

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. Mark has served in his community as an elected member and chairman of the planning board, and on the by-law review committee. He also serves on faculty for the University of South Carolina's Physical Activity and Public Health training course. He worked 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 walking for health and fitness, has published widely on the topic, speaks regularly nationally (even internationally), and is quoted often in the media.

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 also served on the World Health Organization's advisory group for the development of Health Economic Assessment Tools (HEAT) for bicycling and walking. Local community work includes neighborhood workshops to develop site specific plans, such as corridor redesigns or neighborhood traffic calming plans, to setting community-wide or regional transportation and public health priorities. The goal is to develop multi-disciplinary teams that will advance healthy land use policies and engineering designs, combining the public health argument for more active community environments with

the economic, social, and environmental case for more pedestrian- and bicycle-friendly settings based on sound engineering principals and established best practices.

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. Annual national leadership training institutes, as well as healthy community design workshops in over 100 communities nationwide.

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

Minnesota healthy community design consultant. Community facilitation & training for 20+ city/regions, State Health Improvement Plan 2008-present; Blue Cross Blue Shield, MN, 2007-09.

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

Professional Highlights

- 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.

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.
- "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 (2nd 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.