
Facts Sheet

Bicycling and Walking Levels

- 12% of all trips are by bicycle (1.0%) or foot (10.5%).
- From 2000 to 2009, the number of commuters who bicycle to work increased by 57%.
- In 2009, 40% of trips in the United States were shorter than 2 miles, yet Americans use their cars for 87% of trips 1 to 2 miles. Twenty-seven percent of trips are shorter than 1 mile, yet 62% of trips up to 1 mile long are by car. Residents of the largest U.S. cities are 1.7 times more likely to walk or bicycle to work than the national average.

Bicycle and Pedestrian Safety

- 14% of all traffic fatalities in the U.S. are bicyclists (1.8%) or pedestrians (11.7%).
- In the 51 largest U.S. cities, 12.7% of trips are by foot and 1.1% are by bicycle, yet 26.9% of traffic fatalities are pedestrians and 3.1% are bicyclists.
- Seniors are the most vulnerable bicyclists and pedestrians. Adults over 65 make up 10% of walking trips, yet comprise 19% of pedestrian fatalities and make up 6% of bicycling trips, yet account for and 10% of bicyclist fatalities.

Funding for Bicycling and Walking

- States spend just 1.6% of their federal transportation dollars on bicycling and walking. This amounts to just $2.17 per capita.

Public Health Benefits

- Bicycling and walking levels fell 66% between 1960 and 2009, while obesity levels increased by 156%.
- Between 1966 and 2009, the number of children who bicycled or walked to school fell 75%, while the percentage of obese children rose 276%.
- In general, states with the highest levels of bicycling and walking have the lowest levels of obesity, hypertension (high blood pressure), and diabetes and have the greatest percentage of adults who meet the recommended 30-plus minutes per day of physical activity.

Economic Benefits

- Bicycling and walking projects create 11-14 jobs per $1 million spent, compared to just 7 jobs created per $1 million spent on highway projects.
- Cost benefit analyses show that up to $11.80 in benefits can be gained for every $1 invested in bicycling and walking.

Download the complete report at: www.PeoplePoweredMovement.org/Benchmarking
### High to Low Ranking of Bicycling and Walking Levels

**STATES**

1. Alaska  
2. Vermont  
3. New York  
4. Montana  
5. Oregon  
6. Hawaii  
7. Massachusetts  
8. South Dakota  
9. Wyoming  
10. Maine  
11. North Dakota  
12. Pennsylvania  
13. Idaho  
14. Iowa  
15. Washington  
16. Colorado  
17. Wisconsin  
18. Minnesota  
19. New York  
20. Montana  
21. Oregon  
22. Hawaii  
23. Massachusetts  
24. South Dakota  
25. Wyoming  
26. Maine  
27. North Dakota  
28. Pennsylvania  
29. Idaho  
30. Iowa  
31. Washington  
32. Colorado  
33. Wisconsin  
34. Minnesota  
35. New York  
36. Montana  
37. Oregon  
38. Hawaii  
39. Massachusetts  
40. South Dakota  

**CITIES**

1. Boston  
2. Washington, DC  
3. San Francisco  
4. Seattle  
5. New York  
6. Portland, OR  
7. Minneapolis  
8. Philadelphia  
9. Honolulu  
10. New Orleans  
11. Baltimore  
12. Chicago  
13. Oakland  
14. Denver  
15. Sacramento  
16. Tucson  
17. Milwaukee  
18. Atlanta  
19. Cleveland  
20. Los Angeles  
21. Miami  
22. Long Beach  
23. San Diego  
24. Detroit  
25. Columbus  
26. Albuquerque  
27. Austin  
28. Raleigh  
29. Colorado Springs  
30. Mesa  
31. Omaha  
32. San Jose  
33. Louisville  
34. Fresno  
35. Virginia Beach  
36. Tulsa  
37. Houston  
38. Phoenix  
39. Indianapolis  
40. Las Vegas  
41. Kansas City, MO  
42. El Paso  
43. Memphis  
44. Charlotte  
45. San Antonio  
46. Arlington, TX  
47. Nashville  
48. Jacksonville  
49. Fort Worth  
50. Oklahoma City  

Source: 2007-2009 ACS  
Notes: This ranking is based on the combined bike and walk to work share from the 2007-2009 ACS. The number one position indicates the state with the highest share of commuters who commute by bicycle or foot. View graphs illustrating this data on pages 34 and 35 of this report.

### Low to High Ranking of Bike/Ped Fatality Rates

**STATES**

1. Vermont  
2. Nebraska  
3. Alaska  
4. Wyoming  
5. South Dakota  
6. North Dakota  
7. Iowa  
8. Maine  
9. Massachusetts  
10. Minnesota  
11. Idaho  
12. New Hampshire  
13. Oregon  
14. Washington  
15. Wisconsin  
16. Montana  
17. New York  
18. Pennsylvania  
19. Kansas  
20. Colorado  
21. Iowa  
22. Utah  
23. Illinois  
24. Connecticut  
25. West Virginia  
26. Ohio  
27. Indiana  
28. Rhode Island  
29. Virginia  
30. Kentucky  
31. New Jersey  
32. California  
33. Michigan  
34. Missouri  
35. Oklahoma  
36. Nevada  
37. Tennessee  
38. New Mexico  
39. Maryland  
40. Arizona  
41. Arkansas  
42. Delaware  
43. Texas  
44. North Carolina  
45. Georgia  
46. Mississippi  
47. Alabama  
48. Louisiana  
49. South Carolina  
50. Florida  

**CITIES**

1. Boston  
2. Minneapolis  
3. Omaha  
4. Seattle  
5. Portland, OR  
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7. New Orleans  
8. San Francisco  
9. Philadelphia  
10. Honolulu  
11. Charlotte  
12. Chicago  
13. Cleveland  
14. Oakland  
15. Baltimore  
16. Milwaukee  
17. Sacramento  
18. Denver  
19. Virginia Beach  
20. Tucson  
21. Mesa  
22. San Diego  
23. New Orleans  
24. San Jose  
25. Columbus  
26. Los Angeles  
27. Atlanta  
28. Indianapolis  
29. Long Beach  
30. Austin  
31. Atlanta  
32. Raleigh  
33. Albuquerque  
34. Las Vegas  
35. El Paso  
36. Memphis  
37. Fresno  
38. San Antonio  
39. Nashville  
40. Detroit  
41. Houston  
42. Charlotte  
43. Louisville  
44. Miami  
45. Kansas City, MO  
46. Oklahoma City  
47. Tulsa  
48. Phoenix  
49. Dallas  
50. Jacksonville  

Sources: FARS 2007-2009 ACS  
Notes: This ranking is based on the fatality rate which is calculated by dividing the number of annual pedestrian and bicycle fatalities (averaged between 2007-2009) by population (weighted, or multiplied, by share of the population walking and bicycling to work). The number one position indicates the safest state or city according to the fatality rate. View these data on pages 56-62 of this report.

Download the complete report for additional rankings at:  
www.PeoplePoweredMovement.org/Benchmarking