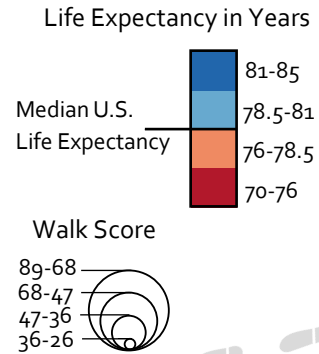
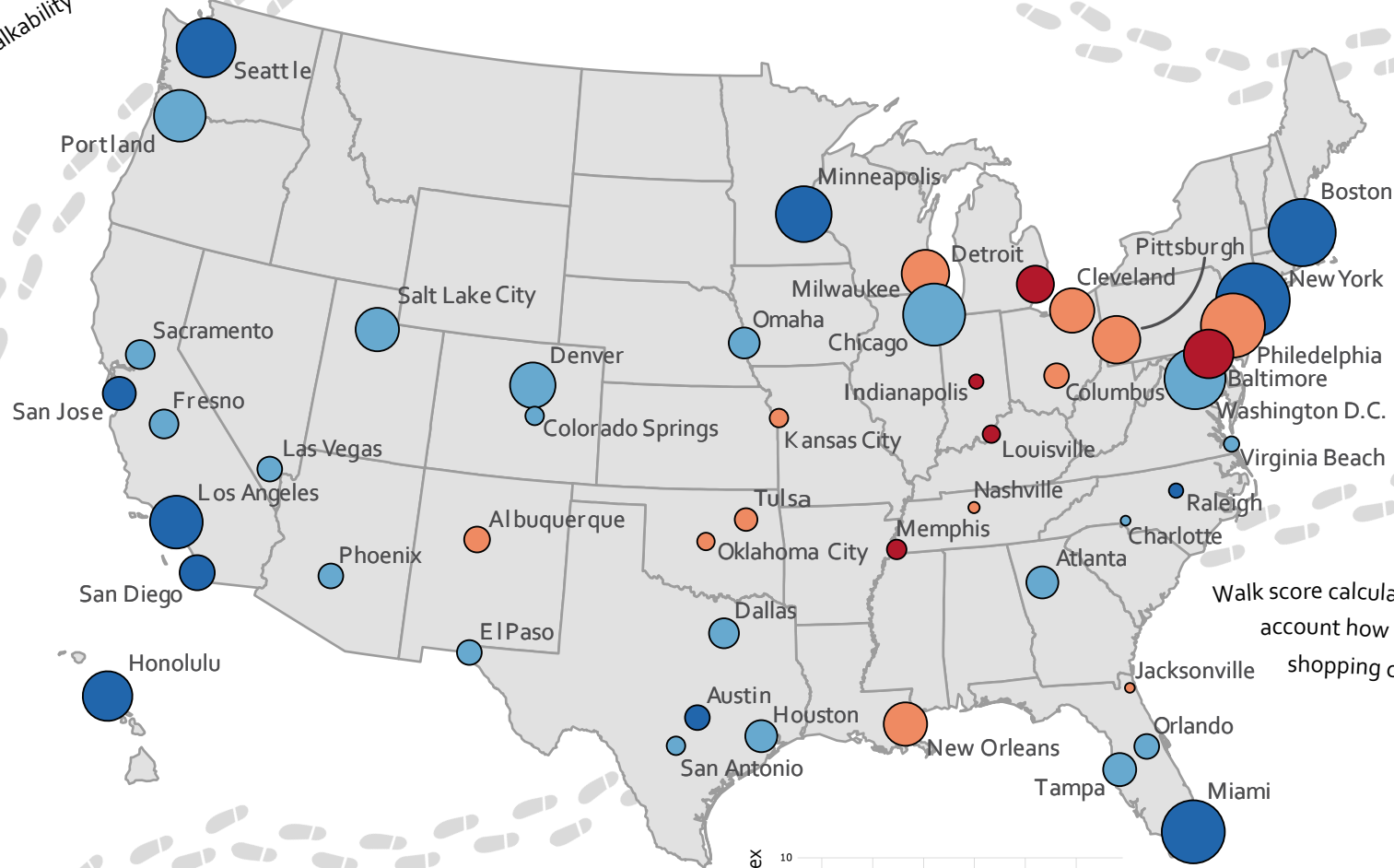


# Healthier Strides



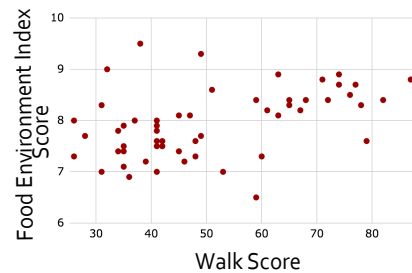
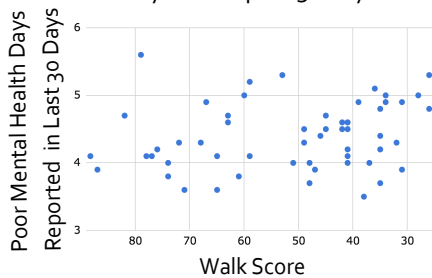
A visual analysis of the Walk Score and Life Expectancy of the 50 most populous U.S. cities

Higher walkability has been linked to better health outcomes.



Walk score calculates walkability by taking into account how many daily tasks such as shopping can be done on foot.

In addition to life expectancy, higher walk scores correlate with better food security, and less reported bad mental health days in the past 30 days.



This is often because people without access to a car can more easily reach grocery stores and exercise than in locations with low walk scores.

