

## R. Mark Fenton

Mark Fenton is a transportation, planning, and public health consultant, author, PBS television host, and active transportation advocate. An adjunct associate professor at Tufts University's Friedman School of Nutrition Science and Policy, he combines a public health perspective with engineering expertise (BS and MS degrees from MIT) to provide innovative community level program, design, and policy solutions to create more walkable, bicycle- and transit-friendly settings. He serves on faculty for the University of South Carolina's annual Physical Activity and Public Health training course, works with the Safe Routes to School national training course, and as a workshop facilitator and for the National Center for Bicycling and Walking in Washington, DC, leading sessions in over 200 communities nationwide. Mark is one of the country's foremost experts on healthy community design, has published widely on the topic, and speaks regularly nationally and even internationally. Mark's work ranges from local and regional health and sustainability initiatives to leading the National Physical Activity Plan's Transportation, Land Use and Community Design working group. He has served on the World Health Organization's advisory group for the development of Health Economic Assessment Tools (HEAT) for bicycling and walking. Community work includes workshops to develop corridor redesigns, neighborhood traffic calming plans, and community-wide or regional transportation and public health priorities. He's even been elected to and chaired his town's planning board, and served on by-law review committee, working always to attain the health, economic, social, and environmental benefits of pedestrian-, bicycle-, and transit friendly settings.

### Professional Highlights

- Adjunct Associate Professor, Friedman School of Nutrition Science and Policy, Tufts University.
- Contributing Editor, *Health Magazine*; Editor-at-Large, *Walking Magazine*, 1993-2010.
- Physical Activity Program Manager, UNC Pedestrian and Bicycle Information Center, 2001-2004.
- Host and chief creative consultant, *America's Walking*, PBS television health series, 2000-2002.
- Manager of Research Engineering & Human Performance, Reebok Int'l, Stoughton, MA, 1990-1992.
- Research Assistant, US Olympic Sports Science Laboratory, Colorado Springs, CO, 1983-84; 1987-88.

### Recent Project examples

**Centers for Disease Control technical assistance contracts: Communities Putting Prevention to Work (CPPW) 2010-12; YMCA-USA Pioneering Healthier Communities, 2004-present; CDC ACHIEVE 2007-present.** National leadership training institutes, followed by healthy design workshops in scores of communities.

**Healthy Hawaii Initiative consultant.** Statewide technical assistance for active community design; support of successful Safe Routes to School and Complete Streets legislative initiatives, 2007-09.

**Minnesota healthy community design consultant.** Community facilitation & training for 20+ city/regions, State Health Improvement Plan and Blue Cross Blue Shield of MN, 2007-present.

**Louisville, KY Pedestrian Plan & Summit.** Public workshops & summit facilitation, 2007-08.

**Bicycle & Pedestrian Connectivity Plan, Charlotte, NC.** Facilitated community input workshops, 2005.

**National Safe Routes to School Training Course; UNC Nat'l Center for SRTS, Chapel Hill, NC.** Curriculum development, instructor trainings (HI, SC, MT) & community workshops, 2005-present.

**Berkeley-Charleston-Dorchester Regional Bicycle/Pedestrian Plan, Charleston, SC.** Facilitated public workshops, developed recommendations, 2005.

**Walkable Community Workshop facilitator, National Center for Bicycling and Walking, Washington, DC.** Week-long MPO workshops nationwide. 2003-05

**Non-Motorized Transportation Plan, Ann Arbor MI.** Community education and visioning sessions, 2004.

**Safe Routes to School workshop series, Milwaukee, WI.** Facilitated workshops at six at-risk schools. 2000

## Education

M.S., Massachusetts Institute of Technology, mechanical engineering, February, 1990. Studied multi-phase fluid flow modeling and power system design.

B.S., Massachusetts Institute of Technology, mechanical engineering, June, 1983. Bachelor's thesis in biomechanics, gait analysis, and exercise science.

## Selected Presentations

- Faculty member, *Physical Activity and Public Health* course, University of South Carolina/Centers for Disease Control & Prevention, annually 1999-present.
- YMCA/USA *Pioneering Healthy Communities* action institute, Washington DC, yearly 2004-present.
- "Nexus Between Transportation and Obesity Prevention," plenary panel moderator, *Weight of the Nation* conference, Washington DC, July 2009 (video at [www.adph.org/ALPHTN/index.asp?id=3775](http://www.adph.org/ALPHTN/index.asp?id=3775))
- "Creating Community Physical Activity Interventions That Stick," keynote, National Physical Activity Conference, Brisbane, Australia, Oct. 2009. (*J.of Sci. & Med. in Sport*, 12(6), Dec.'09)
- "Winning Battles, Losing the War: Time to Turn the Tide," closing plenary, Traillink National Rails-to-Trials conference, Portland, OR, Aug. 2007.
- "Creating Stickier Communities for Physical Activity," opening keynote, National Active Living by Design conference, Denver, CO, May 2006.
- "Fighting the Epidemic No One is Talking About," keynote, American College of Sports Medicine National Health and Fitness Conference, Las Vegas, April 2005.
- "Infrastructure Investments for Physical Activity in Communities," closing plenary, 18th National Chronic Disease Prevention Conference, Washington DC, Feb. 2004.
- "The Role of Transit in Creating More Active, Healthier Communities," Rail-Volution National Transit Conference, plenary session and walk audit workshop, Atlanta, GA, Sep. 2003.
- "Best Practices in Healthy Street Design," D Burden, M Fenton, K Sides, Institute of Transportation Engineers Technical Conference seminar, Ft. Lauderdale, FL, Mar. 2003.

## Selected Publications; Books

- *The Complete Guide to Walking for Health, Weight Loss, and Fitness*, M Fenton, Lyons 2008 (2<sup>nd</sup> Ed).
- *Pedometer Walking*, M Fenton, D Bassett, T Teare, Lyons press, 2006.
- *Walking Through Pregnancy and Beyond*, M Fenton, L Fenton, T Teare, Lyons press, 2004.
- *The 90-Day Fitness Walking Program*, M Fenton, S Bauer, Perigee, 1995.
- *The New Walkers Logbook*, M Fenton, Walking Magazine, 1995.

## Selected Publications; Chapters, Articles

- "Engineering Physical Activity Back Into Americans' Lives," M Fenton, in *Progressive Planning*, No. 157, p. 12-17, fall 2003.
- "Promoting Walking in the US: Overcoming the Stickiness Problem," M Fenton, *Creating Sustainable Transport*, Rodney Tolley, editor, Woodhead Publishing, London 2003.

## Selected academic publications

- "Battling America's Epidemic of Physical Inactivity: Building More Walkable, Livable Communities," *J. Nutrition Education and Behavior*, 2005; 37: S27-S32.
- "The Relationship Between Convenience of Destinations and Walking Levels in Older Women," W King, M Fenton, AM Kriska, et.al. *American Journal of Health Promotion*, 18 (1), 74-82, Sep. 2003.
- "Physiological Test and Performance Parameters of Elite and Sub-elite US Race Walkers," M Craib, M Fenton, JT Kearney, L Mino, and J Miller, SE Meeting, Amer. College of Sports Medicine, Jan. 1993.
- "Use of Joint Angle Biofeedback System in the Gait Training of Stroke Patients," RM Fenton, W.C. Flowers, *Biomechanics of Normal and Prosthetic Gait*, J.L. Stein, ed., ASME, BED-Vol. 4, Dec. 1987.
- "Race Walking Ground Reaction Forces," RM Fenton, *Sports Biomechanics*, Jan. 1984.

## National Organizations and Activities

- Vice Chair, Board of Trustees, East Coast Greenway Alliance, 1999 to 2008.
- Juror, Institute of Transportation Engineers Annual Pedestrian Project Awards, 2003, 2004.