Sallis J.F., Wells J.C., Loos R.J., Martin B.W. Correlates of physical activity: Why are some people physically active and others not? *Lancet.* 2012;380:258–271. doi: 10.1016/S0140-6736(12)60735-1 66.
9. Thornton CM, Conway TL, Cain KL, Gavand KA, Saelens BE, Frank LD, Geremia CM, K. Glanz, A.C. King, et al. Disparities in pedestrian streetscape environments by income and race/ethnicity. *SSM Popul. Health,* 2 (2016), pp. 206-216.
10. Omura J, Hyde E, Whitfield G, Hollis N, Fulton J, Carlson S. Differences in perceived neighborhood environmental supports and barriers for walking between US adults with and without a disability. *Preventive Medicine.* 2020;134.
11. King AC, Castro C, Wilcox S, Eylar AA, Sallis J F, & Brownson R C. Personal and environmental factors associated with physical inactivity among different racial–ethnic groups of U.S. middle-aged and older-aged women. *Health Psychology.* 2000. 19(4), 354–364

12. Wilson DK, Kirtland KA, Ainsworth BE, et al. Socioeconomic status and perceptions of access and safety for physical activity. *Behav. Med.* 2004;28:20–28.
13. Moore JB, Brinkley J, Crawford TW, Evenson KR, Brownson RC. Association of the built environment with physical activity and adiposity in rural and urban youth. *Prev Med.* 2013;56(2):145-8.
14. Parks SE, Housemann RA, Brownson RC. Differential correlates of physical activity in urban and rural adults of various socioeconomic backgrounds in the United States. *J Epidemiol Community Health.* 2003; 57:29-35.
15. Wilcox S, Castro C, King AC, Housemann R, Brownson RC. Determinants of leisure time physical activity in rural compared with urban older and ethnically diverse women in the United States. *J Epidemiol Community Health.* 2000;54:667-672.
16. Brownson RC, Baker E, Housemann R, et al..Environmental and policy determinants of physical activity in the United States. *Am J Public Health.* 2001;91:1995–2003.
17. Giles-Corti B, Donovan RJ. Socioeconomic status differences in recreational physical activity levels and real and perceived access to a supportive physical environment. *Prev Med.* 2002. 35:601-611.
18. Estabrooks PA, Lee RE, Gyurcsik NC. Resources for physical activity participation: does availability and accessibility differ by neighborhood socioeconomic status?. *Ann Behav Med.* 2003;25(2):100-104.
19. Moore LV, Diez Roux AV, Evenson KR, McGinn AP, Brines SJ. Availability of recreational resources in minority and low socioeconomic status areas. *Am J Prev Med.* 2008;34(1):1-22.
20. Saporito S, Casey D. Are there relationships among racial segregation, economic isolation, and proximity to green space? *Human Ecology Review.* 2015;21(2):113-132.
21. Whitfield GP, Carlson SA, Ussery EN, Watson KB, Brown DR, Berrigan D, Fulton JE. Racial and ethnic differences in perceived safety barriers to walking, United States National Health Interview Survey - 2015. *Prev Med.* 2018 Sep;114:57-63. doi: 10.1016/j.ypmed.2018.06.003. Epub 2018 Jun 9. PMID: 29894716.
22. National Complete Streets Coalition, Smart Growth America. Dangerous by design 2021. Available at: <https://smartgrowthamerica.org/dangerous-by-design/>. Accessed August 6, 2021
23. Marshall WE, Piatkowski PE, Garrick NW. Community design, street networks, and public health. *J Transport Health.* 2014;1:326–340
24. Community Preventive Services Task Force. The Guide to Community Preventive Services website: Physical Activity. <https://www.thecommunityguide.org/pages/task-force-findings-physical-activity.html>. Accessed July 20, 2019.. Accessed July 20, 2019.
25. Community Preventive Services Task Force. The Guide to Community Preventive Services website. Physical Activity: Creation of or Enhanced Access to Places for Physical Activity Combined with Informational Outreach Activities. <https://www.thecommunityguide.org/findings/physical-activity-creation-or-enhanced-access-places-physical-activity-combined.html>
26. Fulton JE, Buchner DM, Carlson SA, Borbely D, Rose KM, O’Conner AE, Gunn JP, Peterson R. CDC’s Active People, Healthy Nation: Creating an Active America, Together. *Journal of Physical Activity and Health.* 2018; 15: 469-473.



Appendices



Appendix A:

The Active People, Healthy Nation Active Communities Tool Assessment Modules

The [Active People, Healthy Nation Active Communities Tool Assessment Modules](#) [entire tool]

Activity-Friendly Routes

- **Module 1:** Street Design and Connectivity
- **Module 2:** Infrastructure to Accommodate Pedestrians and Bicyclists
 - **Module A:** Infrastructure to Accommodate Pedestrians and Bicyclists
 - **Module B:** Infrastructure to Accommodate Pedestrians
 - **Module C:** Infrastructure to Accommodate Bicyclists
- **Module 3:** Public Transportation

Everyday Destinations

- **Module 4:** Land Use Planning
- **Module 5:** Parks and Recreational Facilities
- **Module 6:** Schools



Appendix B:

Brief Overviews of Each Module in the Active Communities Tool Assessment Modules

ACTIVITY-FRIENDLY ROUTES

Module 1: Street Design and Connectivity

- **Context**—Communities can create or modify street networks (e.g., the ways in which everyday destinations connect) to influence how people choose to travel (e.g., walking, bicycling, driving) and the frequency of trips.
- **Type of information**—assesses the plans, policies, and resources your community uses to design the physical roadway network. For example, regulations or zoning codes, street connectivity, and plans for existing and future streets constructed by the community and through future development.
- **Who to involve**—technical experts with knowledge of the community’s zoning policies and codes and subdivision regulations; specifically experts in planning, transportation, and public works. Community members with lived experience and/or who are directly affected by health inequities.
- **Approximate time to complete**—30 minutes.

Module 2: Infrastructure to Accommodate Pedestrians and Bicyclists

- **Context**—Communities can increase walking and bicycling through separate, dedicated bicycle and pedestrian facilities such as bicycle paths and walking trails.
- **Type of information**—assesses the plans, policies, environments, and resources for infrastructure to accommodate pedestrians and bicyclists, including shared-use paths, both paved (e.g., sidewalks) and unpaved (e.g., trails), bicycle lanes, wide paved shoulders, bicycle routes, and sidewalks.
- **Who to involve**—technical experts with knowledge of the community’s pedestrian and bicycle infrastructure plans, policies, and resources; specifically experts in planning, transportation, and public works. Community members with lived experience and/or who are directly affected by health inequities.

- **Approximate time to complete**—150 minutes (if all sections of Module 2 are completed).

Module 3: Public Transportation

- **Context**—Public transportation systems provide opportunities for increased physical activity in the form of walking or bicycling on either end of the trip (e.g., from home to bus stop or from train stop to office).
- **Type of information**—assesses the plans, policies, environments, and resources devoted to public transportation, including public transit infrastructure and access.
- **Who to involve**—technical experts with knowledge of the community’s planning, transportation, and public transit plans, policies, and resources; specifically experts in planning, transportation, and public transit. Community members with lived experience and/or who are directly affected by health inequities.
- **Approximate time to complete**—30 minutes.



EVERYDAY DESTINATIONS

Module 4: Land Use Planning

- **Context**—Land use refers to how land is used and what is built on it. Mixed-use and compact development (i.e., combining restaurants, offices, or shops with varied housing options) creates shorter distances for walking and biking.
- **Type of information**—assesses the plans, policies, and resources that specify and determine development and future land use; for example, mixed land use, proximity to destinations, residential density.
- **Who to involve**—technical experts with knowledge of the community’s planning, transportation, and engineering plans, policies, and processes (for example, comprehensive/master plans, subdivision regulations, and zoning codes); specifically experts in land use and transportation planning and engineers. Community members with lived experience and/or who are directly affected by health inequities.
- **Approximate time to complete**—60 minutes.

Module 5: Parks and Recreational Facilities

- **Context**—Public parks and recreation facilities play an important role in increasing physical activity. They provide places for individuals to walk or bicycle, and many have specific

facilities for sports and other types of physical activities. Having access to places for physical activity, such as parks and trails, encourages community residents to participate in physical activity and do so more often. Park proximity plays an important role in promoting higher levels of park use and physical activity among diverse populations, particularly for youth. They are important resources for physical activity in low income and racial/ethnic communities.

- **Type of information**—assess the plans, policies, environments, and resources for park and recreational facility access.
- **Note:** Due to the focus of the Guide, this module covers the plans, policies, environments, and resources for park and recreational facility access. The quality of the park or programming available in the park and recreational facility are not addressed. These are important factors to consider but are beyond the scope of this tool.
 - Additional Parks and Recreation resources:
 - ♦ [Community Guide Recommendations for Parks, Trails, and Greenways](#)
 - ♦ [National Recreation and Park Association’s Active Parks! Implementation Guide](#)
 - ♦ [A Framework for Assessing Equitable Health Outcomes of Parks](#)



- **Who to involve**—technical experts with knowledge of the community’s parks and recreation and planning policies, plans, and resources; specifically experts in parks and recreation and planning. Community members with lived experience and/or who are directly affected by health inequities.
- **Approximate time to complete**—40 minutes.

Module 6: Schools

- **Context**—Schools are important destinations to consider when trying to increase physical activity among children. Active travel to school interventions and programs make it easier for children to commute to school actively (e.g., walking or bicycling). These interventions improve the physical and social safety of common routes to school or by promoting safe pedestrian behaviors. In the United States, the most used active travel to school intervention is [Safe Routes to School \(SRTS\)](#). SRTS encourages increased student physical activity through safe and active transport to and from school.
- **Type of information**—assesses the plans, policies, environments, and resources specific to school siting; the community design outside of the school; and connecting the school with other places.

- **Special notes on this module:**
 - Due to the focus of the Guide, this module covers plans, policies, environments, and resources specific to school location or siting, and connecting the school with other places. Physical activity or physical education policies, or the quality of the programming within the school are not addressed.
 - For engineering-related plans, policies, and resources for improving the community design around schools to promote walking and bicycling, consult Module 2: Infrastructure to Accommodate Pedestrians and Bicyclists.
 - Responses should be based on one school district. If more than one school district is of interest, consider completing the module separately for each district.
- **Who to involve**—technical experts with knowledge of the school district’s plans and policies; specifically experts in the school district, planning, facilities management, and transportation. Community members with lived experience and/or who are directly affected by health inequities.
- **Approximate time to complete**—30 minutes.



Appendix C:

Glossary

Active transportation: transportation such as walking or using a bicycle, tri-cycle, velomobile, wheelchair, scooter, skates, skateboard, push scooter, stroller, trailer, hand cart, shopping car, or similar electrical devices. For the purposes of this report, active transportation will generally refer to walking, bicycling, and wheelchair rolling, the three most common methods.

Activity-friendly route: a route that is a direct and convenient connection with everyday destinations, offering physical protection from cars, and making it easy to cross the street.

Bicycle facility: A general transportation term to describe improvements and provisions to accommodate or encourage bicycling, including parking and storage facilities, and shared roadways specifically designated for bicycle use.

Community design: The buildings, roads, utilities, homes, fixtures, parks and all other man-made entities that form the physical characteristics of a community.

Community engagement: Equitable and inclusive community engagement is an ongoing and proactive process of working collaboratively with groups of people in a community to build relationships and capacity, create solutions and foster a sense of ownership of the actions being taken.

Comprehensive plan: The adopted official statement of a governing body of a local government that sets forth (in words, maps, illustrations, and/or tables) goals, policies, and guidelines intended to direct the present and future physical, social, and economic development that occurs within its planning jurisdiction and that includes a unified physical design for the public and private development of land.

Everyday destination: places people can get to by walking, bicycling, or public transit. This can include their home, grocery stores, schools, worksites, libraries, parks, restaurants, cultural and natural landmarks, or health care facilities.

Land use: regulation about how the land can be used, specifically the occupation or use of land or water area for any human activity or purpose.

Mixed land use: Development that blends

residential, commercial, cultural, institutional, or entertainment uses, where those functions are physically and functionally integrated, and that provides pedestrian and bicycle connections.

Pedestrian facility: A general transportation term to describe infrastructure and support equipment that accommodates pedestrians, such as sidewalks, curb ramps, shared use paths, crosswalk, signals, and signs.

Residential density: the number of dwelling units in any given area.

Street connectivity: Refers to the directness of links and the density of connections in a street network. A well-connected network has many short links, numerous intersections, and minimal dead ends.

Zoning: Local codes regulating the use and development of property within specific categories.



Appendix D:

Resources

Additional resources by subject area can be found on the [Increasing Physical Activity Through Community Design strategy page](#).

Disclaimer: The views and recommendations expressed in this report, as well as on the hosting website, do not necessarily reflect the official policies and views of the Department of Health and Human Services.

GENERAL RESOURCES

Benefits of Physical Activity and Community Design for Physical Activity

[Create Thriving, Activity-Friendly Communities](#)

This site provides a collection of resources and research to help public health practitioners, decision makers, and community members make the business case for improving the built environment.

[Fact Sheets & Infographics | Physical Activity](#)

This site provides information and resources about the benefits of physical activity and walking.

[Improving Social Connectedness in Communities](#)

This site provides information for public health and other organizations to encourage/foster/increase social connection within a community through public education, evidence-based programs and services, research, and the promotion of healthy lifestyles.

[Physical Activity Guidelines for American, 2nd Edition](#)

This resource provides evidence-based guidance to help Americans maintain or improve their health through physical activity.



Step it Up! The Surgeon General’s Call to Action to Promote Walking & Walkable Communities

This resource recognizes the importance of physical activity for people of all ages and abilities and calls for improved access to safe and convenient places to walk and wheelchair roll through five strategic goals that promote walking and walkable communities in the United States.

Community Design for Physical Activity and Health Equity

Equity in Zoning Policy Guide

This guide prioritizes reversing and alleviating the disproportionate impacts of zoning. It also provides community planners with solutions to boost housing supply, production, and fairness.

Healthy, Equitable Transportation Policy

This report shows that transportation policy is health policy. It summarizes opportunities for creating transportation systems that promote health and equity.

Pursuing Equity in Pedestrian and Bicycle Planning

This document defines transportation equity-related terms in the context of planning for bicycle and pedestrian facilities and programs. It summarizes research findings related to the travel needs of traditionally underserved populations, and shares strategies, practices, and resources to address bicycle and pedestrian planning inequities.

Shared Spaces & Health Equity

This resource highlights a diverse range of experiences related to public space and mobility interventions during the pandemic, considers various emerging equitable approaches to mobility and active transportation, and provides lessons learned.

Strategies for Advancing Implementation of Equitable Transportation and Land Use Policies

This resource provides organizations with methods and strategies for building community power to advance equitable implementation of transportation and land use policies.

The State of Transportation and Health Equity

This field scan identifies six critical areas to advance health equity through transportation.



Health Equity

[CDC's Health Equity Guiding Principles for Inclusive Communication](#)

This guide emphasizes the importance of addressing all people inclusively and respectfully. It provides several principles intended to help public health professionals, particularly health communicators ensure their communication products and strategies adapt to the specific cultural, linguistic, environmental, and historical situation of each population or audience of focus.

[CDC's Practitioner's Guide for Advancing Health Equity and Preventing Chronic Disease](#)

This guide provides lessons learned from evidence- and practice-based strategies to maximize the effect of policy, systems, and environmental improvement strategies to reduce health disparities and advance health equity.

[Conducting Intensive Equity Assessments of Existing Programs, Policies, and Processes](#)

This document is a resource to help organizations conduct intensive equity assessments.

Community Engagement and Cross-Sector Coalitions

[CDC's Practitioner's Guide for Advancing Health Equity and Preventing Chronic Disease](#)

This guide provides lessons learned from evidence- and practice-based strategies to maximize the effect of policy, systems, and environmental improvement strategies to reduce health disparities and advance health equity.



Fostering Healthy Communities Through Planning and Public Health Collaboration

This fact sheet shows how planners and public health professionals can work together to create healthy communities.

Health in All Policies: Experiences from Local Health Departments

This report provides key findings from a qualitative assessment examining the opportunities presented by a Health in All Policies approach. It can inform cross-sector collaboration, which affects how public health professionals coordinate efforts in communities, and in many cases, transforms organizational strategies for local governments.

Mobilizing Community Partnerships in Rural Communities

This guide describes how rural communities can develop and maintain partnerships and provides stories from the field. It consolidates lessons learned to identify essential elements of a partnership that organizations can translate into focused solutions for their rural communities.

Mobilizing for Action through Planning and Partnerships (MAPP)

MAPP is a community-driven strategic planning tool for improving community health. Public health leaders can use it to help communities use strategic thinking to prioritize public health issues and identify resources to address them.

National Recreation and Parks Association's Community Engagement Resource Guide

This guide gives park and recreation professionals a roadmap for using equitable and inclusive strategies to plan, design, build, and maintain park projects and plans. It includes an internal assessment tool, community engagement strategies, and an evaluation framework.

Principles of Community Engagement (Second Edition)

This guide provides tools to improve population health through community engagement. Public health professionals, health care providers, researchers, and community-based leaders and organizations can use it for both scientific and practical guidance about engaging partners in projects.

The Collaboration Multiplier

This resource is an interactive framework and tool for analyzing collaborative efforts. It is designed as a guide for organizations to understand which partners it needs and how to engage them.



Resources for Auditing Walking and Bicycling Conditions

[Community Walking and Bicycling Audit Tool \(wisconsin.gov\)](https://www.wisconsin.gov)

This is a tool community members and organizations can use to conduct community walking and biking audits.

[How to Conduct a Walk Audit in Your Community—Quick Video Guide for Assessing Your Neighborhood Walkability](#)

This site provides a video and some helpful tools for planning and conducting walk audits.

[Let's Go For A Walk: A Toolkit for Planning and Conducting a Walk Audit](#)

This is a toolkit for planning and conducting a walk audit. It provides the tools to hold walk audits that will help community members and organizations understand the safety and walkability of their community.

[Pedestrian & Bicycle Information Center \(pedbikeinfo.org\)](https://pedbikeinfo.org)

This site provides a variety of tools used to assess the safety of bicycle or pedestrian facilities.

[Toolkit for the Assessment of Bus Stop Accessibility and Safety](#)

This toolkit is designed to help transit agency and public works department staff who are responsible for bus stop design and placement. It is a resource that can be used to enhance the accessibility of specific bus stops or help in the development of a strategic plan to achieve system-wide accessibility.

[Walk Audit Tool Kit](#)

This toolkit is designed to help community members and organizations learn how to assess and report on the safety and walkability of a street, intersection or neighborhood.





Resources for Developing an Action Plan

[Creating Walkable and Bikeable Communities](#)

This resource provides an in-depth review of context, strategies, and relevant policies to implement and promote in local community contexts to increase active transportation and physical activity. It also includes additional resources from federal agencies and non-governmental organizations as well as frameworks for assessing and evaluating community-level impacts.

[MAPP Action Plan Resources](#)

Phase 6 of the MAPP strategic planning tool describes an action cycle that links planning, implementation, and evaluation of a community's strategic plan. It includes a section on creating an Action Plan, including templates and worksheets, that offer guidance on developing and implementing an Action Plan for addressing priority goals and objectives. See also the [MAPP Resource Guide for Disability Inclusion](#) on how the MAPP process can be inclusive of people with disabilities.

Resources for Sustaining the Effort

[CDC Sustainability Planning Guide for Healthy Communities](#)

This guide is a synthesis of science- and practice-based evidence designed to help coalitions, public health professionals, and other community partners develop, implement, and evaluate a successful sustainability plan. The guide provides a process for sustaining policy strategies and related activities; introduces various approaches to sustainability; and demonstrates sustainability planning in action with real-life examples. See also the [Community Health Inclusion Sustainability Planning Guide](#), a supplement to the *CDC Sustainability Planning Guide for Healthy Communities* and may be used in conjunction with it to ensure inclusion for every community member regarding health initiatives in a community.

STREET PATTERN DESIGN AND CONNECTIVITY

Building Healthy Corridors

This report provides real-world examples of successfully creating healthy corridors including project profiles and lessons learned. It is a resource and reference for those undertaking corridor redevelopment efforts and highlighting the importance of health in decision-making processes.

Divided by Design

This report discusses how placement of Interstate Highway Systems have exacerbated health inequities for certain populations and reduced accessibility to everyday destinations. This report shares policy solutions for decision makers in how to address and reduce these inequities. (Disclaimer: The views and recommendations expressed in this report, as well as on the hosting website, do not necessarily reflect the official policies and views of the Department of Health and Human Services.)

Framework for Better Integrating Health into Transportation Corridor Planning

This framework highlights specific activities that can inform transportation decisions at each step of the corridor planning process. These activities can help planners support healthy outcomes while improving the transportation system. The document includes real-world case examples from across the country.

Low-Stress Bicycling and Network Connectivity

This report proposes a set of criteria for classifying road segments by levels of traffic stress. Stress classification and stress mapping can help communities target limited resources to areas in need to the widest possible segment of the population with safe and direct routes between origins and destinations.

Urban Street Design Guide

This guide outlines a clear vision for Complete Streets and guidance for their implementation. It includes a toolbox and tactics that cities can use to make streets safer and more accessible.



PEDESTRIAN-ONLY INFRASTRUCTURE

Improving the Pedestrian Environment Through Innovative Transportation Design

This report contains a sample of ways transportation professionals and citizens have brought walking back into focus, not only in the capital budgets of government agencies, but also in the lives of citizens in communities large and small. The real-world case studies may be of particular interest.

Local Policies and Practices That Support Safe Pedestrian Environments

This document contains tools and strategies to improve the safety, convenience, and accessibility of the pedestrian experience for a range of contexts (e.g., geography, community size, weather, demographics, and regulatory requirements) and development conditions (e.g., new and infill development, street reconstruction, and retrofitting). The Implementation Section in Chapter 2, the specific Case Studies in Chapter 3, and the summary of Implementation Challenges and Strategies in Chapter 4 may be of value.

BICYCLE-ONLY INFRASTRUCTURE

Equity of Access to Bicycle Infrastructure

This document focuses on ways to inform structural change to the decision-making processes. It shows how geographic information system (GIS) can identify those who benefit from current bicycle networks and those who do not.

Getting the Wheels Rolling: A Guide to Using Policy to Create Bicycle Friendly Communities

This guide provides a toolkit for decision-makers, government officials, community groups, and others interested in making all types of communities more bicycle friendly. It can help communities make changes that will allow residents to enjoy bicycling to work, to school, and around town. The four-part breakdown of critical elements, with supporting examples, may be especially useful.



Separated Bike Lane Planning and Design Guide

This guide is a resource for project planners and designers who are considering, evaluating, and designing separated bike lanes as part of a [Complete Streets](#) approach. It also includes a menu of design recommendations for several key components of safe, comfortable, and connected bike networks that can attract people of all ages and abilities to bicycling.

Urban Bikeway Design Guide

This guide provides cities with state-of-the-practice solutions that can help create Complete Streets that are safe and enjoyable for bicyclists. The set of required, recommended, and optional elements listed in the guide provide useful input for communities to tailor their efforts to their specific conditions.

PUBLIC TRANSPORTATION

Linking Transit Agencies and Land Use Decision Making: Guidebook for Transit Agencies

This guide outlines the process for building a transit-supportive community and includes related case studies. It can help transit agencies better address connections among transit, land use planning, and development decisions. It addresses improved transit and land use by providing transit agencies with tools for better communication at the decision-making table.

Planning for Transit-Supportive Development: A Practitioner's Guide

This toolkit provides guidance for integrating transit planning with local land use planning that can help metropolitan planning organizations (MPOs), regional planners, transit agencies, and local government elected officials, staff, land use planners, and transit planners. The best practices and success stories provide useful real-world examples for consideration and offer ideas for planners at every level on how to integrate transit-supportive development and investments.

Transit Street Design Guide

This document provides design guidance for developing transit facilities on city streets and designing and engineering streets to prioritize transit, improve transit service quality, and support other transit-related goals. It also provides transportation departments, transit agencies, leaders, and practitioners with tools to prioritize transit. The guide includes case studies from a variety of communities.



LAND USE, DENSITY, AND DESTINATION

Healthy Plan Making—Integrating Health into the Comprehensive Planning Process

This report identifies how comprehensive planning strategies can promote long-term community health. It includes recommendations, action steps, and methods for integrating health into the comprehensive planning process.

Statewide Transportation Planning for Healthy Communities

This report illustrates how state departments of transportation (state DOTs) can consider health in transportation planning and programs. It presents a flexible model for state DOTs to integrate public health considerations into their transportation planning and decision-making. It also includes a summary of relevant policies and resources, five innovative practice case studies, and a synthesis of findings and observations.

Tools and Practices for Land Use Integration—Linking Planning and Public Health

This document offers examples of collaboration to develop effective planning tools, policies, and incentives. Land use, transportation, and health-related decisions involve a range of factors and agencies at different organizational levels.

Zoning to Improve Health and Promote Equity

This article discusses how communities can use zoning and other development regulations to promote healthy living environments. It also provides suggestions to help communities reestablish health in planning and zoning.



PARKS AND RECREATIONAL FACILITY ACCESS

Improving Public Health through Public Parks and Trails—Eight Common Measures

This summary presents eight common measures that connect park and trail planning to public health goals. Communities can apply these measures to plan, evaluate, monitor, manage, and promote public parks and trail systems at all levels.

Parks, Trails, and Health Workbook: A Tool for Planners, Parks and Recreational Professionals, and Health Practitioners

This is a guide for incorporating public health considerations in the development and improvement of a park or trail. It can help start collaborative discussions about the health benefits of parks and trails and prepare for a health impact assessment (HIA). It includes information to help users find health data and learn about completed HIAs that included parks, trails, or greenways, along with two case studies.

Safe Routes to Parks Action Framework

This framework summarizes best practices backed by research and consensus among national organizations. It can help guide local governments to engage leaders and community members in policies and practices that support safe and equitable access to parks.

Safe Routes to Parks: Improving Access to Parks through Walkability

This report summarizes the obstacles limiting walkability to parks and identifies the essential elements of a safe route to a park. It can help communities assess barriers to walkability, determine the key partners responsible for creating safe routes to parks, and identify strategies to build awareness of the importance of walkability. It also describes two initiatives that are improving safe routes to parks.



CROSS-CUTTING

[A Resident's Guide for Creating Safer Communities for Walking and Biking](#)

This guide includes information on identifying problems, taking action to address concerns, and finding solutions to improve safety for pedestrians and bicyclists. It also contains community success stories and tips for replicating efforts to help residents, parents, community association members, and others get involved in making communities safer.

[Model Policies Guide](#)

This resource from Smart Growth America highlights 15 policy levers across transportation, land use, and built form areas to help communities implement policy changes to promote activity-friendly routes to everyday destinations. (Disclaimer: The views and recommendations expressed in this report, as well as on the hosting website, do not necessarily reflect the official policies and views of the Department of Health and Human Services.)

[Pedestrian and Bicycle Transportation Along Existing Roads—ActiveTrans Priority Tool Guidebook](#)

This guide presents a tool that may be used to help prioritize improvements to pedestrian and bicycle facilities, either separately or together, as part of a Complete Streets evaluation approach.

[Safe Routes for Older Adults Guide](#)

This guide provides communities with background information on walking and bicycling safety for older adults. It also provides tools to make transportation in communities friendly for all ages.

[Small Town and Rural Multimodal Networks](#)

This guide provides transportation practitioners and other partners in small towns and rural communities on how to apply national design guidelines in a rural setting. It includes case studies and focuses on how rural communities can make gradual improvements and contribute to innovation despite geographic and fiscal challenges.



Transportation and Health Tool

This tool provides easy access to data that practitioners can use to examine the health impacts of transportation systems. It includes data on a set of transportation and public health indicators for each US state and metropolitan area that describe how the transportation environment affects safety, active transportation, air quality, and connectivity to destinations.

Transportation Safety Planning

This resource from the Federal Highway Administration introduces transportation planning for safety planners, partners, and other community members.

SELECT DATA SOURCES FOR ACTION

Advancing Racial Equity through Federally Funded Public Transit, Bicycle, and Pedestrian Projects

This guide provides suggested indicators, data sources, and tools that local governments or organizations interested in advancing equity through public transit, bicycle, and pedestrian projects can use.

Benchmarking Report By the League of American Bicyclists—Bicycling and Walking in the United States (bikeleague.org)

This report has data on bicycling and walking and the public policy that supports creating a healthy, active America through bicycling and walking in the United States. It contains national data, data from all 50 states, and data from 76 selected large cities.

CDC—Data & Benchmarks—Community Health Assessment

This site contains data that can help state, tribal, local, and territorial health departments and other organizations as they develop community health assessments and health improvement plans.



[CDC/ATSDR's Social Vulnerability Index](#)

This resource from CDC/ATSDR provides interactive data and related materials on levels of social vulnerability across the United States. These data are informed by 16 U.S. census variables to identify areas of greater need during disasters and emergency response. However, these data may also be used to identify areas of need and where the greatest health disparities exist to tailor interventions and Action Plans.

[Dangerous By Design 2024](#)

This report ranks states and metropolitan areas around the country using Smart Growth America's "Pedestrian Danger Index" which measures how deadly it is for people to walk. (Disclaimer: The views and recommendations expressed in this report, as well as on the hosting website, do not necessarily reflect the official policies and views of the Department of Health and Human Services.)

[Environmental Justice Index \(EJI\) Indicators \(cdc.gov\)](#)

This is the first national, place-based tool designed to measure the cumulative impacts of environmental burden through the lens of human health and health equity. It delivers a single score for each community so that public health officials can identify and map areas most at risk for the health impacts of environmental burden. Social factors such as poverty, race, and ethnicity, along with preexisting health conditions may increase these impacts.

[Making Strides: 2022 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities | Safe Routes Partnership](#)

This resource provides a snapshot of how supportive each state is of walking, bicycling, rolling and active kids. It focuses on state policies in four areas: Complete Streets and Active Transportation Policy and Planning, Federal and State Active Transportation Funding, Safe Routes to School Funding and Supportive Practices, and Active Neighborhoods and Schools.

[National Walkability Index](#)

This index is a nationwide geographic data resource that ranks block groups according to their relative walkability.





US Department of Health and Human Services
Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity