

Kentuckians' Experiences with Walkable Communities



Results From The Health Foundation of Greater Cincinnati and the Foundation for a Healthy Kentucky



Where we live affects our health in many ways. Some communities make it easier for residents to be physically active by providing safe spaces for recreation and encouraging alternative means of transportation, such as walking or bicycling rather than driving cars.

Walkable communities have healthier residents, less pollution, and higher property values than more sprawling areas.¹ To learn more about how walkable Kentucky adults think their communities are, the Foundation for a Healthy Kentucky and The Health Foundation of Greater Cincinnati included questions about walkable communities on the most recent *Kentucky Health Issues Poll*.

Few Kentuckians Live in Walkable Communities

Residents of walkable communities have places to go within an easy distance of their home, and can often make quick trips or run errands without using a car or public transportation. Only 1 in 3 Kentucky adults (32%) felt there were many destinations to go within an easy walking distance from their home.

¹ Walk Score. *Walkable Neighborhoods*. Retrieved from www.walkscore.com/walkable-neighborhoods.shtml.

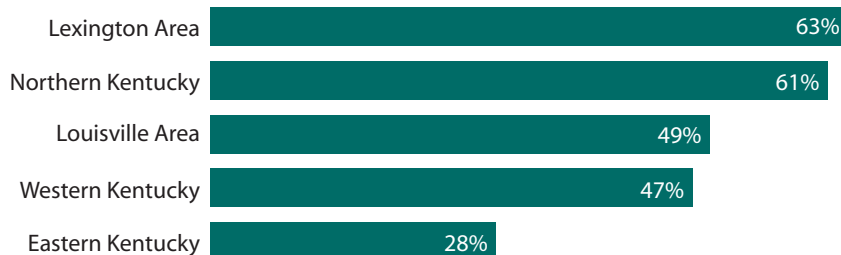
Kentucky adults who agree there are many destinations to go within easy walking distance from their homes (Graph presents the combined percentage of Kentucky adults who said they "strongly agreed" or "somewhat agreed" with the statement.)



Kentucky adults who agree there are sidewalks or shoulders on streets that allow for safe walking, jogging, or biking in their community (Graph presents the combined percentage of Kentucky adults who said they "strongly agreed" or "somewhat agreed" with the statement.)



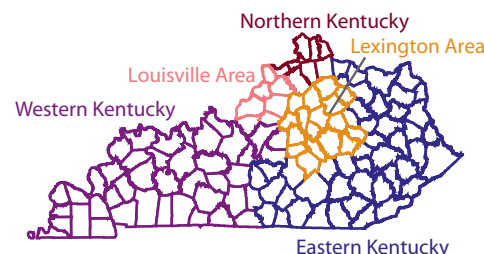
Geographical Region



Most Kentuckians Lack Safe Places for Walking, Cycling in their Community

Walkable communities aren't just safe for walkers, but cyclists, joggers, and those engaging in other forms of recreation as well. Less than half of Kentucky adults (47%) live in communities with sidewalks or shoulders on streets that allow for safe walking, jogging, or biking.

These results varied regionally, with 6 in 10 residents of Northern



Kentucky (60%) and the Lexington area (63%) reporting safe places for walkers and cyclists. Eastern Kentucky respondents reported the least access, with just under 3 in 10 adults (28%) living in communities with sidewalks and shoulders that allow for safe walking, jogging, or biking.