



CHRONIC DISEASE PREVENTION & HEALTH PROMOTION

AND

DEPARTMENT OF TRANSPORTATION & PUBLIC FACILITIES

Active Transportation Update

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What is Active Transportation?

- Active transportation is using one's own energy, typically walking, biking, or using an assistive device, to travel activity-friendly routes to everyday destinations
- Everyday destinations could include parks, grocery stores, schools, restaurants, or libraries, etc.



Benefits of Active Transportation

- Improves
 - Mood
 - Sleep
 - Blood pressure
 - Blood sugar levels
 - Heart function
 - Brain function
 - Flexibility and balance
- Reduces
 - Stress and anxiety
 - Weight gain
 - Depression
 - Risks from chronic conditions such as diabetes, heart disease, and stroke

Active Transportation Coalition

- Build capacity across the state
- Educate and inform local, regional, and statewide decision makers
- Enhance transportation plans
- Network to prioritize statewide active transportation needs
- Promote safe, accessible, and equitable routes to destinations





Statewide Partnerships

- Advocates
- Consultants
- Metropolitan Planning Organizations
- Park Foundations
- Statewide Active Transportation Coalition
- Transportation Professionals
- Tribal Organizations
- University System



Partnership Benefits

- Broader outreach to networks
- Efficiently share information and funding opportunities
- Partner on projects
- Streamline processes



Coalition Mission & Vision

- Mission: To create safe, equitable, and accessible active transportation for all Alaskans.
- Vision: Using active transportation to sustain healthy lifestyles, economies, and the environment in Alaska.

Coalition Yearly Goals

2023 – 2024 GOALS	SMART GOALS
Increasing and Improving Policy/ Regulations Supportive of Active Transportation	Enact Statewide Complete Streets policy by 2025
Increasing and Improving Plans Supportive of Active Transportation	Review existing state and municipality manuals to identify gaps and update by 2026
Community Outreach: Increasing and Improving Active Transportation Understanding/Promotion/PR	Annually educate and advocate for active transportation during legislative session with white paper or conversation with legislative yearly
Coalition Capacity Building	Review Mission, Vision, Coalition scope, & goals at the start of each FFY; grow Coalition
Active Transportation Conferences/Education	Support Confluence; attend/support other conferences related to AT



Coalition Progress

- ❑ Complete Streets policy in progress
 - ❑ Local and national advocacy efforts
 - ❑ Memorandum of Agreement between DOH and DOT&PF
 - ❑ Expanded Coalition to over 50 Active Transportation-related professionals
- Next Coalition Meeting: April 15, 12 – 1, on Zoom



– Coming Soon –

Walkability Action Institute

- Facilitated by the National Association for Chronic Disease Directors (NACDD)
- Multi-day course for interdisciplinary teams including public health, transportation, and planning professionals; elected officials; and other disciplines
- Walking audits, discussion sessions with peers, capacity building, and virtual workshops
- Takeaway: action plan from each participating community that can be implemented



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