A Holistic Approach to Community Connectivity
About GP RED

Founded 2008

- Research
- Education
- Advocacy

Focus on Health, Recreation and Land Agencies

www.gpred.org
Summary of Today

- Characteristics of healthy community design
- The choice for connectivity
- Strategies for success
We’re Disconnected

Social Media Meets Darwinism...

Twitter and Texting Hiking Trail
Sector Silos

www.csuchico.edu

www.movethegtha.org
The built environment can have a positive impact on:

• public health
• the environment
• the economy
Getting Out of Traffic

Most Americans feel providing more transportation options will reduce congestion, not building or expanding roads.

Future of Transportation National Survey (2010)
Obesity Trends* Among U.S. Adults

(*BMI ≥30, or about 30 lbs. overweight for 5’4” person)
Obesity is lower in places where people use bicycles, public transportation, and their feet.

Pucher, “Walking and Cycling: Path to Improved Public Health,” Fit City Conference, NYC, June 2009
Active Transportation

STUDIES SHOW PEOPLE WILL WALK TO DESTINATIONS:

46% of people will walk 1 mile to church or school.

1% of people will walk 3-4 miles to church or school.

35% of people will walk 1 mile to work.

1% of people will walk 3-4 miles to work.

Centers for Disease Control and Prevention 2012, newpublichealth.org
Safety

Pedestrian Fatalities Increase with Vehicle Speed

Vehicle speed has a dramatic impact on the likelihood a pedestrian will die in a vehicle-pedestrian crash. When a vehicle is traveling 20 mph, a pedestrian has only a 5 percent chance of dying in a crash. When a vehicle is traveling 40 mph, the chance increases significantly.

## Environment

### Air Quality Index (AQI) Values vs. Levels of Health Concern

<table>
<thead>
<tr>
<th>Air Quality Index (AQI) Values</th>
<th>Levels of Health Concern</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 50</td>
<td>Good</td>
</tr>
<tr>
<td>51-100</td>
<td>Moderate</td>
</tr>
<tr>
<td>101-150</td>
<td>Unhealthy for Sensitive Groups</td>
</tr>
<tr>
<td>151-200</td>
<td>Unhealthy</td>
</tr>
<tr>
<td>201-300</td>
<td>Very Unhealthy</td>
</tr>
<tr>
<td>301 to 500</td>
<td>Hazardous</td>
</tr>
</tbody>
</table>
Nature Deficit Disorder
Supports sustainability and healthy communities movement

Aligns with active transportation planning

Reduces car trips

Protects green spaces

Encourages eco-sensitive design
Home Buyers Prefer Active Access

The most successful higher-density neighborhoods—those most attractive to homebuyers—offer easy access to parks, playgrounds, trails, greenways and natural open space.

~Trust for Public Lands
Job Creation

Jobs Created Per Dollar

- Road resurfacing
- Road repairs/upgrades
- Pedestrian projects
- Bike lanes

Table Source: Jeff Olson, ALTA Planning & Design
Boulder, CO
20 YEAR INVESTMENT

Transit use is **twice** the national average.

Walking commutes are **3 times** the national average.

Bicycle commutes are **18 times** the national average.

2008 American Community Survey
"Livability means being able to take your kids to school, go to work, see a doctor, drop by the grocery or post office, go out to dinner and a movie, and play with your kids at the park—all without having to get in your car."
— Ray LaHood, U.S. DOT, Secretary of Transportation
Characteristics of Healthy Communities
One Theory of Change

Where are you choosing to participate?

- giving hospice to the old
- supporting emergence of the new
- illuminating the choice
Whole Communities By Design
Connectivity – Then...

Ocean Parkway bicycle path, c. 1894 | New York City Parks Photo Archive
And Now...

Bike Lanes
Cycle Tracks
Intersections
Signals
Signs & Markings
Bicycle Boulevards
Tools for Change

- Connecting **community leaders** to each other to effect policy changes

- Connecting **active transportation systems** to desired community destinations

- Connecting **people to their choices** for safe, convenient, and active transportation
How?

- Innovation in public policy
- Commitment to social equity
- Opportunistic philosophy
- Long term investment
- Energized leaders
The Pie of Life

- Policies
- Engagement
- Infrastructure
1. Smart Growth Principles
2. Active Transportation Audits
3. Complete Streets
4. Safe Routes to School
5. Safe Routes To Play
6. Adopt NACTO Design Manual
7. Active Transportation Plans
8. Equity & Environment Policies
9. Align Local, Regional, State
84% supported recreation programs that encourage active living in their community.

45% believe the highest priority is a cohesive systems of parks and trails and accessible neighborhood parks.

Source: International City/County Management Assoc. 2004
Safe Routes to School

- Safe routes on trails, bike routes & sidewalks
- Education, infrastructure, bike trains
- Field trip access to parks, conservation areas
- Future pathways & connections
- Federal funding not fully utilized in all states

www.saferoutesinfo.org
www.saferoutespartnership.org
Safe Routes To Play

What if all children had the opportunity to safely bicycle, ski, skate, scoot, or walk to their play destinations?
...are designed and operated to enable safe access for all users. Pedestrians, bicyclists, motorists and bus riders of all ages and abilities are able to safely move along and across a complete street.
1. Multi-Use Pathway Design
2. Safe Street Crossings
3. Traffic Calming
4. Bike Share/Bike Parking
5. Connected Systems
6. Cycle Tracks
7. Signals
8. Bicycle Boulevards
9. Signage
GIS Mapping

All Trails: 30 Miles

Indicates proximity to locations with all trails types including hiking, bicycling, mountain biking, and equestrian.

Label = number of facilities within 30 mile radius.
Amenities
The cost of building and maintaining trails equals about $98 annually for each new person who uses them at least three times per week.

Engagement

- Bicycle & Walk Friendly Communities
- Trail Towns
- Community Park Audit Tool (CPAT)
- Built Environment Assessment Tool (BEAT)
- Crime Prevention Through Environmental Design (CPTED)
- Fundraising & Volunteers, Events
- Health Impact Assessment Tool (HIA)
- Smart Growth/Healthy Community Toolkits
- Active Community Environments (ACE)
- Sparkplugs & Champions!
Campaigns

- Creating or improving access to places for physical activity combined with informational outreach

Source: Center for Disease Control Task Force on Community Preventative Services
Culture Shift

YES,

THESE ARE MY WORK CLOTHES

The original Playstation
Connectivity – Portland Style
Thank you!

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