



American Heart Association  
1617 JFK BLVD Suite #700  
Philadelphia, Pennsylvania 19107

September 13th, 2019

Dear Senator,

Heart disease is the leading cause of death in Philadelphia. More than 3,400 lives were lost to the disease in 2017, according to the Philadelphia Department of Public Health's 2018 "Health of the City" report. Heart disease is directly related to chronic health conditions prevalent in the city. It reduces quality of life and life expectancy, often leading to disabilities and higher health care costs.

Luckily, bicycling riding is one of the many cures to improving heart health. A 2016 study found people who ride a bicycle regularly have about 15% fewer heart attacks than those who do not.

Unfortunately, not everyone is comfortable riding a bicycle on crowded city streets. That's why the American Heart Association joined with the Bicycle Coalition of Greater Philadelphia and the rest of the Philadelphia Vision Zero Alliance to support improved neighborhood mobility via protected bike lanes and pedestrian plazas.

Studies show that cities with protected bike lanes and pedestrian plazas are safer cities for all road users. A recent study at the University of Colorado of 12 large cities found cities with protected and separated bike lanes had 44 percent fewer on-street deaths — of bicyclists, pedestrians, and drivers.

The American Heart Association is supportive of efforts that promote safe and equitable access to protected bike lanes and pedestrian plazas that will encourage Pennsylvanians to be more physically active. The American Heart Association is supportive of HB 792/SB 565, which would re-define a curb and lead to progress in developing protected bike lanes and pedestrian plazas.

Sincerely,

A handwritten signature in blue ink, appearing to read "Jacob Zychick".

Jacob Zychick  
Community Advocacy Director, Philadelphia