

WHAT ARE ACTIVE LIVING COMMUNITIES?

Active living communities are places where it is easy to integrate physical activity into daily routines.

In an active community there:

- Is a system or network for non-motorized transportation that connects the area and provides opportunities for many, varied destinations.
- Are residents walking and bicycling!



What are the Benefits of an Active Living Community?

Besides creating physical activity and overall health and well-being, there are many benefits from crafting and maintaining an active living community.

- Economic - Stronger economies develop as evidence by an increase in real estate values and business growth.
- Environmental- Reduced air and water pollution results from using non-motorized transportation.
- Greater Social Equity - Convenient and safe opportunities become available for all citizens to be active.
- Increased Safety- Fewer crashes and pedestrian deaths occur from reducing traffic speeds and/or street volume.
- Enhanced Community Connections- Stronger ties to the community and increased social interaction develop as residents come into contact with one another on a regular basis.

To read success stories from state and local leaders go to http://www.activeliving.org/files/HealthyCommunityDesign_ALL.pdf



STATE OBESITY TASK FORCE

MISSION: Working toward prevention and reduction of obesity for a healthier Alabama

RESOURCES FOR CREATING ACTIVE LIVING COMMUNITIES

Promoting Active Communities: This site has an online assessment that evaluates the built environments, policies, and programs relating to promoting and supporting physical activity.

www.mihealthtools.org/communities

Creating Walkable Communities: This national resource fosters walkable communities by engaging, educating, and connecting walking advocates.

www.americawalks.org

Complete Streets: A guide to building road networks and sidewalks that are safer, more livable, and welcoming to everyone is outlined.

www.completestreets.org

Streets Wiki: A community-created, online encyclopedia for transportation, provides information on urban, environmental, and public space issues.

www.livablestreets.com/streetswiki

National Safe Routes to School: Information on this web site enables community leaders, schools, and parents across the United States to improve safety and encourage more children to safely walk and bicycle to school.

www.saferoutesinfo.org

Walkable Communities: The purpose of this web site is to help large and small cities, neighborhoods, school districts, parks and roadway corridors to improve transportation efficiency and create whole, healthy, happy lives.

www.walkable.org

Active Living by Design: Active Living by Design strives to create community-led change by working with local and national partners to build a culture of active living and healthy eating.

www.activelivingbydesign.org

Rails-to-Trails Conservancy: The mission to create a nationwide network of trails from former rail lines and to connect corridors in order to build healthier places for healthier people is outlined.

www.railtrails.org

National Center for Bicycling & Walking: This organization works to build stronger communities by ensuring that people of all ages and abilities can walk and bike easily, safely, and regularly.

www.bikewalk.org

Healthy Communities Projects Toolkit: This toolkit from the Washington State Department of Health Nutrition and Physical Activity Program provides lessons learned, community assessments, action planning, and evaluating community interventions for increasing activity

http://www.doh.wa.gov/CFH/NutritionPA/our_communities/healthy_communities_projects/toolkit/default.htm

Also see the Preventing Chronic Disease article: *A Framework for Developing Evaluation Tools Used in Washington State's Healthy Communities Projects*

www.cdc.gov/pcd/issues/2006/apr/05_0097.htm