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

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

### 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
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/](http://www.cpex.org/demonstration-implementation/).

**HEALTH DISPARITIES in the FOSTER/FLORIDA CORRIDOR**

Obesity in adults 18 years and older by census tract

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.

**MORE TO COME!**

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**SOURCES:**
3. [http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp)
8. [http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/HealthyLivingAfterStroke/PhysicalActivity/Physical-activity_UCM_310896_Article.jsp](http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/HealthyLivingAfterStroke/PhysicalActivity/Physical-activity_UCM_310896_Article.jsp)