Alaska: Towards a Statewide System

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Certified airports are constructed and staffed so that aircraft with more than 30 passenger seats can operate there. Most other communities around Alaska are served by smaller aircraft. These airports and airstrips provide less service for the public than the certified airports.

Source: Alaska Department of Natural Resources, Alaska Department of Transportation and Public Facilities, 1977
Fairbanks at winter solstice:
3 hours 42 minutes of daylight

photo credit: http://woodtv.com/blog/2015/12/20/e475/
High Rates of Walking & Biking

source: Alliance for Biking & Walking 2016 Benchmarking Report
Public Health Indicators

- **150+ minutes of aerobic activity**: Alaska (60%) > US (50%)
- **Obesity**: Alaska (30%) > US (20%)
- **Diabetes**: Alaska (20%) = US (20%)
- **High Blood Pressure**: Alaska (40%) > US (30%)

Photo credit: Brian Litmans, Bike Anchorage; source: Alliance for Biking & Walking 2016 Benchmarking Report
Public Health Challenges in Alaska

Alaska Native Health

- Obesity rates are **30%** higher than the state average
- Cancer rates are **62%** higher than the state average
- Suicide rates are **126%** higher than the national average

Violent crime in Alaska is almost **2x** the national average.
Public Health Benefits of Active Transportation

Residents of **WALKABLE COMMUNITIES** are **2x** as **LIKELY TO MEET PHYSICAL ACTIVITY GUIDELINES** compared to those who do not live in walkable neighborhoods.

*(Frank, 2005)*

For every **0.6 MILE WALKED** there is a **5%** **REDUCTION IN THE LIKELIHOOD OF OBESITY**.

*(Frank, 2004)*

**30 MINUTES OF WALKING** per day can **REDUCE ANXIETY AND THE RISK OF DEPRESSION**.

*(Sharma, 2006)*

**MODERATE EXERCISE** for 30-60 minutes a day **REDUCES THE RISK OF LUNG, BREAST AND COLON CANCER** by a minimum of **20%**.

*(National Cancer Institute, 2009)*

**BIKE COMMUTERS REPORT LOWER STRESS LEVELS** compared to auto commuters.

*(New Economics Foundation, 2011)*
Fatality Rates for Pedestrians & Bicyclists

People of color:

37% of the population,

but represent 67% of pedestrian fatalities and 44% of bicyclist fatalities

Youth:

23% of the population, but represent 36% of bicyclist fatalities

photo credit: Brian Litmans, Bike Anchorage
Small Town and Rural Multimodal Networks

Yield Roadway

A yield roadway is designed to serve pedestrians, bicycles, and motor vehicle traffic in the same slow-speed travel area. Yield roadways serve bidirectional motor vehicle traffic without lane markings in the roadway travel area.