

MOVE MORE → FEEL BETTER

Even small changes can improve your health!



DID YOU KNOW?

Residents of the Foster/Florida Corridor are more likely to be obese, have diabetes, suffer high blood pressure and stroke than their fellow Baton Rouge residents and other Americans.

HEALTH RISK IN YOUR COMMUNITY: ¹

	Foster/Florida Corridor Average	Foster/Florida Corridor High	Baton Rouge Average	U.S. Average
Obesity	41.4%	48.9%	34.8%	28.7%
High Blood Pressure	42.8%	54.2%	38.4%	30.2%
Diabetes	14.3%	20.9%	11.4%	9.4%
Stroke	4.8%	7.3%	3.7%	2.8%
No leisure time physical activity	36.3%	43.6%	38.4%	30.2%

OPPORTUNITY IN YOUR COMMUNITY:

The Foster/Florida Corridor is the 2nd most walkable area of Baton Rouge based on the distance to nearby places and pedestrian friendliness.²

YOU CAN TAKE ACTION TO IMPROVE YOUR HEALTH:

Walking and biking to destinations such as work, school, and grocery stores are great ways to get the recommended amount of physical activity for adults – about 30 minutes a day, 5 days a week.³

LESS THAN 1 MILE/DAY

Walking as little as 5 ½ miles a week has been shown to reduce the risk of cardiovascular events by 31%⁴ - that's less than a mile a day!

EVERY LITTLE BIT COUNTS!

Physical activity can be performed 10 minutes at a time, throughout the day, to reach your 30-minute goal.⁵

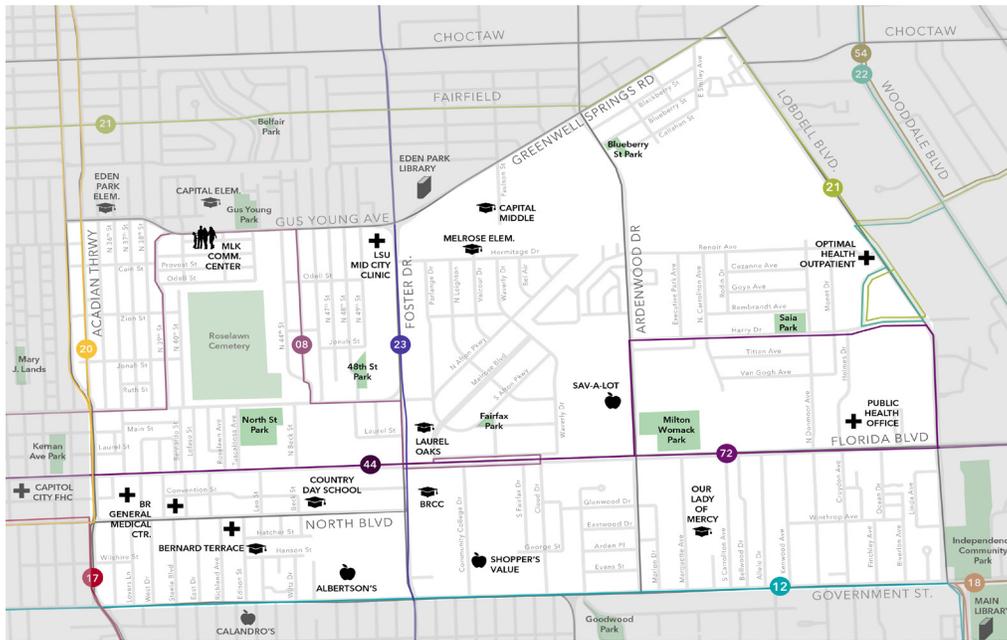
GO EASY

Biking is gentle on joints, strengthens core muscles, and improves balance.⁶

LOWER YOUR NUMBERS

Walking and biking improve heart function and help lower blood pressure and cholesterol.⁷

FOSTER/FLORIDA CORRIDOR STUDY AREA



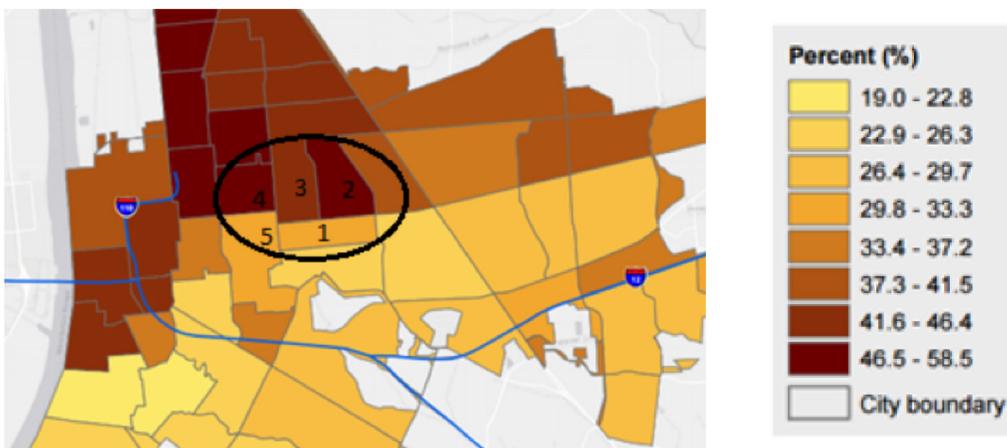
Healthy destinations in your area:

-  6 public parks
-  YMCA fitness center
-  3 full service grocery stores
-  7 schools

Map courtesy of Mid City Studio, Baton Rouge, LA

HEALTH DISPARITIES in the FOSTER/FLORIDA CORRIDOR

Obesity in adults 18 years and older by census tract⁸



The census tracts labeled 1-5 above are those included in the Foster/Florida Corridor study area. The darker colors indicate higher rates of obesity; lighter colors indicate lower rates.

Shown left: Some residents of the Foster/Florida Corridor suffer much more from obesity than others. Similar inequities are present for diabetes, stroke and heart disease.

People are more active when they can safely and conveniently walk and bike. Improving those options is a key to better health.

MORE TO COME!

The **Baton Rouge STAC (Sustainable Transportation Action Committee)** is developing recommendations for improvements to bicycle and pedestrian facilities in your area. Considering transit usage, pedestrian injuries and fatalities, traffic patterns, community assets, and public health indicators, STAC is working with city and state agencies to pinpoint areas of need and advance improvements that will enable safe walking and biking and increase access to healthy destinations.

Learn more at www.cpex.org/demonstration-implementation/.

SOURCES:

- ¹ CDC/NCCDPHP/DPH/ESB-GIS (2016). 500 Cities Project: Local Data for Better Health 2014, Baton Rouge, LA. Retrieved from: http://ftp.cdc.gov/pub/MAPBOOKS/LA_Baton%20Rouge_MB_508tag.pdf
- ² https://www.walkscore.com/LA/Baton_Rouge/70806
- ³ http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp#WUAdQPjMxIA
- ⁴ "Walking: Your Steps to Health." Harvard Health Publications, Harvard Medical School. Aug. 2009.
- ⁵ "How much physical activity do adults need?" Centers for Disease Control and Prevention. <https://www.cdc.gov/physicalactivity/basics/adults/>
- ⁶ Underferth D. (2016). 5 health benefits of cycling. MD Anderson Cancer Center. Retrieved from: <https://www.mdanderson.org/publications/focused-on-health/May2016/health-benefits-cycling.html>
- ⁷ American Heart Association. (2015). Physical Activity. Retrieved from: http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/HealthyLivingAfterStroke/PhysicalActivity/Physical-Activity_UCM_310896_Article.jsp#WSSN0evyu70
- ⁸ CDC/NCCDPHP/DPH/ESB-GIS (2016). 500 Cities Project: Local Data for Better Health 2014, Baton Rouge, LA. Retrieved from: http://ftp.cdc.gov/pub/MAPBOOKS/LA_Baton%20Rouge_MB_508tag.pdf#iActivity/Physical-Activity_UCM_310896_Article.jsp#WSSN0evyu70