

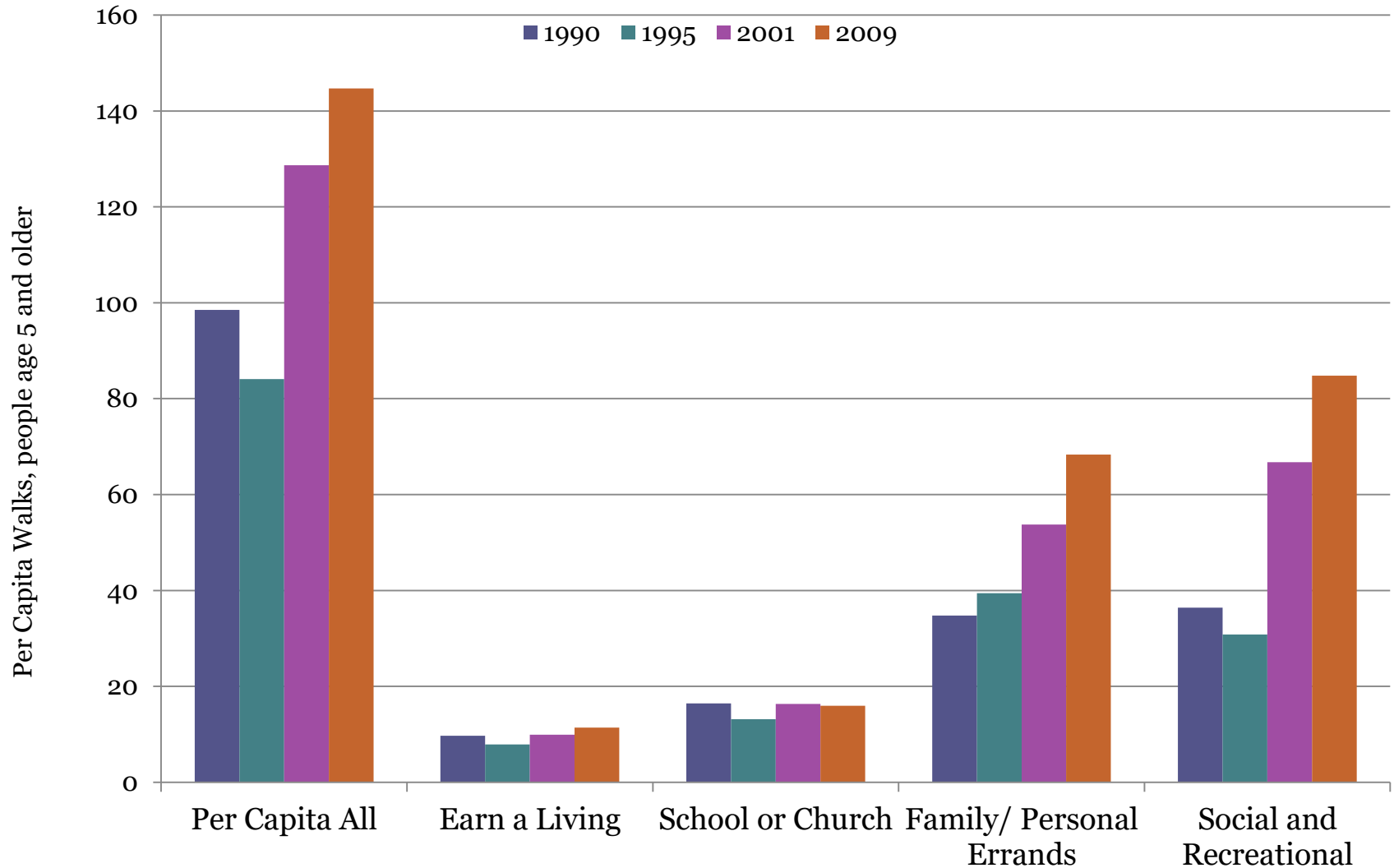


Trends in Walking: Recent Findings from the NHTS

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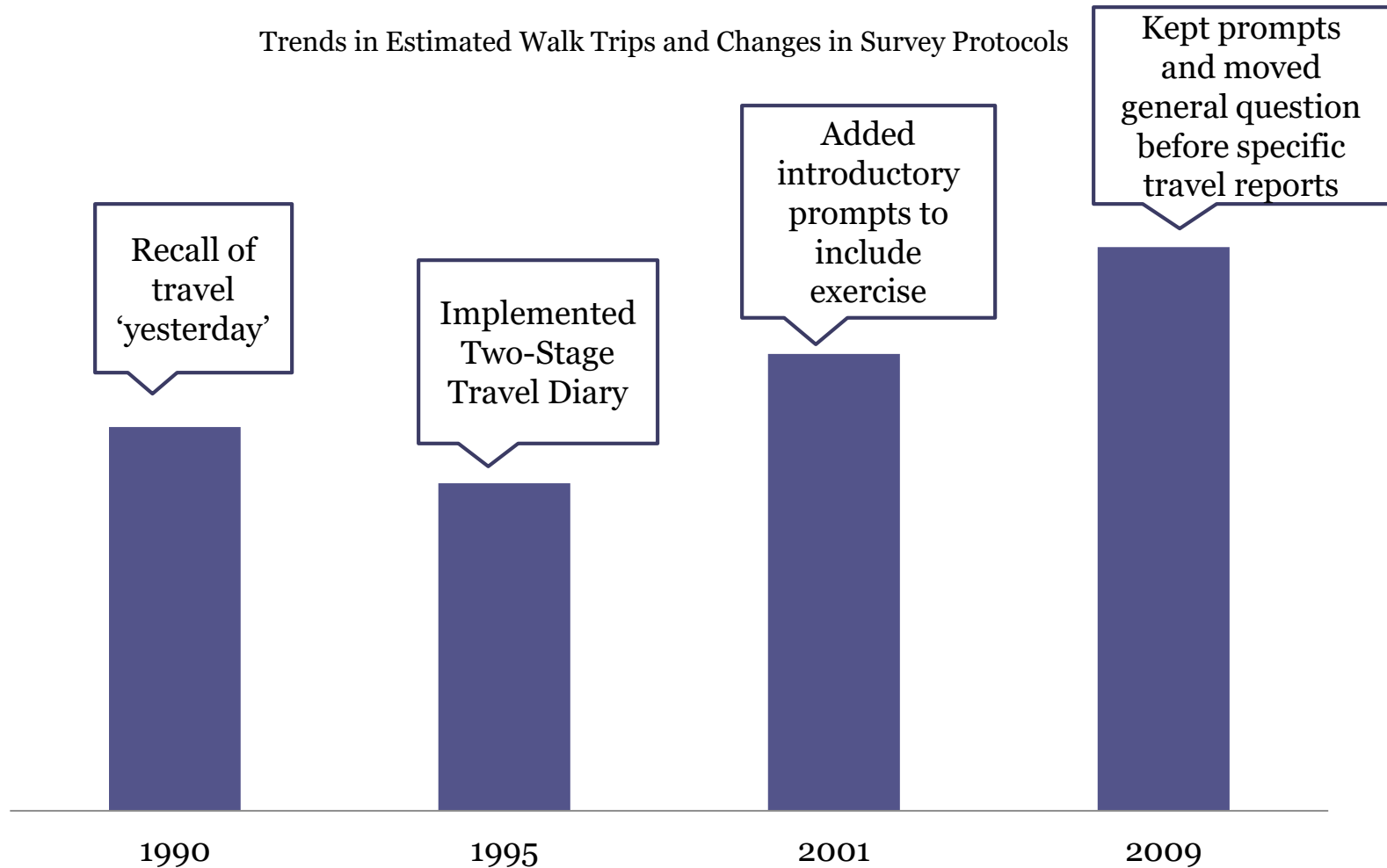


Trends in walking by purpose, 1990-2009



Trend estimation is complicated by changes in methods and protocol:

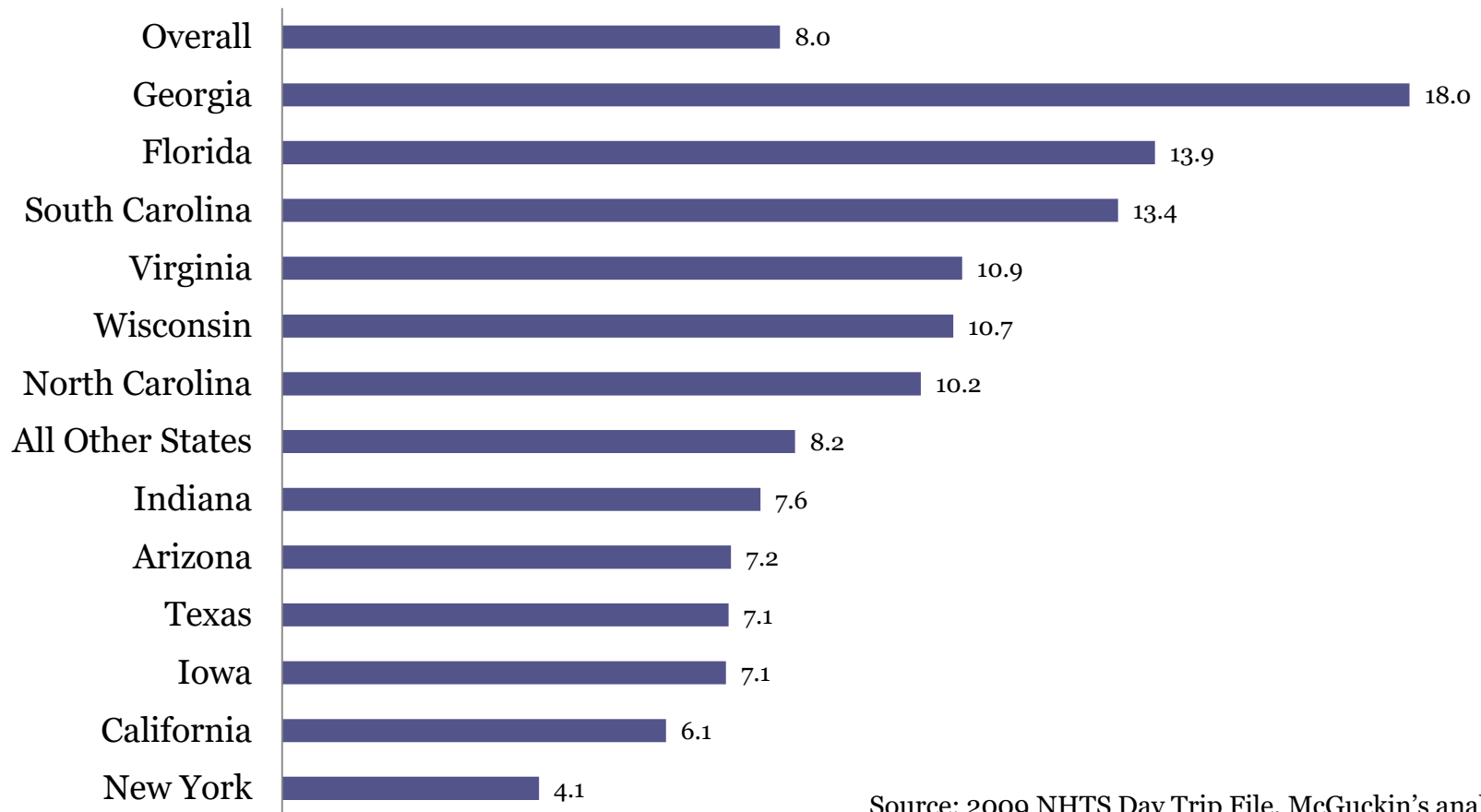
Trends in Estimated Walk Trips and Changes in Survey Protocols



Many of the added walks are recreational

e.g. 'to walk the dog'

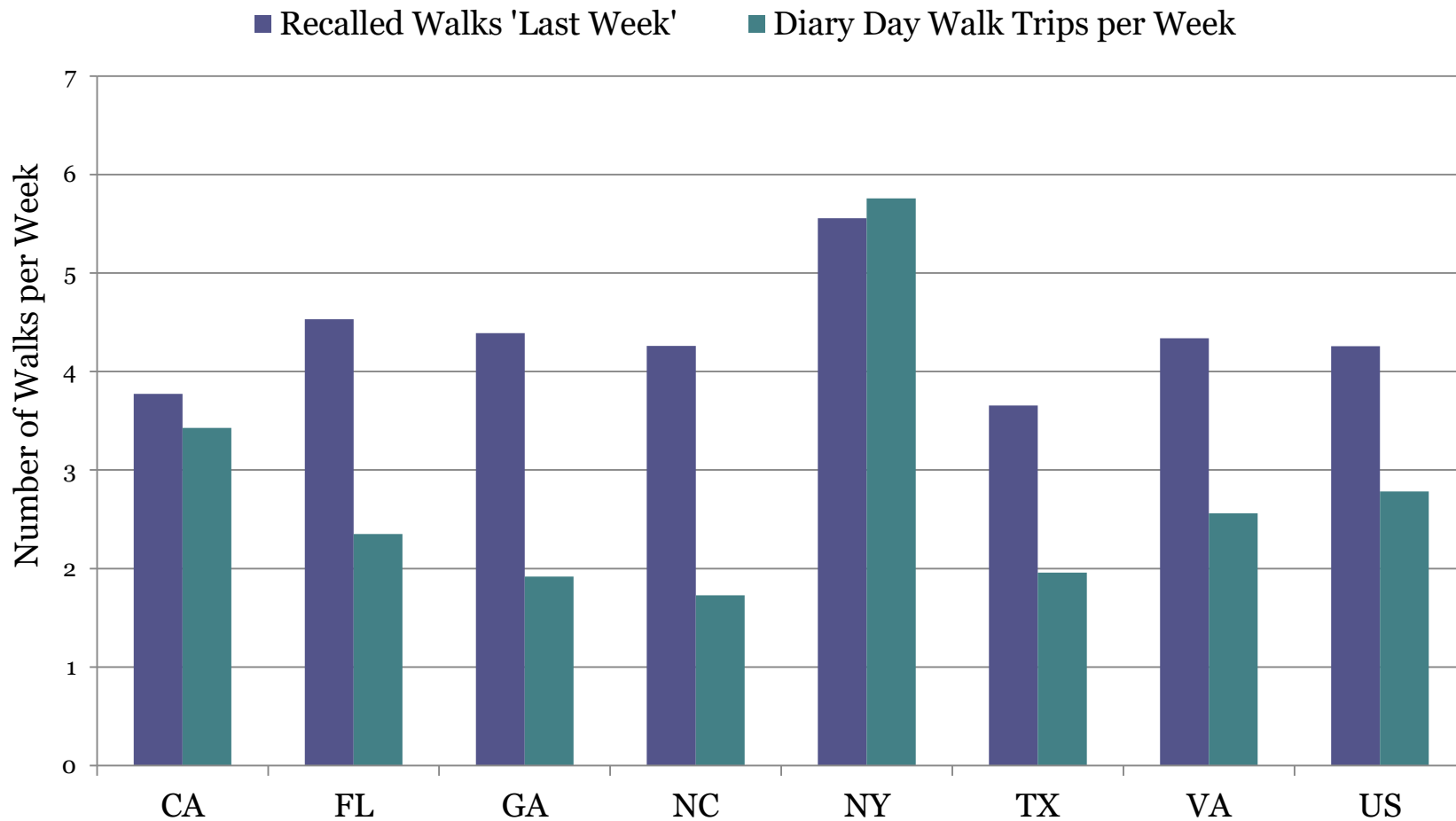
2009 NHTS Percent of Daily Walk Trips to "Walk the Dog"



Source: 2009 NHTS Day Trip File, McGuckin's analysis

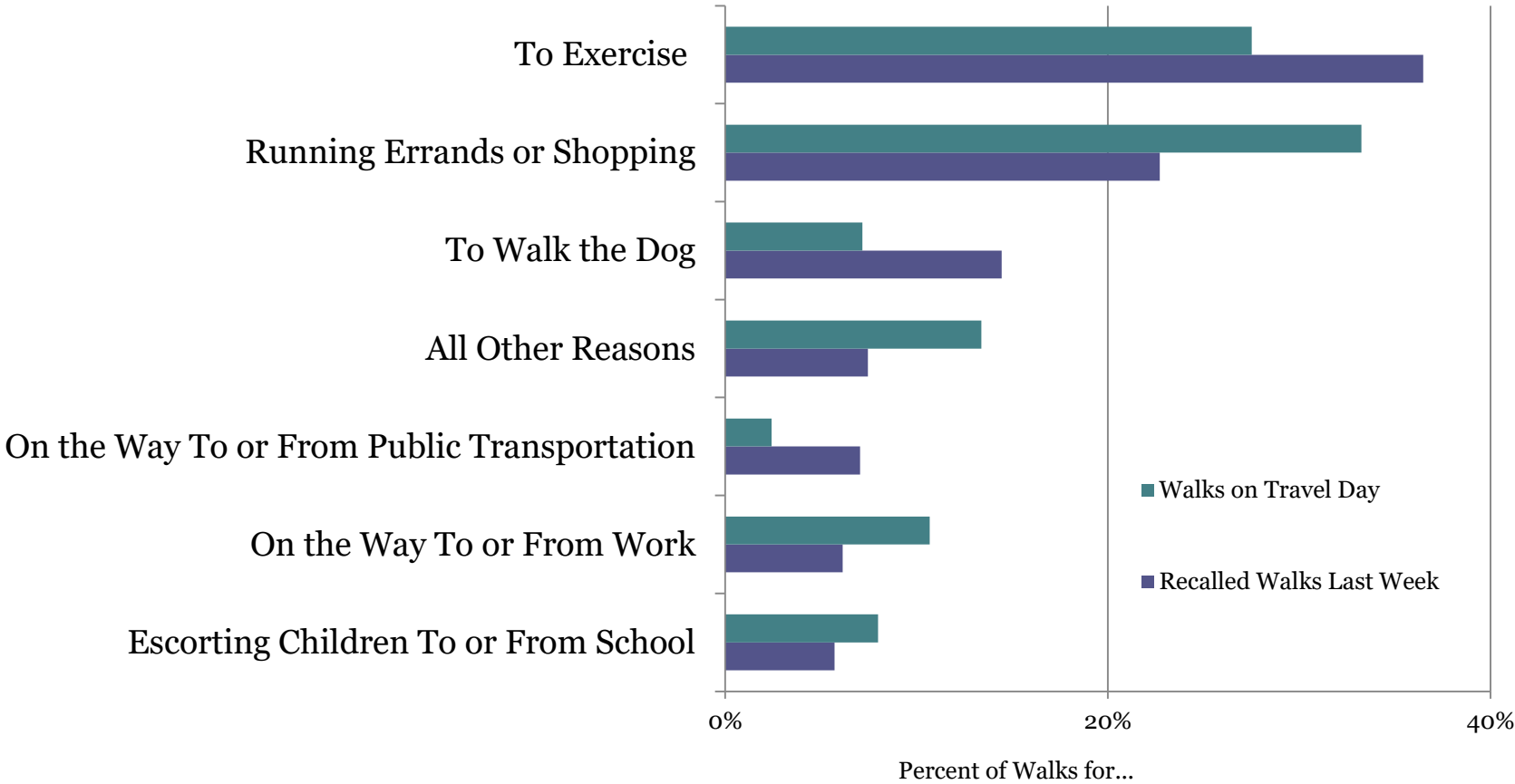
The number of walks recalled 'last week' is higher than the number reported on the travel day...

Recalled versus Reported Walks -- Selected States



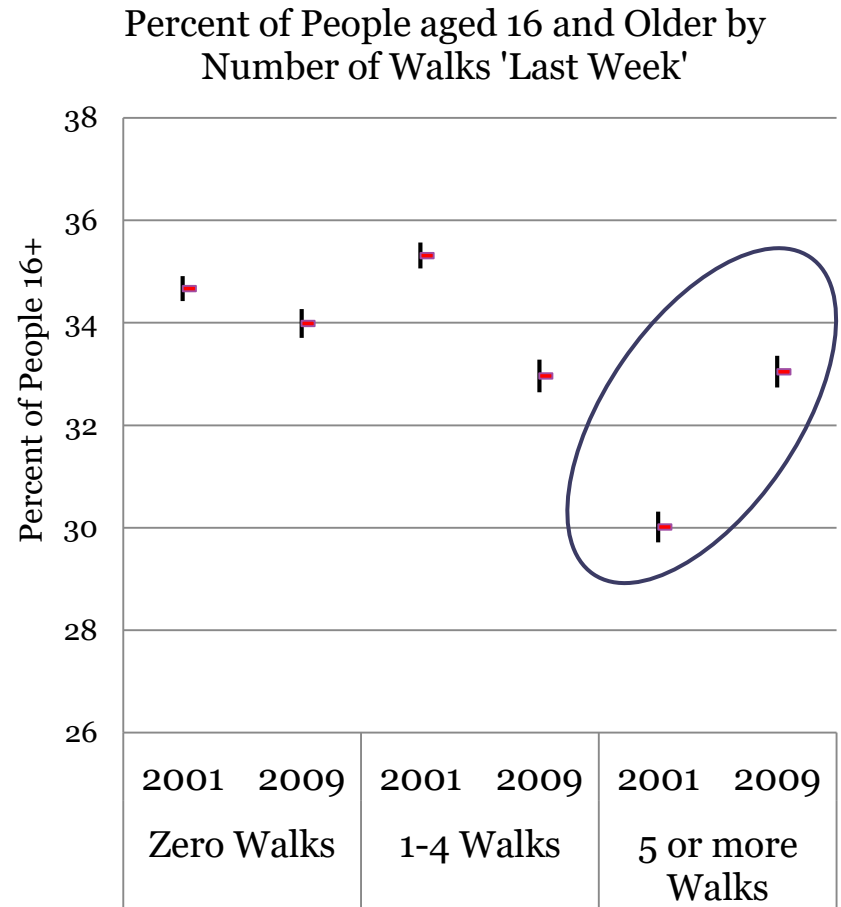
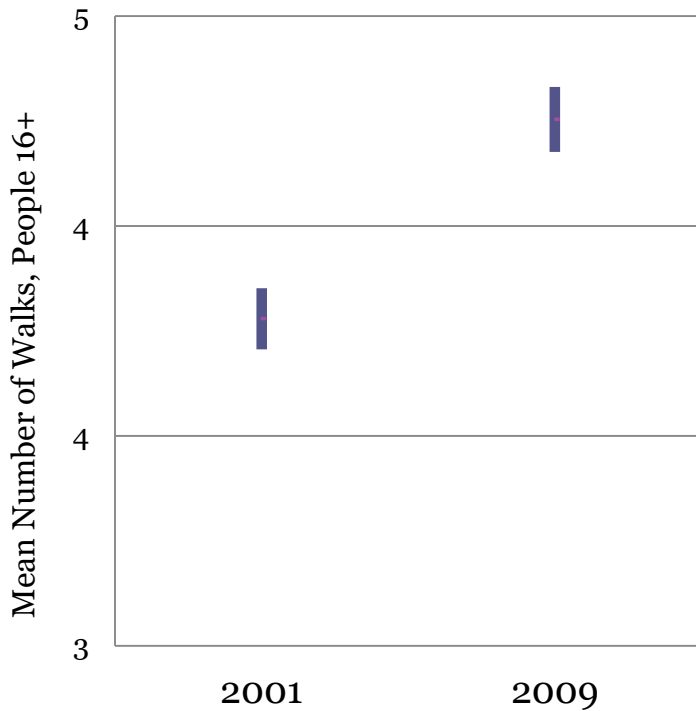
Source: 2009 NHTS Person and Day Trip File comparison, McGuckin's analysis

People are likely to over-report walks for exercise and under-report walking errands ‘Last Week’...



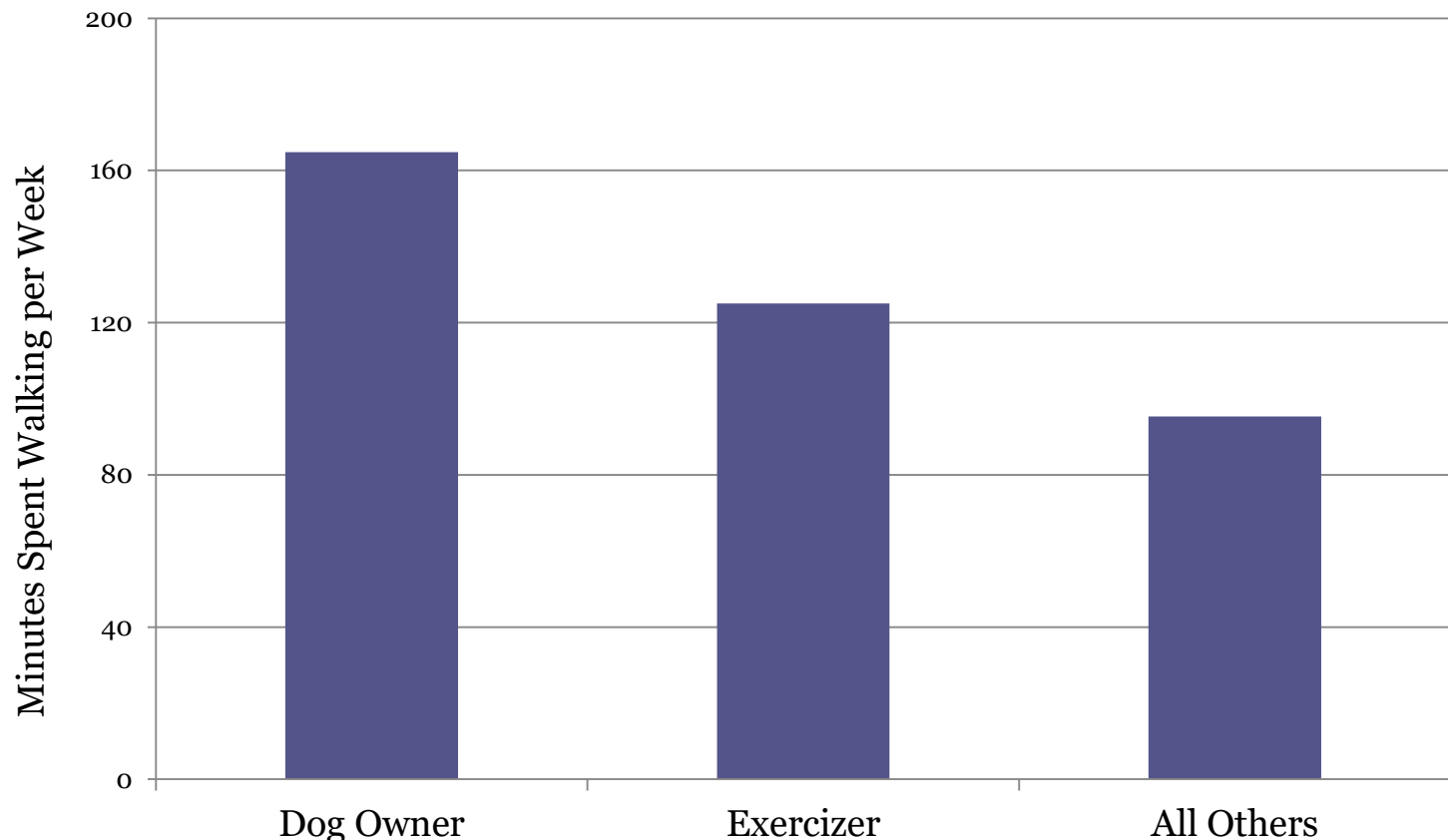
Source: CA-NHTS, McGuckin's analysis

Reports of walks 'Last Week' increased between 2001 and 2009, esp. people reporting 5 or more...



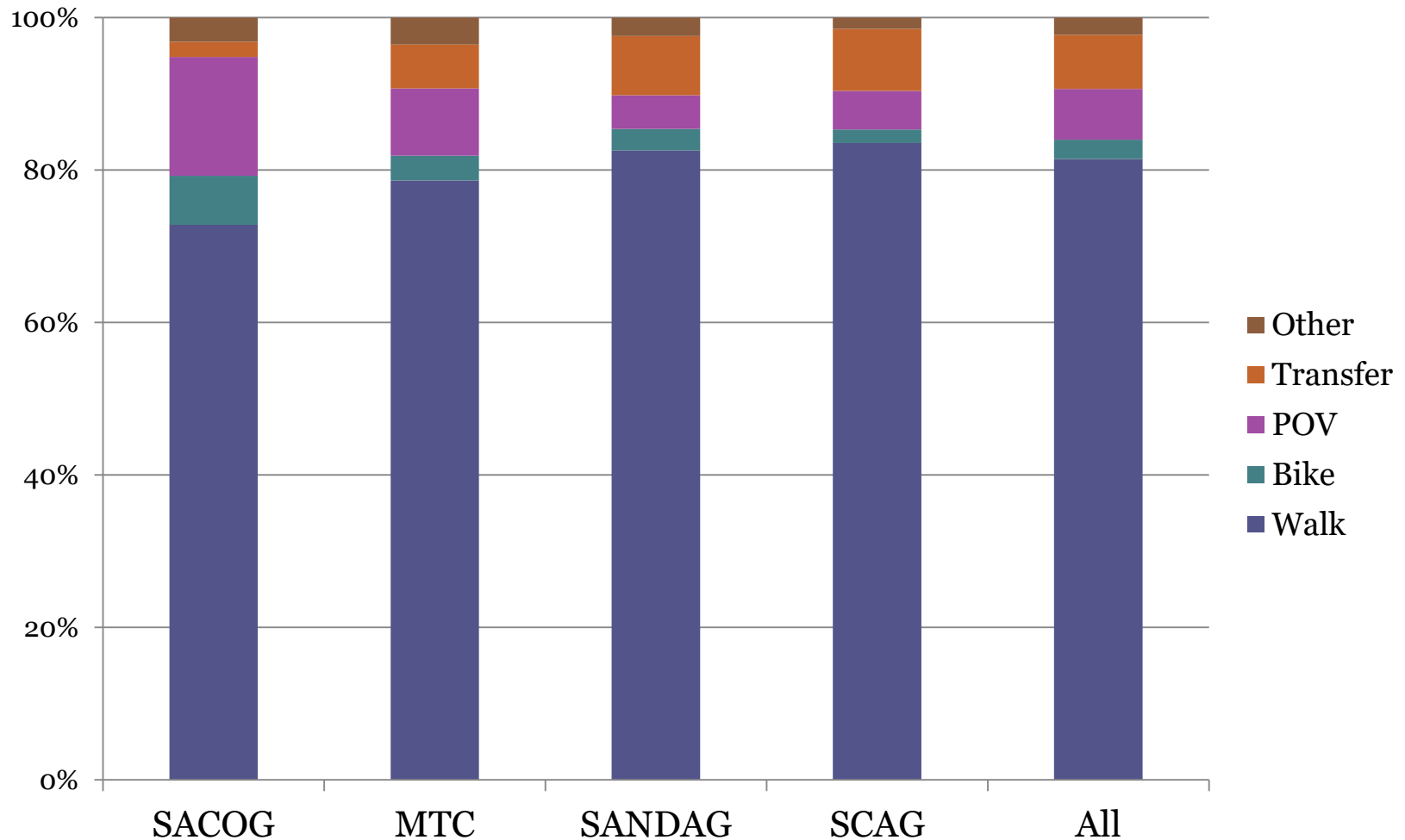
But people who say they walked for exercise or the dog report more minutes walking...

"In the past week about how many minutes did you spend walking outside, including walking the dog and walks for exercise?"

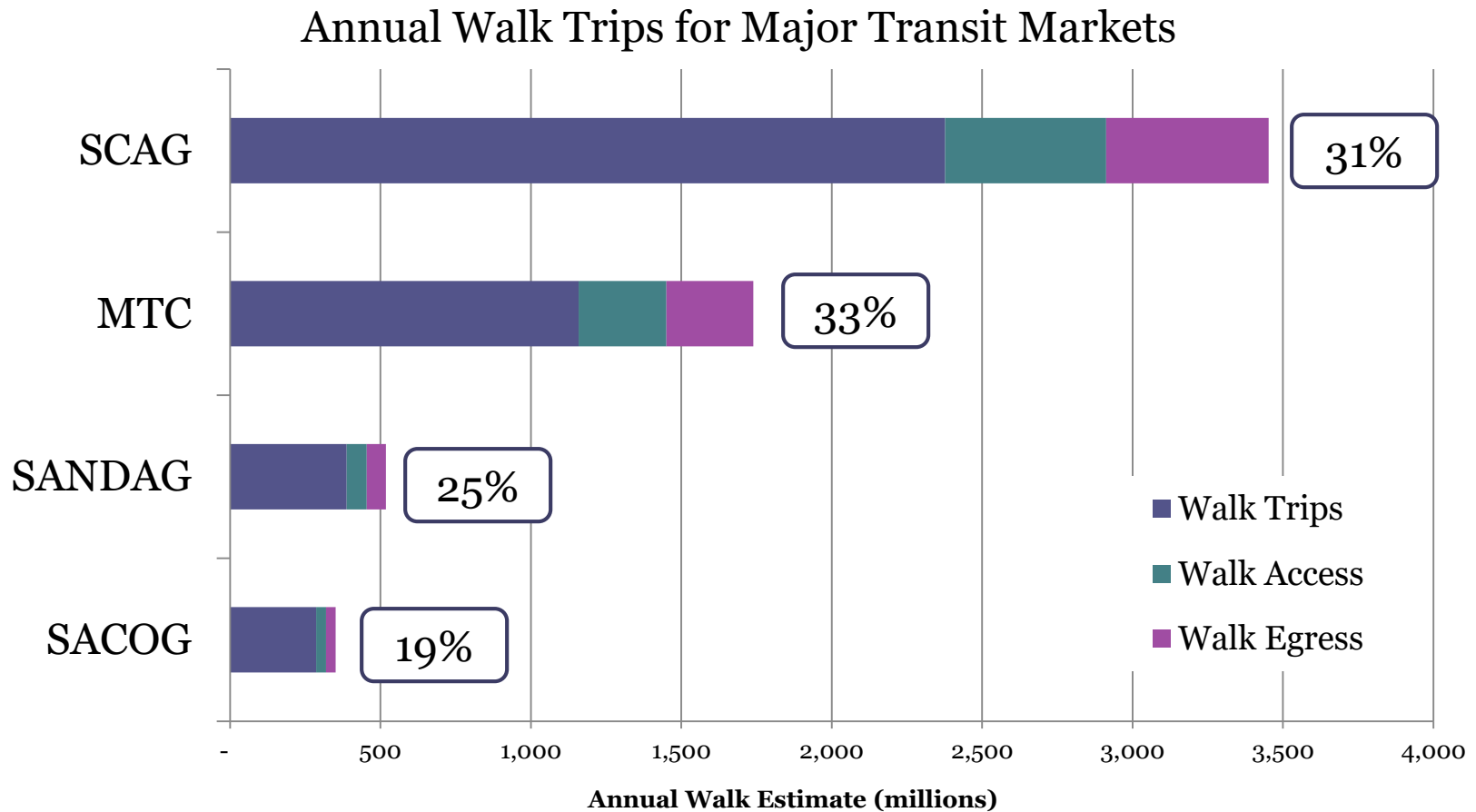


Access and Egress to Transit

Walking is the major mode of Access to Transit



How much is added by including transit access/egress?



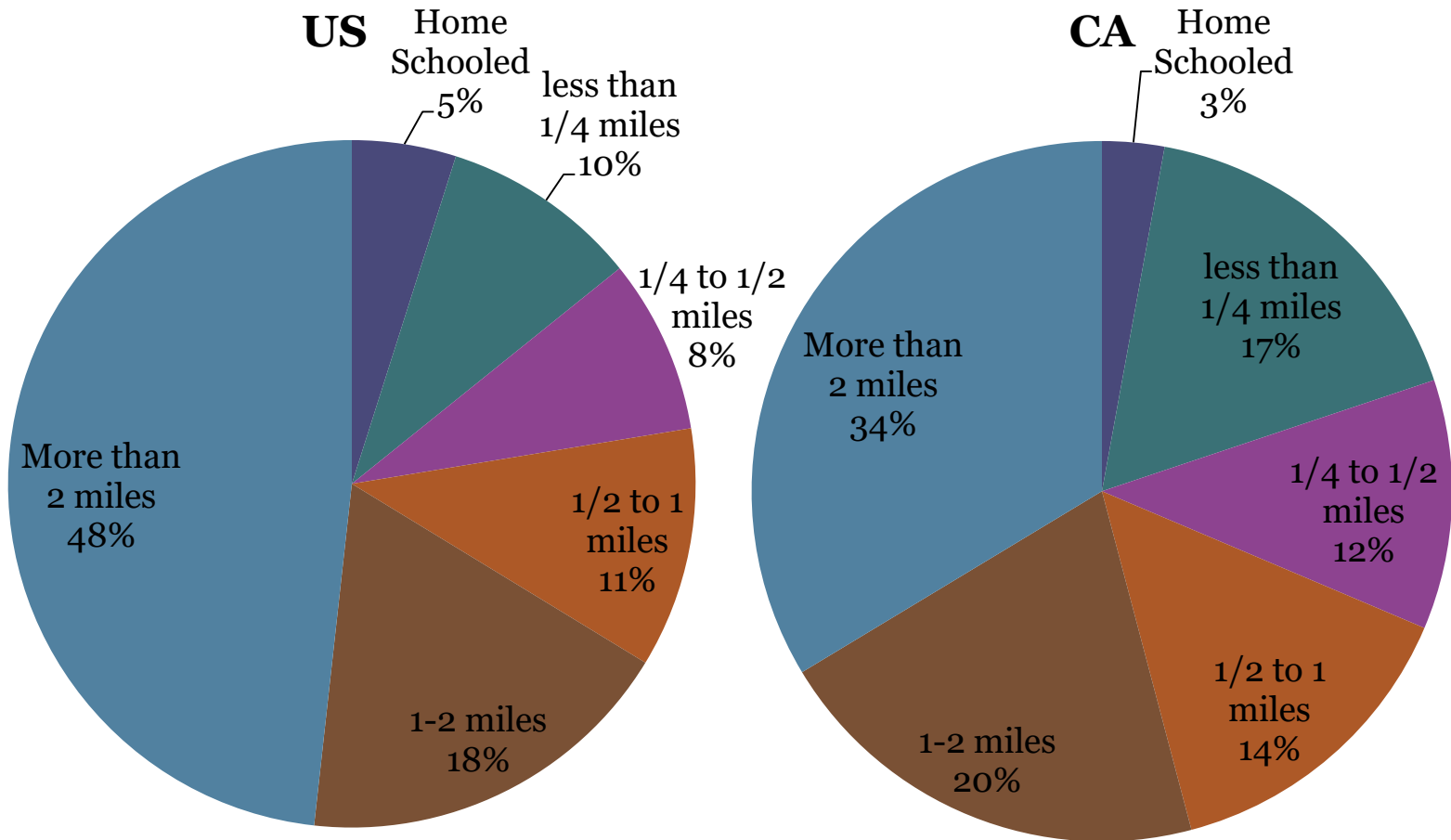
Safe Routes to School

‘Safe Routes to School’ module includes detail on travel to school, including attitudes of parents:

- How many people does your child walk/bike to school with? [If walk/bike is mode]
- At what grade would you allow your child to walk or bike without an adult to/from school? [If walk/bike is not mode]
- Please tell me how much the following issues affect your decision to allow or not to allow your child to walk or bike to or from school:
 - Distance
 - Amount or Speed of Traffic
 - Poor Weather
 - Crime
- Are there any other issues that affect your decision to allow or not allow your child to walk or bike to or from school? (open-ended response)



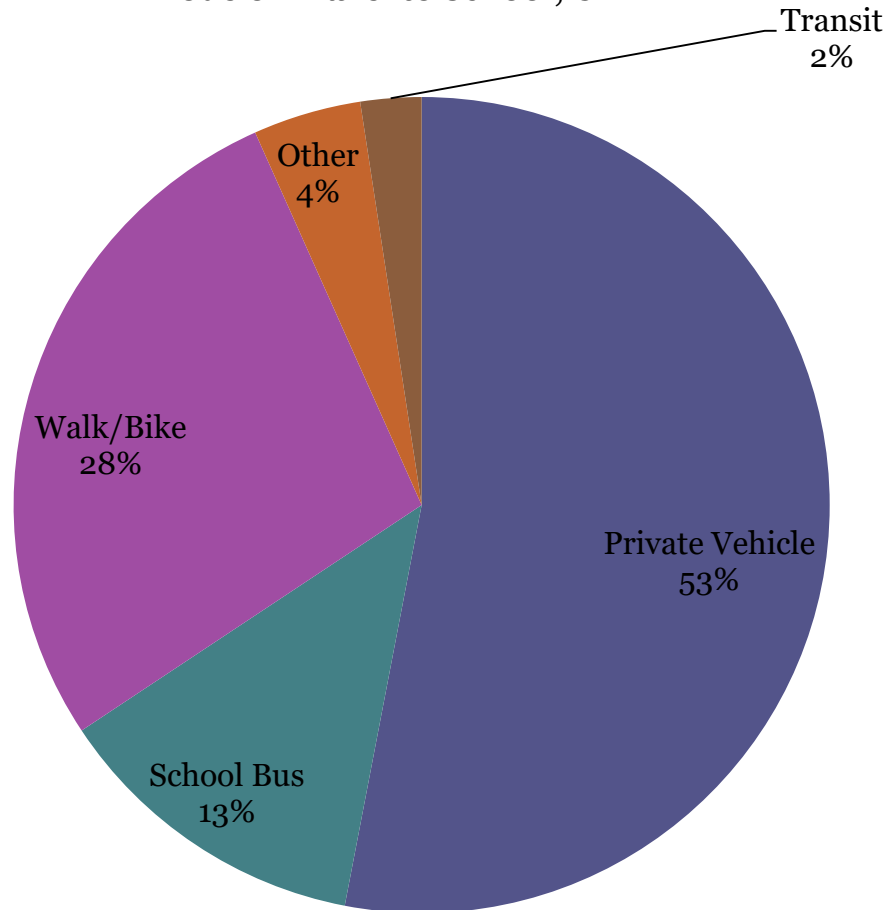
More children in CA live within walking distance of school...



Source: 2009 NHTS, McGuckin's analysis

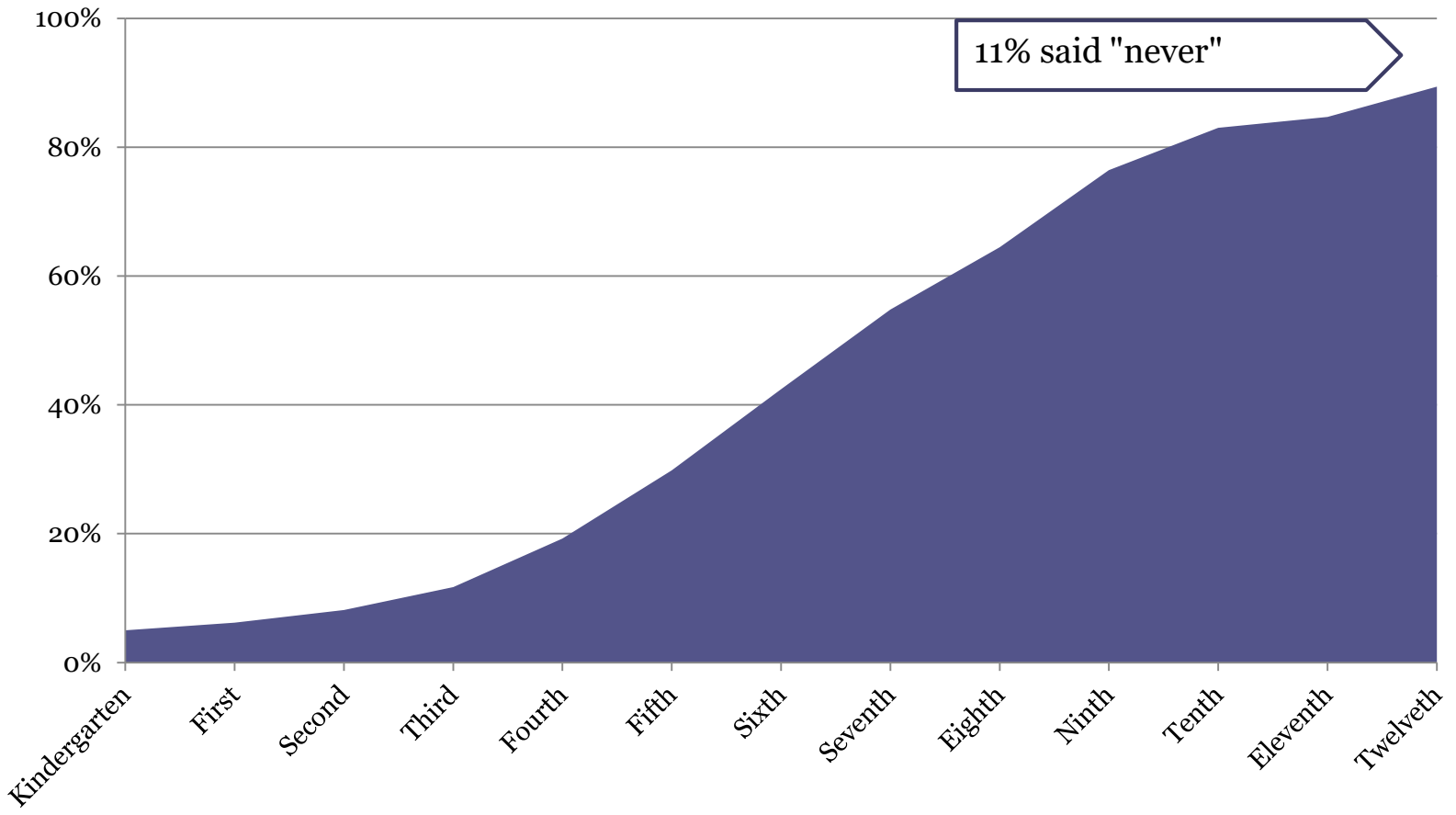
Most children in CA travel to school in a vehicle...

**Percent of Children by
Mode of Travel to School, CA**



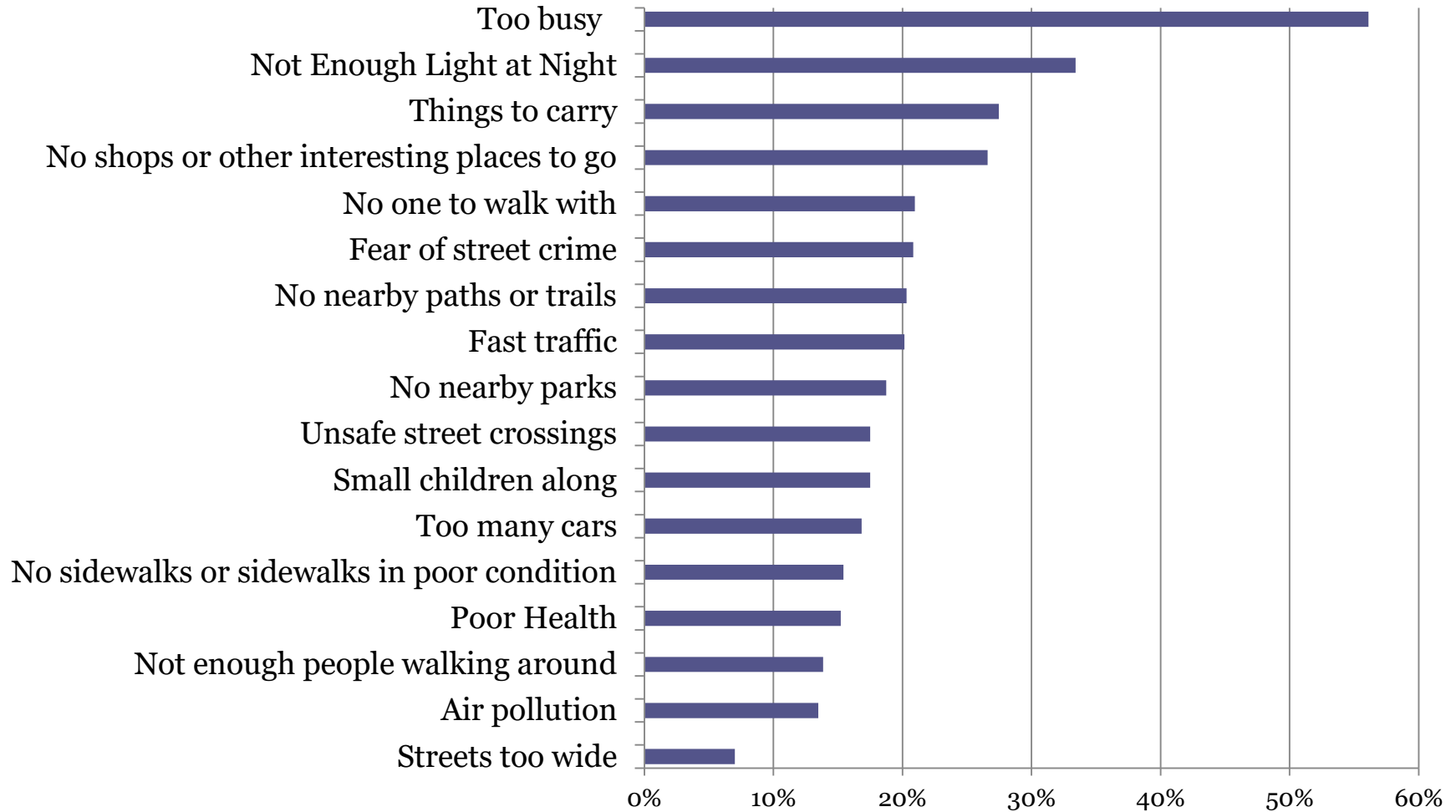
60% of parents would wait until seventh grade to let their child walk to school...

Grade at which Parents would let their children walk to school...



Issues in California

Most people in California say they are ‘too busy’ to walk more, but many of the barriers are related to transportation:



The Districts with the Highest Problem Rating:

Barriers to Walking More:	Highest District	Second Highest
Streets too wide	Los Angeles	Eureka
No sidewalks or sidewalks in poor condition	Redding	Fresno
Too many cars	Los Angeles	Fresno
Unsafe street crossings	Los Angeles	Fresno
Fast traffic	Los Angeles	Fresno
No nearby paths or trails	Eureka	Fresno
Not Enough Light at Night	San Bernadino	Redding

Transportation planning and policy can:

- Remove barriers to walking through healthy community design (livability)
- Promote safe and convenient opportunities for physical activity through complete streets and active transportation infrastructure
- Reduce the carbon footprint of daily travel while also improving air quality
- Ensure that all people have access to safe, healthy, convenient, and affordable transportation (e.g. walking)

