

Active Transportation Important for Health, says CDC

The Centers for Disease Control released their **Recommendations for Improving Health through Transportation Policy** yesterday on their website www.cdc.gov/transportation

The policy states that:

Expanding the availability of, safety for, and access to a variety of transportation options and integrating health-enhancing choices into transportation policy has the potential to save lives by preventing chronic diseases, reducing and preventing motor-vehicle-related injury and deaths, improving environmental health, while stimulating economic development, and ensuring access for all people.

The policy supports transportation policies that expand public transportation, promote active transportation, and make our roads safer and more accessible for all users – including bicyclists and pedestrians of all ages and abilities. The policy recommends healthy community design, including complete streets and connecting transit with biking and walking networks. It also calls for increased government investment for bicycling, walking and the Safe Routes to School Program.

This is an important step in recognizing the role transportation systems can play in our nation's health safety.

Please read the policy and say thank you to Health and Human Services Secretary Kathleen Sebelius (on her facebook page or at Kathleen.sebelius@hhs.gov) and CDC Director, Thomas R. Frieden (at Tomfrieden@cdc.gov).

Tell them:

Thank you for the CDC's **Recommendations for Improving Health through Transportation Policy**. I appreciate that the CDC policy promotes a transportation system that encourages Americans to get moving and get healthy. The actions you recommend, including the promotion of active transportation, greatly support the DOT's emphasis on safety and livability. Thank you again for highlighting the connection between our nation's health and its transportation system.

Thank you for your help supporting our champions in the Administration! The momentum for walkable and bikeable communities keeps on growing!