New Hampshire

Walking on streets designed more for speeding cars than for people on foot can be deadly. More than 4,500 Americans died last year while crossing the street, walking to school, going to a bus stop, or strolling to the grocery store. But not walking is equally as hazardous. Partly out of traffic safety fears, people are walking less these days, with serious consequences for our weight and health. The CDC reports that two-thirds of Americans are now overweight or obese.

The good news is that communities that choose to change road policies and invest in safer designs see fewer deaths and injuries, even as they make their neighborhoods more livable and invite more people to walk and bicycle. Though growing in number, these places are still the exception rather than the rule.

The Risk of Walking in Selected New Hampshire Metro Areas

*The Pedestrian Danger Index is a measure of the relative risk of walking, adjusted for exposure. It is calculated by dividing the average pedestrian fatality rate (2007-2008), by the percentage of residents walking to work (2000).
## New Hampshire Metropolitan Areas Ranked by the Danger to Pedestrians

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</thead>
<tbody>
<tr>
<td>1</td>
<td>Manchester-Nashua</td>
<td>402,042</td>
<td>35.2</td>
<td>6</td>
<td>11.3%</td>
<td>$3.09</td>
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<tr>
<td>2</td>
<td>Boston-Cambridge-Quincy</td>
<td>4,522,858</td>
<td>23.2</td>
<td>96</td>
<td>20.3%</td>
<td>$1.11</td>
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</tbody>
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- **Total Federal Transportation Funds Available in New Hampshire**: $568 Million
- **Portion of Federal Funds Spent on Pedestrian Projects**: 3.7%
- **Amount Spent per Person on Pedestrian Facilities and Safety**: $4.01