**Complete Streets** is a transportation policy and design approach that requires streets to be planned, designed, operated, and maintained to enable safe, convenient and comfortable travel and access for users of all ages and abilities regardless of their mode of transportation. Complete Streets allow for safe travel by those walking, cycling, driving automobiles, riding public transportation, or delivering goods.

**Benefits of Complete Streets**

1. **Complete Streets fight obesity by promoting physical activity such as walking and bicycling.** Inactivity has major repercussions and is directly linked to diabetes, heart disease and stroke. About 55 percent of the population falls short of the recommended physical activity guidelines and approximately 25 percent are completely inactive. Studies have shown that a continuous network of safe and convenient sidewalks and bike paths is effective at getting people to walk and ride their bike more frequently, increasing physical activity levels and decreasing obesity.

2. **Complete Streets are necessary for our keiki and kupuna.** All citizens and visitors, especially our youth and elderly, should have the ability to safely cross the street, get around without a car, go for a walk, spend time outdoors, walk to schools and markets, and enjoy public spaces and parks. Currently, Hawai‘i is ranked as the most dangerous state for pedestrians 65 and older and our keiki don’t fare much better. Complete Streets can save lives, dramatically reducing fatal and non-fatal vehicle-pedestrian crashes.

3. **Complete Streets provide more active transportation options, easing traffic on our roads.** Complete Streets improve safety, lower transportation costs, provide transportation alternatives, encourage health through walking and biking, stimulate local economies, create a sense of place, improve social interaction, and generally improve adjacent property values.

Find source information at hihii.org/sources.