

Physical Activity

- 55.2% of people using trails reported an increase in walking since they started using trails; this study also found that walking trails may be beneficial as promoting physical activity among women and people in lower socio-economic groups (Active Living by Design).
- The odds of engaging in recommended levels of physical activity among high school and middle schools increased while the odds of being overweight declined with the increased number of physical activity facilities per block (Journal of Pediatrics, 2006).
- A group of studies reviewed in the American Journal of Preventive Medicine showed that the “creation of or enhanced access to places for physical activity combined with informational outreach” produced a 48.4% increase in frequency of physical activity (Trust for Public Land).
- A study conducted by the Centers for Disease Control (2002) provided strong evidence that suggested when people have access to parks, there is a 25.6% increase in the percentage of people exercising on three or more days per week (Trust for Public Land).