



Step It Up!: Walkability Action Institute - Action Plan

Goal #1: By June 2018, the Step It Up! Action team recommends CRCOG shift its current Bike Ped Committee to an Active Living/Active Transportation/Complete Streets (name to be determined) Committee.

Estimated reach: The Capitol Region has just under 1 Million residents who benefit from regional and local transportation policies and funding decisions.

Action Steps (to include timeline):	Responsible Party:	Additional Comments:
<p>Action Step 1.1: June 2016 – June 2018 Work to Establish the Active Living/Active Transportation/Complete Streets Committee</p> <ul style="list-style-type: none"> - Establish a working group - Determine committee membership - Revise mission statement and purpose 	<ul style="list-style-type: none"> - CRCOG - Bike Ped Committee 	
<p>Action Step 1.2: June – September 2018 - Once committee is established, seek a representative, perhaps a public health official, to sit on the CRCOG transportation committee It is</p>	<ul style="list-style-type: none"> - CRCOG - CRCOG Transportation Committee 	

understood that they would be a voting member – the language may be softer if we left it off but understand we'll have to revisit with TC, modify our bylaws and get MPO endorsement.

Goal #2: The Step It Up! Action team recommends educating the public and decision makers at the local, regional and state level on the link between public health outcomes and transportation decisions.

Estimated reach: The Capitol Region has just under 1 Million residents who benefit from regional and local transportation policies and funding decisions.

Action Steps (to include timeline):	Responsible Party:	Additional Comments:
<p>Action Step 2.1: In 2016, coordinate with CRCOG towns to identify active living champions representing each of the CRCOG community types – urban suburban, rural.</p>	<ul style="list-style-type: none"> - CRCOG - Active Living/Active Transportation/Complete Streets Committee 	
<p>Action Step 2.2: By June 2017, arrange a notable speaker, such as Ian Lockwood, to present on this topic within the region and/or to the CRCOG Transportation Committee</p>	<ul style="list-style-type: none"> - CRCOG 	
<p>Action Step 2.3 By July 2016 create a section on the CRCOG website devoted to educational materials and resources for municipalities on active living and complete streets</p>	<ul style="list-style-type: none"> - CRCOG 	



Goal #3: Step It Up! Action team recommends working with a representative sample of CRCOG municipalities (Urban (Hartford) Suburban and Rural to implement pilot projects.

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Action Steps (to include timeline):	Responsible Party:	Additional Comments:
<p>Action Step 3.1: Engage the Anchor Institutions (including Health Insurance Institutions) in Hartford and surrounding communities to start an initiative to increase walking and walkability within 5-10 minutes of their campuses</p> <ul style="list-style-type: none"> - Look to have them sponsor projects that stimulate mobility as a means to decreasing health costs 	<ul style="list-style-type: none"> - CRCOG - City of Hartford - Other CRCOG municipalities 	<ul style="list-style-type: none"> - Potential for leveraging the concepts coming out of the current CRCOG Anchor Institution Study
<p>Action Step 3.2: Support Capitol Region Communities in applying for grant opportunities such as the Aetna Healthiest Cities Challenge</p>	<ul style="list-style-type: none"> - CRCOG in partnership with its municipalities 	
<p>Action Step 3.3: Identify existing large-scale investments that see internal and external benefit to increasing area active transportation options</p>	<ul style="list-style-type: none"> - CRCOG in partnership with its municipalities 	



Goal #4: The Step It Up! Action team recommends CRCOG update the Bicycle and Pedestrian Plan to become a Complete Streets/Active Transportation/Active Living (name to be determined) Plan for the Capitol Region

Estimated reach: The Capitol Region has just under 1 Million residents who benefit from regional and local transportation policies and funding decisions.

Action Steps (to include timeline):	Responsible Party:	Additional Comments:
<p>Action Step 4.1 Summer 2016 – research best practices and examples from across the country on Regional Complete Streets plans, policies and programs as well as Active Living programs</p>	<p>- CRCOG</p>	
<p>Action Step 4.2: In 2017 Coordinate a focus group (one of several related to the Regional Transportation Plan Update) to examine active transportation and public health outcomes as they relate to the region’s transportation system.</p>	<p>- CRCOG with municipal and other partners</p>	<p>- PVPC – public health in Regional Transportation Plan (matrix of sustainability criteria)</p>
<p>Action Step 4.3: During the next Local Transportation Capital Improvement Program (LOTICIP) solicitation, evaluate guidelines on how/whether public health outcomes are included in the rating criteria</p>	<p>- CRCOG in partnership with the LOTICIP review committee</p>	



<p>Action Step 4.4: In 2018 Encourage the development of Community Health Action Plans through cooperative effort with Local Health Departments and Town Planning and Engineering (focus on Active Living). Work to include action plan framework (regional context) into the update of the Complete Street / Active Transportation / Active Living Plan.</p>	<ul style="list-style-type: none">- CRCOG in partnership with municipal Public Health, Planning and Engineering partners	<ul style="list-style-type: none">- HEAC is a good example
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Goal #5: The Step It Up! Action team recommends CRCOG involve Public Health Representatives in Transportation Decisions.

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Action Steps (to include timeline):	Responsible Party:	Additional Comments:
<p>Action Step 5.1: Survey Local Health Directors on their interest in participating in regional transportation decision making and on such matters as:</p> <ul style="list-style-type: none"> - Interest in promoting routine activity - Interest in increasing walkability - Interest in helping develop local walkability plans - Interest in participating on a Regional Transportation Committee and/or Complete Streets Committee - Interest in playing a role in local transportation decisions 	<ul style="list-style-type: none"> - CRCOG in partnership with the West Hartford Bloomfield Health District 	
<p>Action Step 5.2: June – August 2016, develop a distribution plan to deliver the existing Healthy Communities Toolbox to municipal town planners and engineers educating them on the relationship between Transportation/Active</p>	CRCOG in partnership with <ul style="list-style-type: none"> - All member jurisdictions - CTDOT - CRCOG Bike Ped Committee 	



<p>Action Step 5.3: In 2017, hold a multi-disciplinary walk audit/scavenger hunt with planners/engineers/public health officials at CTfastrak station areas.</p>	<p>CRCOG in partnership with,</p> <ul style="list-style-type: none"> - All member jurisdictions - Other partners such as the Hartford Young Professionals & Entrepreneurs (HYPE) 	
<p>Action Step 5.4: By 2018, integrate public health officials into the transportation policy and decision making process at the regional level (see also Action Item 1.2).</p>	<ul style="list-style-type: none"> - CRCOG - CRCOG Transportation Committee 	

