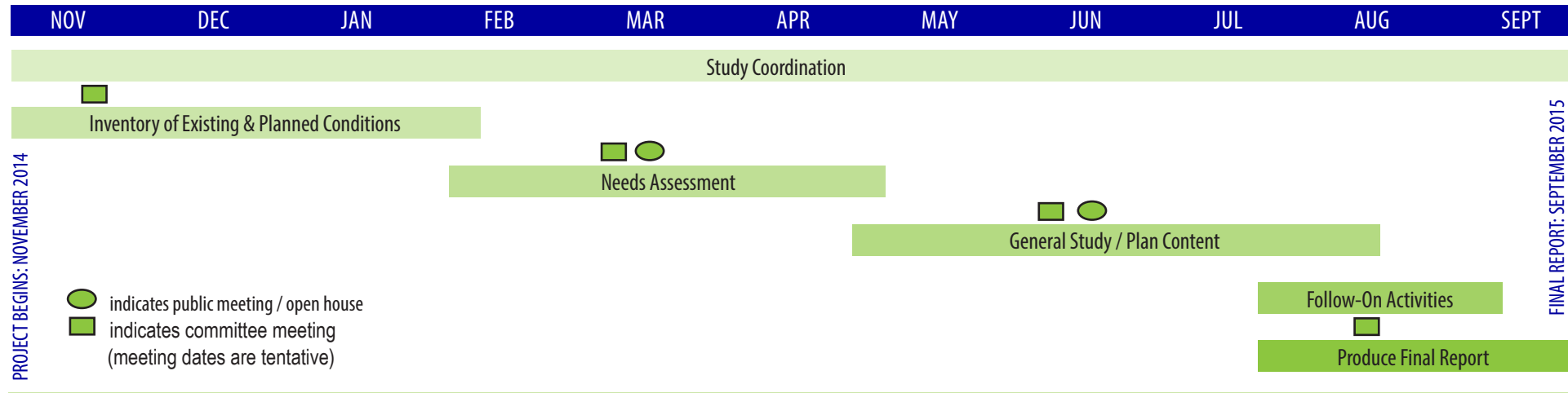
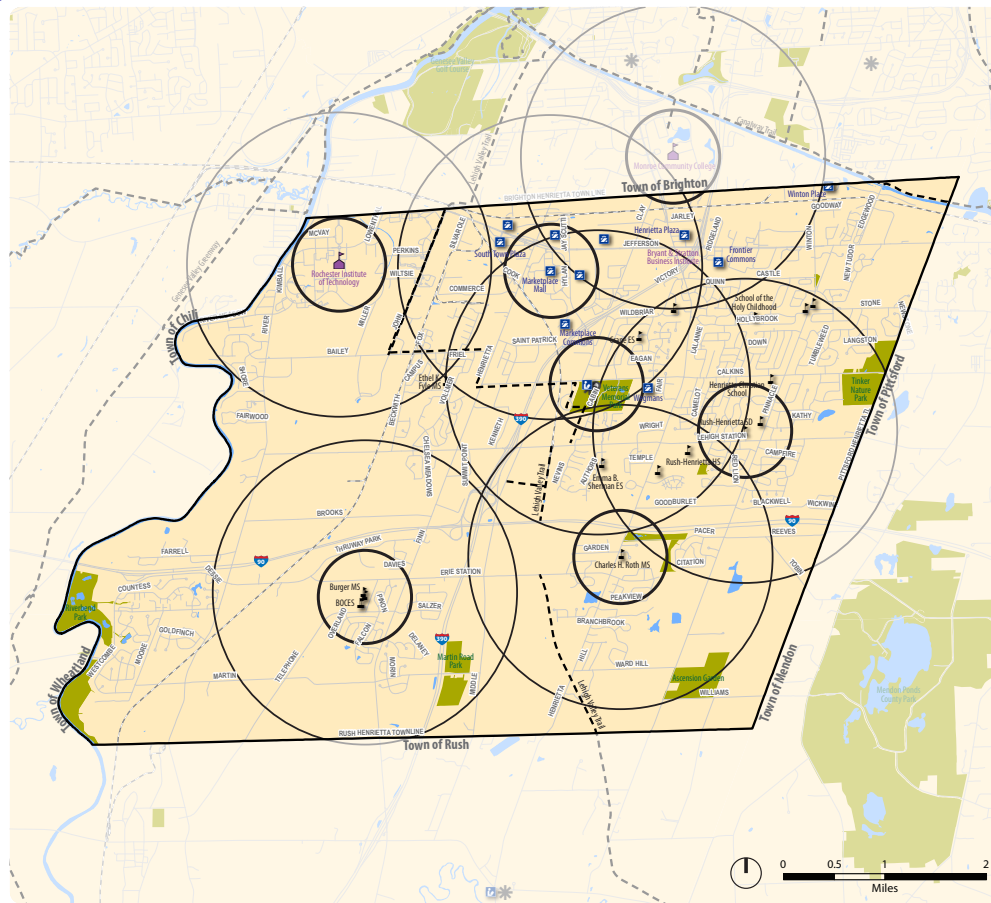


# SCHEDULE



# PROJECT LIMITS



# BENEFITS

## OF ACTIVE TRANSPORTATION

### HEALTH

- More than 60% of US adults age 20 or older are overweight or obese. The percentage of young people who are overweight has tripled since 1980 (16% of people age 6-19 years).
- Regular physical activity can help lead to weight loss, and reduce the risk of many serious diseases, such as high blood pressure, heart disease, arthritis, and depression.

### BENEFITS AT ANY AGE

- Children who are physically active perform better academically and miss fewer days of school.
- Older adults can also benefit from walking and bicycling. Regular exercise provides myriad health benefits for senior adults including a stronger heart, a positive mental outlook, and an increased chance of remaining indefinitely independent - a benefit that will become increasingly important as our population ages in the coming years.
- Health benefits of cycling outweigh the safety risks 8 to 1.

### ENVIRONMENTAL

- 88% of all trips in the United States are made by car, often by an individual person.
- Of all trips: 50% are under 3 miles. 28% are 1 mile or less. 72% of trips involving less than 1 mile are driven.
- Bicycling and walking creates zero greenhouse gas emissions.
- Half of the average person's greenhouse gas emissions stem from transportation.
- Motor vehicle emissions represent 31% of total carbon dioxide, 81% of carbon monoxide, and 49% of nitrogen oxides released in the U.S.
- A short, four-mile round trip by bicycle keeps about 15 pounds of pollutants out of the air we breathe.
- Vegetation will survive better if air pollution is reduced.

### COMMUNITY SUSTAINABILITY

- Increased health and safety for local residents.
- Environmental systems are thriving.
- Equal distribution of resources and opportunities.
- Local economy is robust and balanced.
- Infrastructure encourages culturally and socially diverse communities to prosper and connect to the larger community.

### SOCIAL

- Cities that promote bicycling retain youth, attract young families, and increase social capital.
- Increased transportation equity provides mobility for the 1/3 of the people in the U.S. who do not have cars, thereby increasing access to jobs, education, and health care.
- Better bicycling conditions provide access to recreational and work destinations, schools, public transit, and local shops.
- Walking and bicycling increases opportunities for social interaction and contributes to a sense of community.
- The number of people bicycling can be a good indicator of a community's livability - a factor that has a profound impact on attracting businesses, workers, and tourism.
- Increased active transportation typically increases safety for motorists, bicyclists, and walkers. Example: In Portland, OR bike crashes went down by 50%.

### ECONOMIC

- For every dollar earned, the average American household spends 18 cents on transportation, of which almost 17 cents is for costs associated with owning a car.
- The average vehicular commuter spends \$7500 per year on commuting expense. The average transit rider spends between \$200 and \$2600 on public transportation. The cost of operating a bicycle for a year is only \$120.
- Walking and cycling can save money that can be re-invested in the local economy.
- On average, switching from driving to cycling saves \$1.42/mile.
- In Portland, OR, each \$1 invested in active transportation infrastructure led to \$8 in health care benefits.
- Every dollar invested in public transportation can generate \$4 in economic returns.

## FIND OUT MORE



### TOWN OF HENRIETTA

[www.henrietta.org](http://www.henrietta.org)

### FACEBOOK

[www.facebook.com/TownOfHenrietta](https://www.facebook.com/TownOfHenrietta)

Barton & Loguidice in association with Sprinkle Consulting,  
SRF & Associates and Vanguard Engineering

Town of Henrietta

# ACTIVE TRANSPORTATION PLAN



The Active Transportation Plan will provide recommendations for walking and bicycling infrastructure in a manner that is on par with best practices from around the county while supporting the continued development of safe, functional and attractive facilities for biking and walking in Henrietta.

The Active Transportation Plan is an important step towards community safety and sustainability, helping create an inclusive system that accommodates the wide range of mobility levels of all pedestrians and bicycles with connections to the neighboring towns.

Funding provided by the Federal Highway Administration through the Unified  
Planning Work Program of the Genesee Transportation Council.

