Improving Health Through Transportation Planning

Safe, Active and Healthy

Health Matters

- Safer environments for walking and bicycling
- Better access to more places
- More opportunities to be physically active
- Opportunities for everyone



Healthy Network



People who bike, walk, and ride transit need to be considered in all plans.

Having a strong network for non-motorized users promotes healthy, happy, and active communities.

Healthy Economy



Organized Rides

Gateway to San Juans and Cascades

Liz McNett Crowl

Skagit Healthy Communities Coordinator
Skagit Regional Health
PO Box 1376
Mount Vernon, WA 98273
360-428-2331
LCrowl@skagitvalleyhospital.org