

# Walking



## A Pedestrian Approach

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# If Pedestrians had Clout

<http://www.pedestrians.org/cartoon.htm>

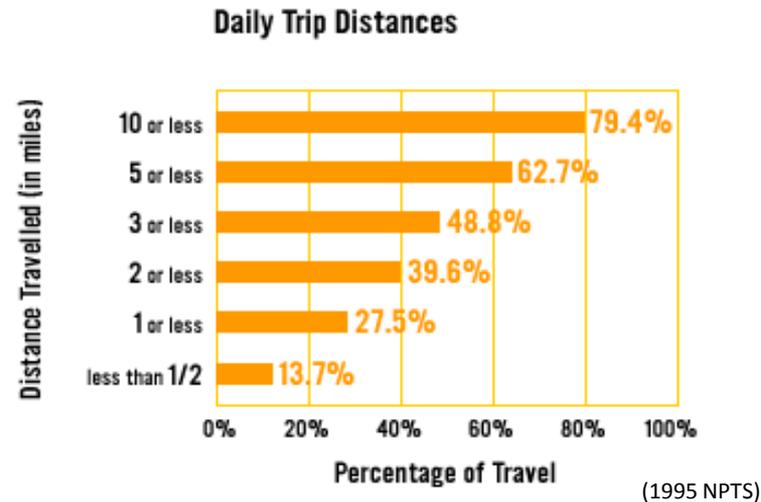
# Benefits of Walking

## Health facts

- According to the Center for Disease Control (CDC), more than 2,600 Americans die every day from some form of cardiovascular disease (<http://www.cdc.gov/healthyplaces/healthtopics/physactivity.htm>).
- Regular moderate intensity exercise with a healthy diet may reduce one's risk of developing type 2 diabetes by 40 to 60 percent (<http://www.cdc.gov/healthyplaces/healthtopics/physactivity.htm>).
- Physical activity can help prevent:
  - Heart disease
  - Obesity
  - High blood pressure
  - Type 2 diabetes
  - Osteoporosis (thinning bones)
  - Mental health problems such as depression
- Physical activity also helps you stay at a healthy weight, reduce stress, sleep better, and feel better overall (<http://www.ahrq.gov/ppip/50plus/>).

# Other Benefits

Many trips are short



**Quality of Life** - By providing appropriate pedestrian facilities and amenities, communities enable the interaction between neighbors and other citizens that can strengthen relationships and contribute to a healthy sense of identity and place.

# Walking is not a waste of time

- A moderate level of physical activity, such as walking 30 minutes a day, lengthened life by 1.3 years and added 1.1 more years without cardiovascular disease, compared with those with low activity levels.
- Those who chose a high physical activity level gained 3.7 years of life and added 3.3 more years without cardiovascular disease.

# New Law in 2010

Vehicles must STOP for pedestrians in crosswalks



# Quiz Question

Is there ever a situation where a pedestrian must yield the right-of-way?

# Yes!

- When not at a crosswalk or intersection.
- When encountering an equestrian.



# Pedestrian Safety

- 6000 pedestrians hit by vehicles each year in Illinois
- 1000 seriously injured
- 171 killed in 2009

# Drivers: Please Slow Down!

- A pedestrian hit at 40 MPH has a 20% chance of survival.
- At 30 MPH the survival rate is 60%.
- Hit by a vehicle traveling 20 MPH, the pedestrian survival rate is 95%.

# Distracted Walking



Courtesy of White family

Joshua Phillips White, 16, was killed while wearing MP3 player earphones.

# Safety tips for pedestrians

## Be safe and be seen: make yourself visible to drivers

- Wear bright/light colored clothing and reflective materials.
- Carry a flashlight when walking at night.
- Cross in a well-lit area at night.
- Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you.

## Be smart and alert: avoid dangerous behaviors

- Always walk on the sidewalk; if there is no sidewalk, walk facing traffic.
- Stay sober; walking while impaired increases your chance of being struck.
- Don't assume vehicles will stop; make eye contact with drivers, don't just look at the vehicle. If a driver is on a cell phone, they may not be paying enough attention to drive safely.
- Don't rely solely on pedestrian signals; look before you cross the road.
- Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces.

## Be careful at crossings: look before you step

- Cross streets at marked crosswalks or intersections, if possible.
- Obey traffic signals such as WALK/DON'T WALK signs.
- Look left, right, and left again before crossing a street.
- Watch for turning vehicles; make sure the driver sees you and will stop for you.
- Look across ALL lanes you must cross and visually clear each lane before proceeding. Just because one motorist stops, do not presume drivers in other lanes can see you and will stop for you.
- Don't wear headphones or talk on a cell phone while crossing.

# Stock Items





