

# Healthy Streets San Mateo FACT SHEET



## SUSTAINABLE STREETS SAN MATEO

The decisions we make about the design of city streets and public transit systems have a lot to do with our health: our ability to get physical activity as part of our daily routine, our exposure to noise and air pollution, our risk of injury from traffic collisions, and how much time we spend traveling to jobs, school, the park or grocery store, and other daily needs.

Transportation plans and policies can help improve residents' health by promoting active transportation such as bicycling and walking, improving access to food, shopping and other daily needs, and creating neighborhoods that are destinations rather than funnels for fast-moving vehicles. These benefits are especially true for vulnerable populations such as low-income, elderly, and disabled persons. To be health-friendly, the transportation system should be balanced where the needs of all users – pedestrians, bicyclists, transit users, and drivers – are considered.

Sustainable Streets San Mateo is a two year long plan that integrates concepts of “complete streets” and “green streets” to further improve quality of life for all. The Plan presents an opportunity for the City to formalize a framework that will guide the transformation of its streets into a first-class transportation network for all modes that incorporates green streets features to address the pollution in and amount of stormwater runoff and improve the quality of the public realm.

The Plan will also guide the City's ongoing efforts related to street re-design and repairs. We are seeking your feedback throughout the project to gain insights into the development of this plan that will include tools that will guide City staff in multiple departments including Planning, Public Works and others. We are excited to continue on this groundbreaking effort that will be the first of its kind in the Bay Area.

### ACTIVE TRANSPORTATION

*Active transportation includes travel by bicycling, walking, using a wheelchair, or other human-powered transportation.*



### GET INVOLVED



[www.sustainablestreetssanmateo.com](http://www.sustainablestreetssanmateo.com)



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



Contact us at [www.cityofsanmateo.org](http://www.cityofsanmateo.org)

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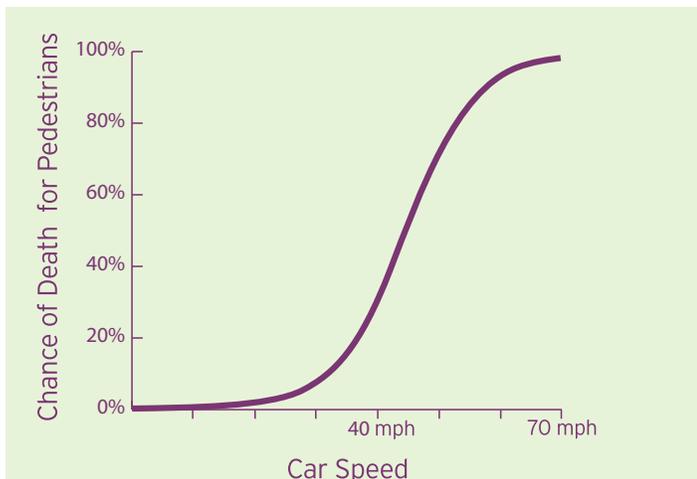
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## BENEFITS OF SUSTAINABLE STREETS

### SAFETY

The Federal Highway Administration has found measurable improvements to pedestrian safety through a focus on “Complete Streets.” This approach ensures that safe, comfortable facilities are provided using a variety of street design elements, such as sidewalks, bike lanes, raised medians, better bus stop placement, traffic-calming measures, and designing for people with disabilities. Bicycle safety studies show that the addition of well-designed, on-road bicycle lanes reduces the incidence of collisions by approximately 50%.



*Creating streets that are safe, inviting and comfortable is a major goal of this project.*

### PHYSICAL ACTIVITY

- Adults who bicycle enjoy lower weight and blood pressure, and are less likely to become diabetic.
- Bicycling supports long-term health too – adolescents who bicycle are 48% less likely to be overweight as adults.
- Researchers in the San Francisco Bay Area found that increasing the median minutes of daily walking and bicycling from 4 to 22 minutes has the potential to decrease greenhouse gas emissions by 14% and the burden of cardiovascular disease and diabetes by 14%.
- For each hour walked per day, people are about 5% less likely to be obese.
- Almost 1/3 of Americans who commute to work via public transit meet their daily requirements for physical activity (30 or more minutes per day) by walking as part of their daily life, including to and from the transit stop.

### MENTAL HEALTH

Physical activity (i.e. bicycling or walking) is linked to higher cognitive functioning and greater emotional well-being, and can help prevent mental health disorders.

### ECONOMIC HEALTH

Multiple studies show that people who visit shopping districts by bicycle spend more on a weekly basis than those who visit such districts by car.

