

Healthy People 2010 Operational Definition

22.14. Increase the proportion of trips made by walking.

22.14a. Adults, aged 18 years and older.

National Data Source	National Household Travel Survey (NHTS), U.S. Department of Transportation (see Comments).
State Data Source	Not identified.
Healthy People 2000 Objective	Not applicable.
Changes since the 2000 Publication	None.
Measure	Percent (age adjusted – see Comments).
Baseline (Year)	17 (1995)
Target	25
Target-Setting Method	47 percent improvement. For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of trips of 1 mile or less that persons 18 years and older report taking by walking on designated travel day.
Denominator	Number of trips of 1 mile or less that persons 18 years and older report taking on designated travel day.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used to Obtain the National Baseline Data	From the 1995 Nationwide Personal Transportation Survey: ➤ <i>Now I have some questions about all trips (you/Person) took (yesterday/on <u>Travel Day</u>), (including long trips that may have already been reported). For these questions, a “trip” is any time (you/Person) went from one address to another by car, bus, walking, bicycling, or some other means. For example, if you leave work, stop at the store, and then continue home that would be two trips—one to</i>

the store and one from the store to home.

- *Did (you/Person) go anywhere (yesterday/on Travel Day)?*
- *(Excluding the trips taken as a regular part of the job), please tell me everywhere (you/Person) went (yesterday/on Travel Day). Remember, we want to know about any time (you/Person) went from one place to another for any purpose.*
- *Where did (you/Person) go first (yesterday/on Travel Day)?*
- *When (you/Person) left (Destination) where did (you/Person) go next?*

[Repeat question until no more trips....]

➤ *Now I have a few questions about each trip.*

- *How far is it from where (you/Person) started to (Destination)? _____ miles*

[For nonsegmented trips:]

- *How did (you/Person) get to (Destination)? That is, what means of transportation did (you/Person) use for this trip?*

*Walk
Bicycle*

[For multisegment trips:]

- *What means of transportation did (you/Person) use for the (first/next) part of this trip to (Destination)?*

*Walk
Bicycle*

[Continue for additional segments...]

Expected Periodicity Periodic.

Comments The 1995 Nationwide Personal Transportation Survey (NPTS) sample design provided a scientific sample of households with telephones in the United States, covering all 50 States and the District of Columbia.¹ The sample was stratified by geography and time so that the data collection would be dispersed nearly uniformly throughout the country and across the data collection period. The sampling was also controlled by day of the week to capture variations in personal travel within a week. The population of interest was defined as all persons aged 5 years and older.

The travel day was defined as beginning at 4:00 a.m. on the designated day and ending at 3:59 a.m. on the following day. In general, telephone numbers

were called the day after their assigned travel day.

The NPTS was renamed the National Household Travel Survey (NHTS) in 2001.

Data are age adjusted to the 2000 standard population. The age groups used to age adjust the NPTS estimates are 18 to 24 years, 25 to 34 years, 35 to 44 years, 45 to 54 years, 55 to 64 years, 65 to 74 years, 75 to 84 years, and 85 years and older. Age-adjusted percents are weighted sums of age-specific percents. For a discussion of age adjustment, see Part A, section 7.

This objective is similar to Healthy People 2010 objective 8-2b; however, objective 8-2b does not specify distance, age, or purpose of trip.

See Appendix A for focus area contact information.

References

1. Ham S.A.; Macera C.A.; Lindley C. Trends in walking for transportation in the United States, 1995 and 2001. *Preventing Chronic Disease.*, Vol 2, No. 4. 2005.