Accelerating Active Transportation in Northern Virginia

Break Out Session #6: Active Transportation and Health

March 25, 2021
Housekeeping

- Today’s break-out sessions are being recorded.
- All attendees have been muted. Please put questions in the chat box.
- Closed captioning is available at all sessions.
- Today’s presentations and session recordings will be available on the George Mason transportation site at [http://transportation.gmu.edu](http://transportation.gmu.edu)
Public Health Epidemic: Obesity

Source: https://stateofchildhoodobesity.org/adult-obesity/
Arlington: Really, Really Good with Plenty of Laurels

Arlington Adult Obesity Rate: 20%
But there is room for improvement

3% Walk Rate
0% Bike Rate
Other Indicators of Health Inequities:
10-year difference in Life Expectancies
Positive Changes:
New Walk Area Carlin Springs Road
Health & Active Transportation Presenters

**Anna Ricklin**  
*Health in All Policies Manager*  
Fairfax County

**Torsha Bhattacharya**  
*Director of Research*  
Rails to Trail Conservancy

**Danielle Arigoni**  
*Director of Livable Communities*  
AARP