Quick Guide

[Diagram showing the structure of ITHIM with sections for Home, About, Run ITHIM, Decision Support, and User Support]

- Introduction
- Instructions
- Scenarios
- Geographies
- Time Periods
- Methods

(See next page for details)

- Health Outcomes
- Strategies
  - Introduction
  - Physical Activity
  - Safety
  - Air Pollution
- Evidence
- Data & Resources

- Video tutorials
- Quick guide
- User's Manual
- Chart book
- Upload instructions
- Workshop slides
- R & Shiny Code
- Glossary

https://www.ithim.org/ithim
Run ITHIM Page

1. Make Selection

- **Scenarios**: 8 built-in scenarios
- **Time Periods**: 2015 to 2050
- **Geographies**: United States

2. Outputs

- Summary Report
- Infographic
- Tables
- Graphs

Detail for Tables/Graphs

- Summary
- Medium
- High

3. Downloads

- Data in Tables

4. Units

- Mean/median active travel times
- Active travel time (min) per day/week
- Mean travel distances per day/week/year