



## Overview

Active transportation is any self-propelled, human-powered mode of transportation, such as walking or bicycling.

Increasing access and prioritizing development of active transportation like walking and cycling reduces a household's reliance on single-occupancy vehicles and fossil-fuel dependent vehicles. Choosing a bike over a car just once a day reduces an average [individual's carbon emissions from transport by 67%](#). Increasing modes of active transportation also has implications for public health. Active commuting that incorporates cycling and walking is associated with an [11% reduction in cardiovascular risk](#).

[Communities of color are less likely to have access to safe biking and walking infrastructure](#), despite being dependent on forms of active transportation for essential travel [at higher rates than their white counterparts](#). For example, Chicago's white neighborhoods have [50% more bike lanes](#) than Black neighborhoods. Creating new bike lanes, walking paths, and other active transportation infrastructure in communities of color is critical to advancing environmental justice.

### Strategies to Expand and Improve Forms of Active Transportation

- Encourage [Safe Routes to School programs](#) to enable children to walk and bike to school safely.
- Construct a [connected network of multi-use trails](#).
- Accommodate all roadway users with comprehensive street design measures such as "[complete streets](#)," including sidewalks, bicycle lanes, and share-the-road signs that provide safe and convenient travel for all users of the roadway.
- Separate motor-vehicle traffic from non-motorized traffic with physical barriers, such as the construction of [bicycle boulevards](#).
- Provide [safe and convenient bicycle and pedestrian connections](#) to public parks and recreation areas.
- Encourage [bicycle parking at workplaces and transit stops](#).
- Encourage the development of street-level shopping and restaurants along [pedestrian and bicycle routes](#). (Center for Disease Control and Prevention)

## Active Transportation Legislation

*\*\*All bills following two asterisks (\*\*) indicates bipartisan support for the legislation\*\**

- **\*\*Colorado H.B.22-1104 (enacted 2022):** Allowed transmission providers to enter into contracts to construct and maintain public recreational trails covering transmission corridors.
- **Colorado S.B.22-193 (enacted 2022):** Created the community access to electric bicycles grant program to award grant money to local governments, tribal governments, and nonprofit organizations that administer a bike share/ownership program.





- **Colorado S.B.030 (enacted 2025):** Requires the Department of Transportation to create a transit and active transportation project inventory that identifies gaps in transit, bicycle, and pedestrian infrastructure and access on state highways and rights-of-way that are controlled and maintained by the department.
- **Illinois H.B.2950 (enacted 2021):** Allows the state and counties to spend gas tax revenue on walking and biking infrastructure and new roads.
- **Maryland S.B.0345 (enacted 2024):** Designates a Vision Zero Coordinator to oversee the program statewide, collaborating with various state and local agencies to execute strategies aimed at enhancing roadway safety for all users.
- **Maryland H.B.0159/S.B.0465 (enacted 2024):** Adds electric bicycles to the Electric Vehicle Recharging Equipment Act, which modifies regulations for installing electric vehicle recharging equipment in condominiums, homeowners associations, and cooperative housing.
- **New York A.8936A (enacted 2022):** Increases state funding for construction and improvements by the Department of Transportation where the municipality agrees to fund a complete street design feature as a component of the project.
- **Washington S.B.5595 (enacted 2025):** Allows cities to designate “shared streets,” streets with a speed limit of no more than 10 miles per hour, give pedestrians and bicycles the right of way over cars, and suspend jaywalking laws.

## Additional Resources

- **People for Bikes** has created [Legislative Strategies for Safe and Connected Bike Infrastructure](#).
- **RMI** has an [E-Bike Rebate Program Guidebook](#) to support local governments, nonprofits, and transportation agencies seeking to boost mobility access, affordability, and activity in their communities.
- **Safe Routes Partnership** released a new report entitled, [“Making Strides: 2024 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities”](#) to track each state’s progress in supporting communities where people can easily be physically active.
- **Smart Growth America** has a resource on [Complete Streets policies nationwide](#) and a [Best Complete Streets Policies 2025 Report](#).
- **The League of American Bicyclists** has a report on [State Leadership for Safer Streets](#) and gives each state a [report card](#) on their progress.
- **The Transportation Research and Education Center** has a live [E-Bike Incentive Programs in North America table](#) to track e-bike purchase incentive programs in the United States and Canada.