

## Mythbusters Quiz

### The Built Environment and Physical Activity

1.	Building houses closer together on smaller lots can increase our physical activity levels.	TRUE	FALSE
2.	Riding a bus or rail to work can't be any healthier for me than driving a car.	TRUE	FALSE
3.	Having more bikers and walkers on the roads will decrease accidents and injury.	TRUE	FALSE
4.	Building restaurants or stores near my house will just make for more automobile traffic.	TRUE	FALSE
5.	The most commonly cited reason children don't walk to school is parents' fear of crime against their children.	TRUE	FALSE



*an initiative of the Alliance for Health Promotion*  
401 West Michigan Street  
Indianapolis, IN 46202  
317.352.3844  
[www.healthbydesignonline.org](http://www.healthbydesignonline.org)

## Mythbusters Quiz Answers

	Question	True	False
1.	Building houses closer together on smaller lots can increase our physical activity levels.	X	
	Higher residential density is “positively associated with walking sufficiently to meet health recommendations.” <sup>1</sup> Neighborhoods that mix single-family homes with apartment buildings are one means of achieving the recommended density levels for walkability, which in this study, exceeded 20 units per acre. Doubling residential density can lessen family driving by 25-30%. <sup>2,3</sup>		
2.	Riding a bus or rail to work can't be any healthier for me than driving a car.		X
	Twenty nine percent of people using public transit to get to work meet their daily requirements for physical activity by walking to and from transit stops. <sup>4</sup> Public transportation produces 95% less carbon monoxide (CO), 90% less volatile organic compounds (VOCs), and about half as much carbon dioxide (CO <sub>2</sub> ) and nitrogen oxide (NO <sub>x</sub> ), per passenger mile, as private vehicles. <sup>5</sup>		
3.	Having more bikers and walkers on the roads will decrease accidents and injury.	X	
	The more walkers and bikers in an area, the less likely they are to be involved in a collision. “Accordingly, policies that increase the numbers of people walking and biking appear to be an effective route to improving (their) safety.” <sup>6</sup>		
4.	Building restaurants or stores near my house will just make for more automobile traffic.		X
	Neighborhoods with diverse land uses (mixed uses) can create proximity between residences, employment, and goods and services, reducing vehicle trips and miles traveled and increasing active transportation such as walking and biking. <sup>7</sup> Mixed land use increases the number and percentage of walking and biking trips; for trips less than one mile, mixed-use communities generate up to four times as many walking trips. <sup>8,9</sup>		
5.	The most commonly cited reason children don't walk to school is parents' fear of crime against their children.		X
	The American Housing Survey of 2004 reported that less than 15% of Indianapolis metro-area households with children aged 0-13 years (of school age) were located within 1 mile of a public elem. school. <sup>10</sup> Rates of walking to school have declined at the same time distance and traffic have increased in recent decades. Distance and traffic are cited most commonly by parents as reasons their children do not walk to school. <sup>11</sup>		



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