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San Francisco Tops List of 2009 Best Walking Cities in America

April 7, 2009

Bethesda, MD—For the seventh year in a row, the American Podiatric Medical Association (APMA) has joined with *Prevention* magazine to develop a comprehensive list of the Best Walking Cities in America. This year's number one Best Walking City? San Francisco, California.

To calculate this year's list, metro areas were evaluated based on 19 criteria, including population density per square mile, use of mass transit, crime rates, and square miles of local and state parks. *Prevention*, APMA, and Sperling's Best Places also consulted with a panel of nationally recognized experts in the field of walking communities, to give each city a 1-5 rating on a walkability scale. New categorical breakdowns for 2009 included listing the Best Walking Cities for Families, Nature Walks, and more.

This year's top 25 walking cities in the United States, according to the 2009 study, are as follows:

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1	San Francisco	CA
2	Boston	MA
3	New York	NY
4	Philadelphia	PA
5	Chicago	IL
6	Washington	DC
7	Seattle	WA
8	Honolulu	HI
9	Portland	OR
10	Pittsburgh	PA
11	Oakland	CA
12	Minneapolis	MN
13	San Diego	CA
14	Los Angeles	CA
15	Milwaukee	WI
16	Baltimore	MD

17	Rochester	NY
18	Santa Ana	CA
19	San Jose	CA
20	Denver	CO
21	Columbus	OH
22	New Orleans	LA
23	Austin	TX
24	Sacramento	CA
25	Tucson	AZ

The Top 10 Walking Cities and 15 honorable mention cities are featured in the May issue of *Prevention*, on newsstands Tuesday, April 7. For more information, including a list of Frequently Asked Questions (FAQ) about this year's Best Walking Cities, visit www.apma.org/BWC.

Founded in 1912, the American Podiatric Medical Association (APMA) is the nation's leading and recognized professional organization for doctors of podiatric medicine (DPMs). DPMs are podiatric physicians and surgeons, also known as podiatrists, qualified by their education, training and experience to diagnose and treat conditions affecting the foot, ankle and structures of the leg. The medical education and training of a DPM includes four years of undergraduate education, four years of graduate education at an accredited podiatric medical college and two or three years of hospital residency training. APMA has 53 state component locations across the United States and its territories, with a membership of close to 12,000 podiatrists. All practicing APMA members are licensed by the state in which they practice podiatric medicine. For more information, visit www.apma.org.

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