Step it Up! Action Institute to Increase Walking and Walkability

Lessons Learned
May 19, 2016
CRCOG Regional Planning Commission
US Surgeon General (9/9/15):

Surgeon General’s Call to Action

www.surgeongeneral.gov/StepItUp

1) Promote more walking...
2) Build a more walkable world...
The Bad News in 3 Numbers

• **30** minutes of daily physical activity recommended by national guidelines.
• **LESS than 20%** of American adults actually meet these recommendation (thru LTPA).
• Estimated **365,000** annual deaths in America due to physical inactivity & poor nutrition (2nd to tobacco).
Step It Up!: Action Institute to Increase Walking and Walkability
(April 26-28 in Atlanta, Georgia)
Metropolitan Planning Organization Regions
Request for Funding Assistance
CRCOG Active Transportation Planning to Date

2015 CRCOG PEDESTRIAN AND BICYCLE PLAN ADDENDUM

6/22/2015 Prepared by CRCOG
CRCOG Bike/Ped Committee

- Municipal Representatives (Engineers, Planners, Public Works Directors, Parks & Rec)
- Allied non-profit groups and advocates
- State Agencies
- Other Regions
- Transit
Current Regional Initiatives & Priorities – The 5 E’s

- **Engineering:**
  - Support the completion of East Coast Greenway connections throughout the region
  - Support multi-use trails and bicycle infrastructure improvements in the region’s municipalities
  - Support multi-modal transportation opportunities around the region’s transit stations

- **Education:**
  - Support efforts to education the region’s municipalities on bike and pedestrian issues and best practices
  - Support educational efforts in the region’s schools

- **Encouragement:**
  - Support communities in comprehensive efforts to become more bike friendly

- **Enforcement:**
  - Help educate communities on current bike/ped and complete streets legislation

- **Evaluation & Planning:**
  - Monitor identified safety focus areas and continue to do the annual bicycle and pedestrian count for the region
Key Regional Maps
Active Transportation Audits

**A. PEDESTRIAN FACILITIES**

- Please indicate north direction:
  - Street A

- One side of street
  - Yes
  - No

- Both sides of street
  - Street A
  - Street B

1. Is a sidewalk present?
2. Is the sidewalk continuous along the street?
3. Is the sidewalk wide enough for people to walk and pass one another?
4. Are there obstructions blocking the sidewalk? (vehicles, construction, signs, etc.)
5. Do you see pedestrians?

**6. How would you rate the condition of the sidewalk? (please circle a number)**

1. Poor
2. Fair
3. Good
4. Very good
5. Excellent

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**B. BICYCLE FACILITIES**

- Please indicate north direction:
  - Street A
  - Street B

- One side of street
  - Yes
  - No

- Both sides of street
  - Street A
  - Street B

1. Is there a space for bicyclists to ride comfortably?
2. Are there obstructions blocking bike travel? (vehicles, construction, branches, etc.)
3. Is the space continuous along the street?
4. Do you see bicyclists?
5. How would you rate the condition of the riding surface? (please circle a number)

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**Overall, how are the pedestrian facilities? (please circle a number)**

1. awful
2. poor
3. fair
4. good
5. great

---

**Overall, how are the bicycle facilities? (please circle a number)**

1. awful
2. poor
3. fair
4. good
5. great
The Future: Complete Streets
What does CRCOG Hope to Accomplish by Attending the Walkability Institute?

- To catalyze the development of a Regional Complete Streets Policy and Committee responsible for creating a Complete Streets Plan for the Capitol Region

- To lay the groundwork for creating an action & implementation plan for complete streets infrastructure in CRCOG’s urban, suburban and rural communities as well as key areas such as distressed neighborhoods and the region’s new bus rapid transit corridors.
Interdisciplinary CRCOG Team

Neil Pade
Transportation (State Bike Ped Advisory Board)

Wildaliz Bermudez
Elected Official (Hartford)

Otis Pitts
Public Health (Hartford)

Steve Huleatt
Public Health (Bloomfield/West Hartford)

Fernando Marroquin
Public Administration (Hartford)

Emily Hultquist
Planner/MPO Representative
Ten Teams Selected from Across the Country

1. Austin, TX
2. Chattanooga, TN
3. Des Moines, IA
4. Grand Island, NE
5. Grand Rapids, MI
6. Greenville, NC
7. Hartford, CT
8. Holland, MI
9. Knoxville, TN
10. Portland, ME
Getting from “Why” to “How”

Transition from the “WHY” of why improving walkability is important...

...to the “HOW” of how to put walkability changes into motion...
Course Faculty – Experts in Field of Active Transportation

- Active Living By Design
- CDC’s Healthy Community Design Initiative
- America Walks
- National Association of Realtors – Smart Growth Division
- Atlanta Beltline
- Tanner Health Systems – Get Healthy, Live Well initiative
- Tennessee Department of Health
- Decatur, GA City Commission
- Atlanta Regional Commission – Aging and Health Resources
- Decatur, GA Active Living Department
Mark Fenton, Course Leader on Winning the Battles but Losing the War
Four Elements of Active Design

www.activelivingresearch.org

Land Use

Safety & Access

Network

Site Design
“Cars, cars, fast, fast!”
Le Corbusier, 1924
Conventional Theory
Value = fn (travel time to center)

Traditional City
Value = fn (proximity to center)
Rewarding the “Long Trip” v. the “Short Trip”
1949 Street Network
<table>
<thead>
<tr>
<th>Higher Calling</th>
<th>Modernist/Conventional</th>
<th>Traditional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus</td>
<td>Reward Long Trips</td>
<td>Reward Short Trips</td>
</tr>
<tr>
<td></td>
<td>Accommodate Automobiles</td>
<td>Accommodate Many Users</td>
</tr>
<tr>
<td>Problem Definition</td>
<td>Fight Congestion</td>
<td>Advance Priorities</td>
</tr>
<tr>
<td></td>
<td>Increase Speed</td>
<td>Make Places</td>
</tr>
<tr>
<td></td>
<td>Move Traffic</td>
<td>Increase Proximities</td>
</tr>
<tr>
<td>Land Use Relationship</td>
<td>Indifferent</td>
<td>Integrated</td>
</tr>
<tr>
<td>Complexity</td>
<td>Simple</td>
<td>Multi-Layered</td>
</tr>
<tr>
<td>Key Strategies</td>
<td>Add Lanes</td>
<td>Shorten Trips</td>
</tr>
<tr>
<td></td>
<td>Speed Up Streets</td>
<td>Safe Speeds</td>
</tr>
<tr>
<td></td>
<td>Raise LOS</td>
<td>Increase Access</td>
</tr>
<tr>
<td></td>
<td>Traffic = fn(Trip Generation)</td>
<td>fn(Multiple Strategies)</td>
</tr>
<tr>
<td>Capacity of Streets</td>
<td>To Move Traffic</td>
<td>Nurture Businesses</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Increase Social Interaction</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Add Character</td>
</tr>
<tr>
<td>Typical Outcomes</td>
<td>Lack of Identity</td>
<td>Strong Identity</td>
</tr>
<tr>
<td></td>
<td>Poor Health</td>
<td>Better Health</td>
</tr>
<tr>
<td></td>
<td>Limited Options</td>
<td>More Options</td>
</tr>
<tr>
<td></td>
<td>More Energy Use</td>
<td>Less Energy Use</td>
</tr>
<tr>
<td></td>
<td>Car Dependency/Congestion</td>
<td>Choices</td>
</tr>
</tbody>
</table>

LESS VIBRANCY

MORE VIBRANCY
Decatur, GA – Active Living Department
Atlanta Beltline – “Where Atlanta Comes Together”
# TAP: PSE Goal Implementation

**Name of Participant Team:** Please insert MPO/regional team

**Goal #1:** Click here to enter Goal #1 in SMART format

**Estimated reach:** Please enter the estimated number of people and target population for this goal

*Please note that teams may include as few or as many action steps as you need to accomplish the goal. You may delete unused rows, or add additional rows if you include more than three action steps.*

<table>
<thead>
<tr>
<th>Action Steps (to include timeline): Action Steps are specific activities, benchmarks, or achievements that assist in accomplishing the goal; the timeline is an estimated completion date for that stated action step</th>
<th>Responsible Party: Agency or individual responsible for achieving the action step</th>
<th>Additional Comments: Added comments or resources useful for achieving the action step</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Action Step 1.1:</strong> By (insert month/year), enter action step here (row will expand)</td>
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<tr>
<td><strong>Action Step 1.2:</strong> By (insert month/year), enter action step here (row will expand)</td>
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<tr>
<td><strong>Action Step 1.3:</strong> By (insert month/year), enter action step here (row will expand)</td>
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MPO’s Health Investment Strategy

Roadway Funding:
• 70% - Roadway projects that improve health
Resources

- Healthy Communities Toolkit - CT Example
  - www.HealthyEasternCT.com
- Getting Started Practice Briefs . . .
  - americawalks.org/every-body-walk-getting-started-practice-briefs/
- Extensive research resource . . .
  - www.activelivingresearch.org
- Urban Street Design Guide, National Association of City Transportation Officials
  - http://nacto.org/publication/urban-street-design-guide/
- Video on the elements of walkability (5:00)
  - www.youtube.com/watch?v=5i15Hp_Yoqc&feature=youtu.be
- Fenton on winning battles, but losing the war to build walkable places (6:20):
  - www.youtube.com/watch?v= _XjrWHwxonM