



MISSOURI
BICYCLE & PEDESTRIAN
FEDERATION

1709 MISSOURI BLVD, STE. C
#200, JEFFERSON CITY, MO 65109
MOBIKEFED.ORG

EXECUTIVE DIRECTOR:
Brent Hugh

director@mobikefed.org

816-336-2550

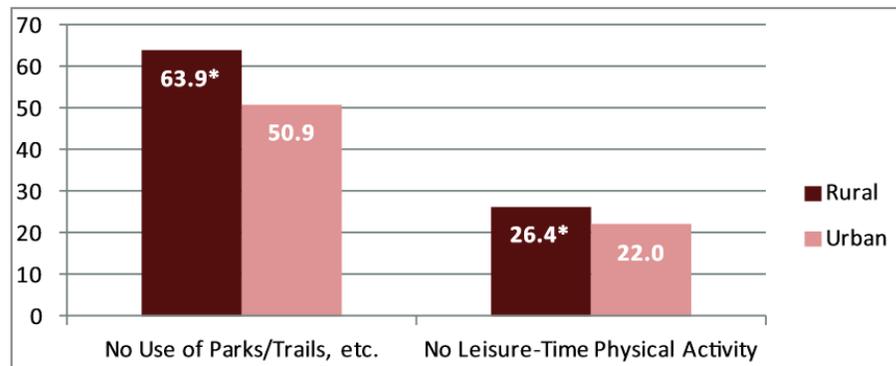
Bicycling, Walking, Trails, and Health in Rural Missouri Communities

Prior research has shown that fewer opportunities for walking, bicycling, trails, and other day-to-day outdoor recreation opportunities mean that people who live in rural communities have higher rates of obesity and other negative health outcomes.

Now a report from the Missouri Department of Health and Senior Services confirms this, with far more detailed information about the health disparities in rural Missouri than has previously been available.

Access to safe place to walk and bicycle and physical activity rates are notably lower in rural areas of Missouri

Selected Lack of Physical Activity Risk Factors Missouri, 2011

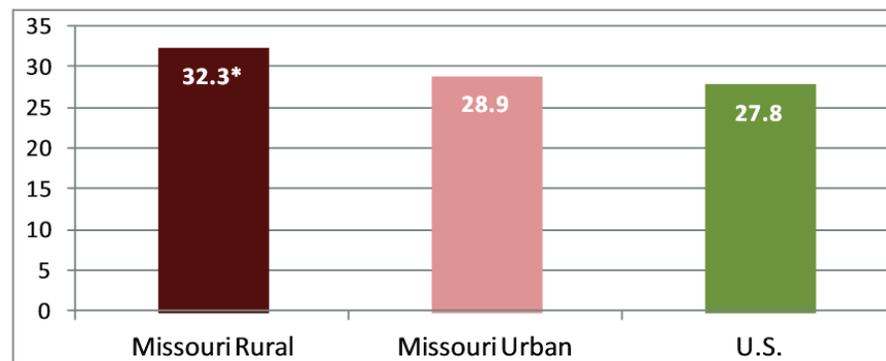


Estimates per 100 Residents

Source: Missouri County-Level Study, 2011

Obesity Rates are high in Missouri rural areas

Obesity Rates Missouri and U.S., 2011



Estimates per 100 Residents

Source: Missouri County-Level Study, 2011, and U.S. BRFSS, 2011

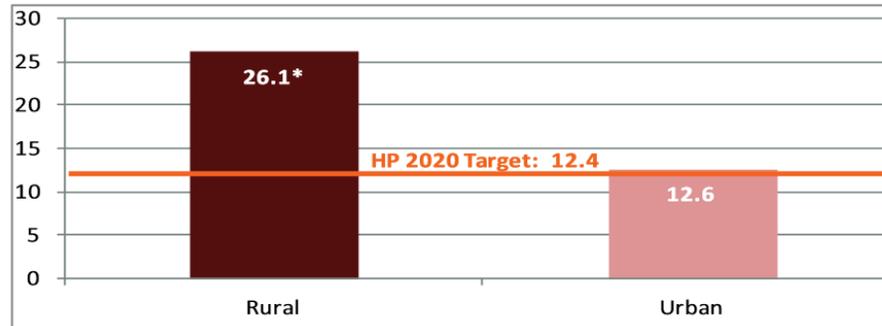
Even large Missouri cities and metro areas have lower access to parks and physical activity than the U.S. average for similar places.

But the smaller cities and towns across rural Missouri have even less access to places to walk and bicycle and to public transit. The lack of access to public transit and safe places to walk and bicycle is a major public health issue for Missouri.



Traffic fatality rate in rural Missouri double the urban rate

**Death Rates from Motor Vehicle Accidents
Missouri, 2001-2011**



Age-Adjusted Rates per 100,000 Residents

Heart Disease, Stroke, Blood Pressure, Cholesterol, Kidney Disease, Diabetes rates are all higher in rural Missouri

- Overall death rate: 853.4 per 100K in rural areas of Missouri vs 778.9 in urban areas (p. 19)
- Heart disease death rate: 246.4 per 100K in rural areas of Missouri vs 220.3 in urban areas (p. 24)
- Stroke death rate: 54.5 per 100K in rural areas of Missouri vs 49.7 in urban areas (p. 34)
- High blood pressure: 37.4% of Missouri's rural residents vs 32.6% of urban residents (p. 63)
- High cholesterol: 46.9% of Missouri's rural residents vs 43.5% of urban residents (p. 63)
- Kidney disease death rate: 19.2 per 100K in MO rural residents vs 17.0 urban (p. 47)
- Diabetes death rate: 23.3 per 100K rural vs 22.8 urban (p. 45)

What can we do?

- Pedestrian, bicycle, and/or trails **plan** for your community
- Community **Complete Streets** policies
- **Bicycle Friendly & Walk Friendly Communities** programs
- **Safe Routes to School** program in your community
- Implement **Vision Zero**
- Implement **comprehensive statewide transportation funding**.
Missouri invests just \$0.09 per resident in public transportation.
Missouri invests NO state transportation funding in walking/bicycling.
Yet every current state transportation funding proposal is for highway funding only.

Information source: [Health in Rural Missouri: Biennial Report 2012 - 2013](http://health.mo.gov/living/families/ruralhealth/pdf/biennial2013.pdf), Missouri Department of Health and Senior Services, Office of Primary Care and Rural Health, online at health.mo.gov/living/families/ruralhealth/pdf/biennial2013.pdf

Prior research: [Bicycling, Walking, Health, and Obesity in Rural Communities--A Factsheet](http://mobikefed.org/files/rural-communities-bicycling-walking-health-obesity-factsheet-1-2009.pdf), Missouri Bicycle & Pedestrian Federation, online at mobikefed.org/files/rural-communities-bicycling-walking-health-obesity-factsheet-1-2009.pdf