

# The Surgeon General is Calling on **Transportation, Land Use, and Community Design Planners** to Step it Up!

- 👣 Physical activity is one of the most important things Americans can do to improve their health.
- 👣 Walking is an easy way to start and maintain a physically active lifestyle.
- 👣 Walkable communities make it easier for people of all ages and abilities to be active.
- 👣 Communities can benefit from safe and convenient places to walk.

All Americans use roads, and most people across the country use sidewalks and live in communities that have planned how their land will be used. As transportation, land use, and community design planners, you have the power to increase opportunities for walking and improve the pedestrian experience by changing the design of communities and streets to make them safe and accessible for all ages and abilities.

---

## The transportation, land use, and community design sector can promote walking and walkable communities through the following strategies:

### **Design and maintain streets and sidewalks so that walking is safe and easy.**

- 👣 Design streets, sidewalks, and crosswalks that encourage walking for people of all ages and abilities.
- 👣 Improve traffic safety on streets and sidewalks.
- 👣 Keep existing sidewalks and other places to walk free from hazards.

### **Design communities that support safe and easy places for people to walk.**

- 👣 Adopt community planning, land use, development, and zoning policies and plans that support walking for all ages and abilities.
- 👣 Locate schools, worksites, businesses, parks, recreational facilities, and other places people regularly use within walkable distances of each other.
- 👣 Support safe, efficient, and easy-to-use public transit systems and transit-oriented development.

### **Promote community policies and programs that make it safe and easy for residents to walk.**

- 👣 Provide safe and convenient access for all users to community locations that support walking, such as walking trails, parks, recreational facilities, and college campuses.



Learn to **support walking and walkability** in your community by visiting  
**[www.SurgeonGeneral.gov](http://www.SurgeonGeneral.gov)**

