

Walkable Communities

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Sky Scrapers, Highways, and Booming Communities, are all the results and benefits of Urban Sprawl; but, for all of its advantages there is a downside...congestion, pollution, and the expansion of waistlines.

Now, imagine communities where work, shops, schools, libraries, and churches are all within walking distance. These communities are no longer a fairy tale; they're a reality.

Walkable communities are the wave of the future. Emerging health evidence reveals work/live communities are some of the healthiest places to live.

Why? They promote walking more and driving less. Vehicles contribute about a third of greenhouse gas emissions in this country. Physical activity reduces heart and respiratory disease, cancer and other health risks.

By design, these communities also encourage socialization; therefore, creating a close knit feel.

The future is here and the way communities are designed will not only affect our future, but future generations to come.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.