



Neighborhood conditions for physical activity vary widely

Being physically active is one of the most important things people can do to improve their health. Neighborhood conditions, such as access to sidewalks or shoulders and perceived safety, can influence the physical activity levels of residents.¹ The **Kentucky Health Issues Poll (KHIP)** asked questions about neighborhood features and physical activity.

Half say neighborhood an excellent or very good place to walk, jog or bike

KHIP asked, “How would you rate your neighborhood as a place to walk, jog or bike: excellent, very good, good, fair or poor?” Overall, 5 in 10 Kentucky adults (53%) rate their neighborhood as an excellent or very good place to walk, jog or bike.

Adults who report their neighborhood as an excellent or very good place to walk, bike or jog are more likely to report being very or somewhat physically active (77%) than adults who report their neighborhood conditions as fair or poor (71%).

Fewer than 3 in 10 rate sidewalks as excellent or very good

KHIP asked, “How would you rate the condition of sidewalks and shoulders in your neighborhood: excellent, very good, good, fair or poor?” Fewer than 3 in 10 Kentucky adults (26%) rate their sidewalks/shoulders as excellent or very good. However, responses varied by region.

Northern Kentucky adults are the most likely to report having excellent or very good sidewalks/shoulders (47%) while adults in Eastern Kentucky³ are the least likely to report excellent or very good sidewalks/shoulders (12%).

Adults living above 200% FPL report better neighborhood conditions

Kentucky adults living above 200% of the Federal Poverty Level (FPL)⁴ are more likely than adults living at or below 200% FPL to report that their neighborhood is safe, an excellent or very good place to walk, jog or bike, and has excellent or very good sidewalks and shoulders.

Percentage reporting desirable neighborhood conditions by poverty level

Very or somewhat safe to be physically active outdoors



Excellent or very good place to walk, jog or bike



Excellent or very good sidewalks/shoulders



² Eastern Kentucky comprises the following Area Development Districts: Buffalo Trace, Gateway, FIVECO, Big Sandy, Kentucky River, Cumberland Valley and Lake Cumberland.

³ In 2012, 200% of the Federal Poverty Level (FPL) was \$46,100 for a family of four.

¹ www.surgeongeneral.gov/initiatives/prevention/strategy/report.pdf