HEALTHY COMMUNITIES = ACTIVE TRANSPORTATION

Peter Wulfhorst AICP, Extension Educator

Penn State is committed to affirmative action, equal opportunity and the diversity of its workforce.
Our programs target
• Citizen participation
• Effective organizations
• Local government decision-making
• Land use education
ECD workshops build organizational effectiveness

• How to Have a Great Meeting
• Working in Groups and Getting Things Done
• Conflict Management
• To Vote or Not to Vote
• Dealing with Change
• Facilitation Tools and Tips
• Volunteers
On-demand programming

• Grant writing
• Strategic planning
• PA local government education
• Facilitated meetings

Specific needs?
Contact us.
Latest News

**Continuity of Government**
August 25, 2015
At any time something can occur and disrupt the routine business of government. Do you have a plan to reduce the impact on key services?

Read More...

**Moving the Needle: Community Impact**
August 10, 2015
Funders want to use their dollars to make the biggest impact they can towards meeting their mission.

Read More...

**Vacant Properties and Distressed Commercial Districts – A New Opportunity for Your Community?**
July 31, 2015
Have you ever driven past that old big box store sitting vacant or that abandoned industrial
Objectives

➢ Understand the relationship between physical activity and healthy citizens

➢ Understand the components of Active Transportation

➢ Integrate active transportation into all levels and activities of planning
HEALTH OUTCOMES RANKS - 2014

SOURCE: University of Wisconsin Population Health Institute in collaboration with Robert Wood Johnson Institute
What is Active Transportation?

- Less dependence on cars by having homes, businesses, schools, churches & parks close to each other to allow more people to walk or bike.

- Parks & recreation facilities that provide opportunity for people to be physically active and socially engaged.

- Allow people, if they choose, to age in place and remain in their communities.
“I want more options to help me get outside & be more active”

- Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.  
  American Journal of Preventive Medicine; President’s Council on Physical Fitness and Sports Research Digest

- Having more parks and more park area (acreage) within a community is associated with higher physical activity levels.

- Lower-income populations & some racial and ethnic populations have limited access to parks and recreational facilities. These disparities partially explain lower physical activity levels among these populations.  
  Active Living Research, Parks, Playgrounds & Active Living, February 2010
Highlighted Policy Scan Results:
Healthy & Safe Physical Environments

Municipalities:

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td></td>
<td>Does the Comprehensive Plan includes goals for walkability?</td>
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<td>Does the Comprehensive Plan includes goals for bike ability?</td>
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<tr>
<td></td>
<td>Has the municipality adopted a Complete Streets policy?</td>
</tr>
<tr>
<td></td>
<td>Does the municipality’s Comprehensive Plan include a goal to adopt at least one Complete Streets design element?</td>
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<tr>
<td></td>
<td>Has the municipality completed the Bicycle Friendly Community application?</td>
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</tbody>
</table>
“I want to get around in my community easily without a car”

Shift from a model that moves cars to a active transportation model that moves people with health as a co-benefit
Improving Health through Transportation Policy

• Physical activity and active transportation have declined compared to previous generations, which results in higher rates of obesity, diabetes, heart disease and stroke.

• Motor vehicle crashes continue to be the leading cause of injury-related death for many age groups.

• Many Americans view walking and bicycling within their communities as unsafe because of traffic and the lack of sidewalks, crosswalks, and bicycle facilities.
Active commuting that incorporates walking or biking is associated with an 11 percent reduction on cardiovascular risk.

If every licensed driver reduced their travel by one mile per day, in six years the adult obesity rate would be 2.16 percent lower...so 5 million fewer adults would be classified as obese in the US alone.

Studies have found that men who commute to work on public transportation are 44.6% less likely to be overweight or obese due to increased active commuting.
“Addresses Pedestrian/Bicyclist Safety”
ACTIVE TRANSPORTATION GOAL

Increase the number of residents in your community who live in community with policies and plans supportive of healthy community design that promotes physical activity.
ACTIVE TRANSPORTATION OBJECTIVES

**Schools**
- Increasing the number of school districts that have conducted Safe Routes to School Walkability Audits.

**Businesses**
- Increasing the number of businesses designated as Bicycle Friendly Businesses.

**Municipalities**
- Increasing the number of municipalities with Complete Streets policies.
- Increasing the number of municipalities with a Bicycle/Pedestrian Plan
- Increasing the number of municipalities with Official Maps and/or Comprehensive Plans with goals for trail connectivity, walkability and bike ability.
- Residents using Active Transportation
Bicycle Friendly Ranking

PA. -#12 BICYCLE FRIENDLY State

- 5 BICYCLE FRIENDLY Communities
- 63 BICYCLE FRIENDLY Businesses
- 7 BICYCLE FRIENDLY Universities

http://bikeleague.org/bfa
BUILDING A BICYCLE FRIENDLY AMERICA™

A roadmap to transforming states, communities, businesses and universities

THE LEAGUE OF AMERICAN BICYCLISTS
since 1880
County Comp plans/bike plans
Walkability Audits

http://www.walkableamerica.org/walkingchecklist.pdf

Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

Everyone benefits from walking. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a
Safe Routes to School

http://www.saferoutespa.org/
<table>
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<tr>
<th>County</th>
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<th>MPO/RPO</th>
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<td>Borough of Pottstown</td>
<td>Walk &amp; Bike Pottstown</td>
<td>DVRPC MPO</td>
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<td>Lehigh</td>
<td>Salisbury Twp.</td>
<td>Neighborhood Transportation Alternatives</td>
<td>Lehigh Valley MPO</td>
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<td>Ebensburg Borough</td>
<td>Ebensburg Sidewalk Project</td>
<td>Johnstown MPO</td>
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<tr>
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<td>Creslo Neighborhood Safe Route to School</td>
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<td>Slippery Rock Twp.</td>
<td>Kiester Rd. Corridor Safety Improvement Project</td>
<td>SPC MPO</td>
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<tr>
<td>Montgomery</td>
<td>Jenkintown Borough</td>
<td>School Zoning Signalization for Jenkintown Borough</td>
<td>DVRPC MPO</td>
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</table>

Source: PA DOT Transportation Enhancements/Alternatives/Safe Routes to School
COMPLETE STREETS INITIATIVE

Complete Streets...

• Are safe and convenient for all users (drivers, pedestrians, transit riders, and people of all ages and abilities)

• Create a sense of place
BENEFITS OF COMPLETE STREETS

• Creates more vibrant communities
• Attracts new businesses, increasing the tax base
• Raises property values
• Reduces greenhouse gases and traffic congestion
• Improves public health
What municipalities can do

• Adopt a municipal Complete Streets resolution and policy
• Review and update your plans, ordinances, and policies to reflect the principles in that resolution

http://www.lancastercountyplanning.org/DocumentCenter/View/483
If you plan for cars and traffic, you get cars and traffic.

If you plan for people and places, you get people and places.
Northwest River Trail
What Communities Can Do

- Make active transportation a primary part of land use and transportation planning
- Partner with local design professionals
- Start a Coalition working towards integrating active transportation in County
- Advocate for municipal Complete Street Policies.
- Lead a municipal or school walk audit.
- Apply to become a Bicycle Friendly Community to learn ways to encourage physical activity among your residents.
- Support Bike/Ped events.
- Become involved with your MPO/TTAC
IF PEDESTRIANS HAD CLOUT...
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