

# A Holistic Approach to Community Connectivity



*50<sup>th</sup> International Making Cities Livable Conference  
Portland, OR • June 2013*

# About GP RED

Founded 2008

- Research
- Education
- Advocacy

Focus on Health,  
Recreation and  
Land Agencies

[www.gpred.org](http://www.gpred.org)





# Summary of Today

- ◉ Characteristics of healthy community design
- ◉ The choice for connectivity
- ◉ Strategies for success



# We're Disconnected





# Sector Silos



[www.csuchico.edu](http://www.csuchico.edu)



[www.movethegtha.org](http://www.movethegtha.org)



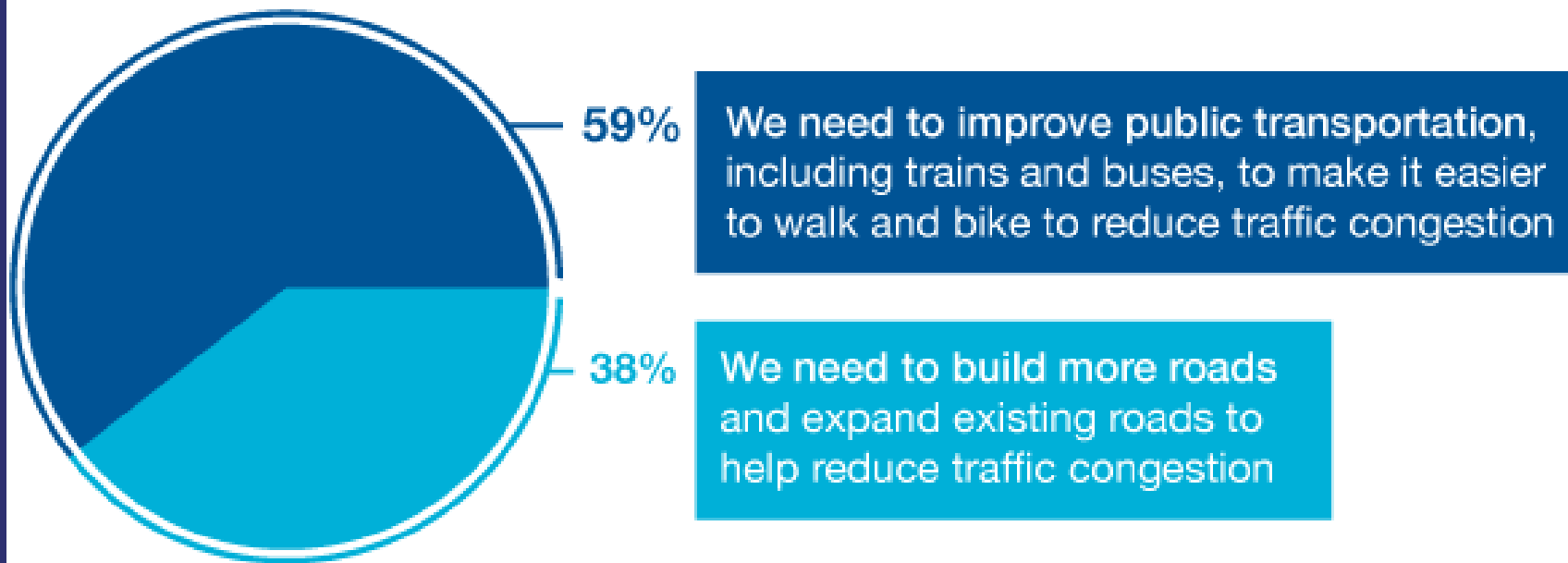
*Sierra Club*

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.

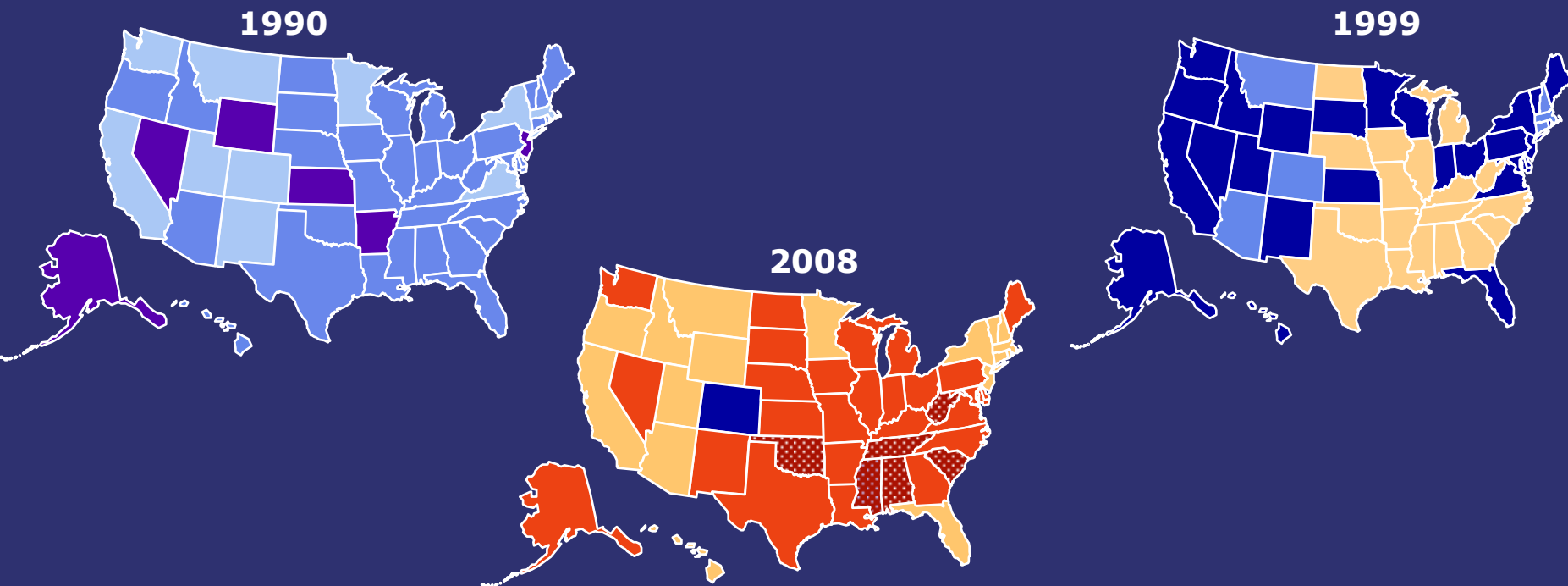


Future of Transportation National Survey (2010)

# Obesity Trends\* Among U.S. Adults

## 1994, 2000, 2008

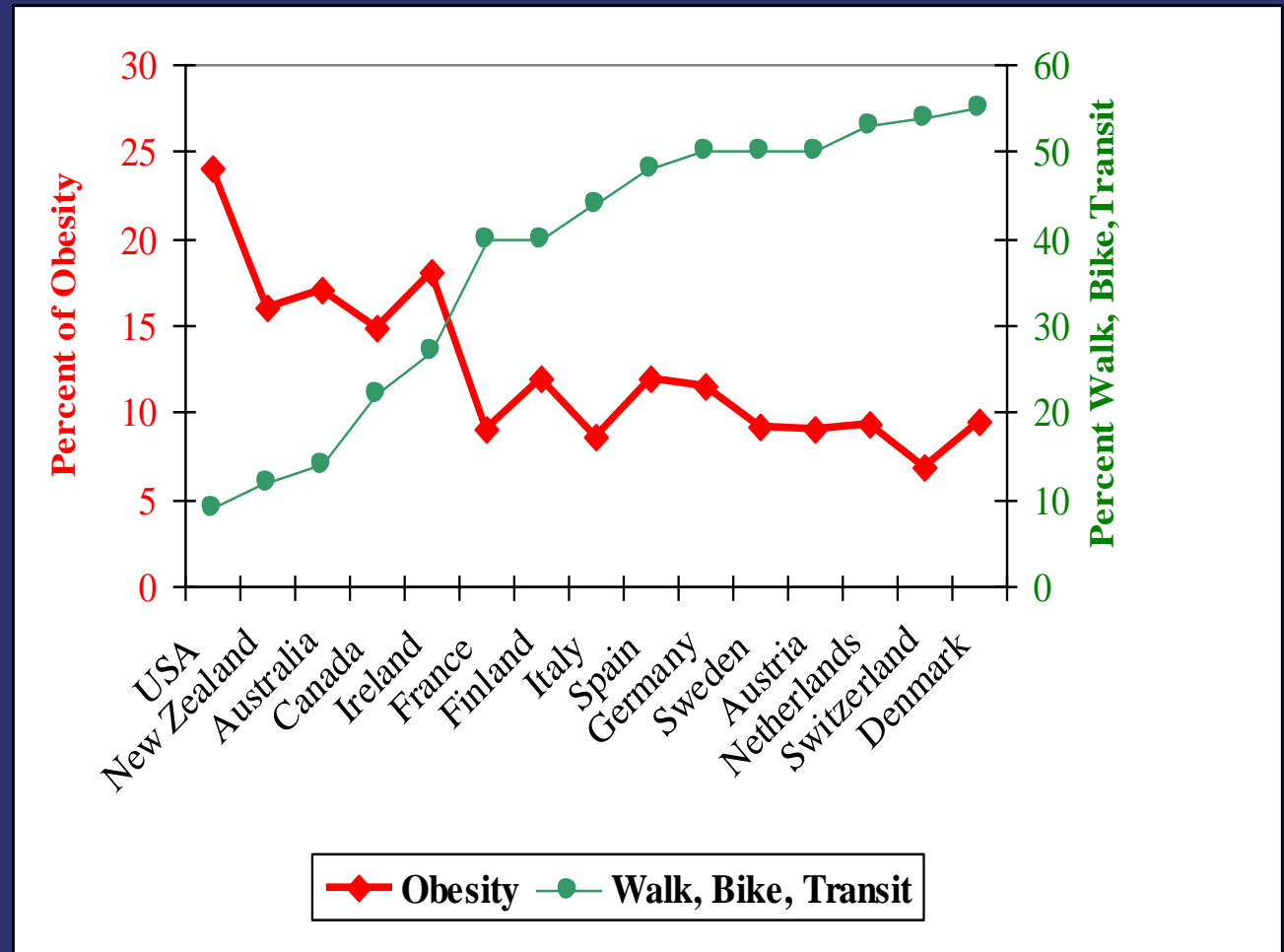
(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)





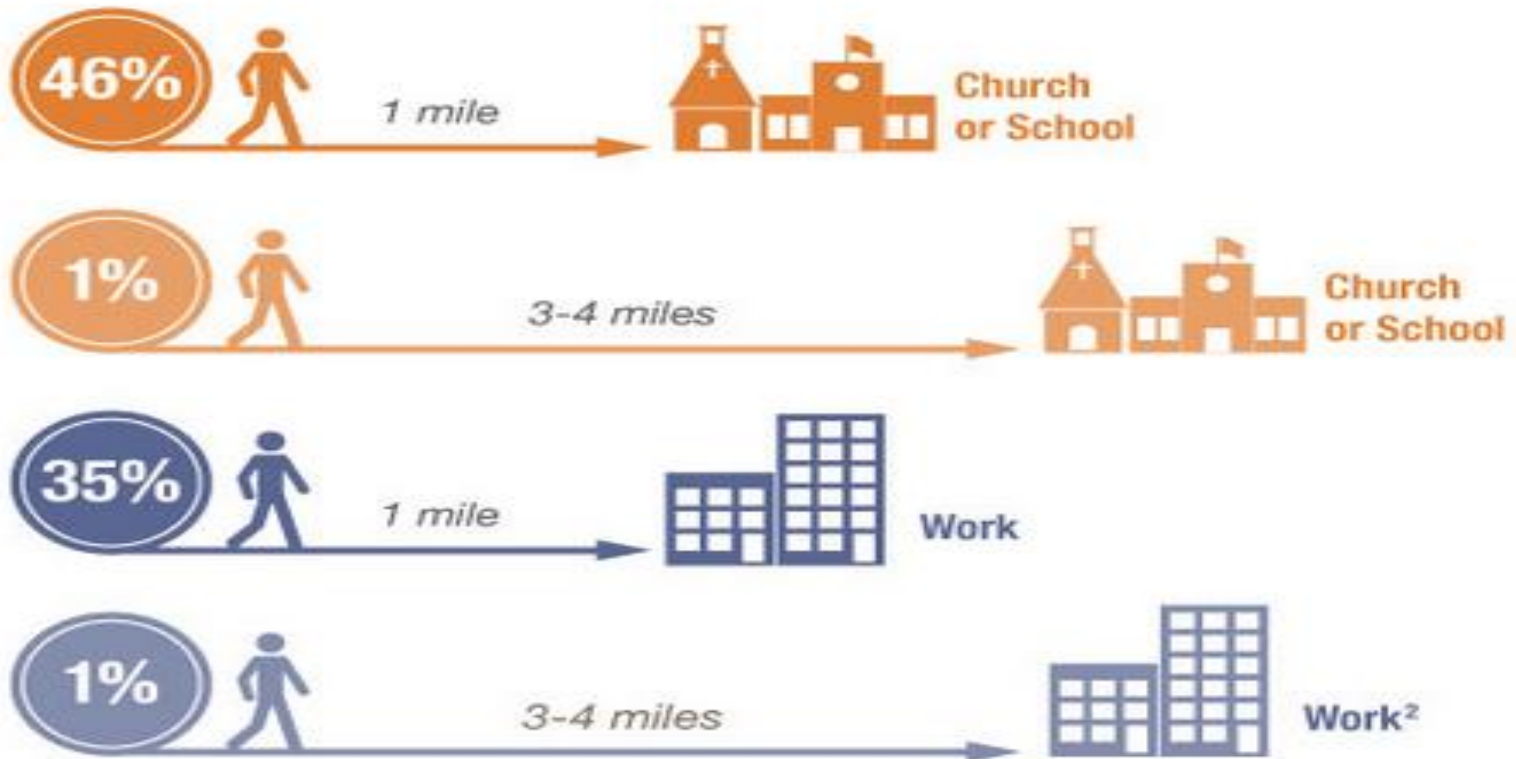
# Public Health

Obesity is lower in places where people use bicycles, public transportation, and their feet.



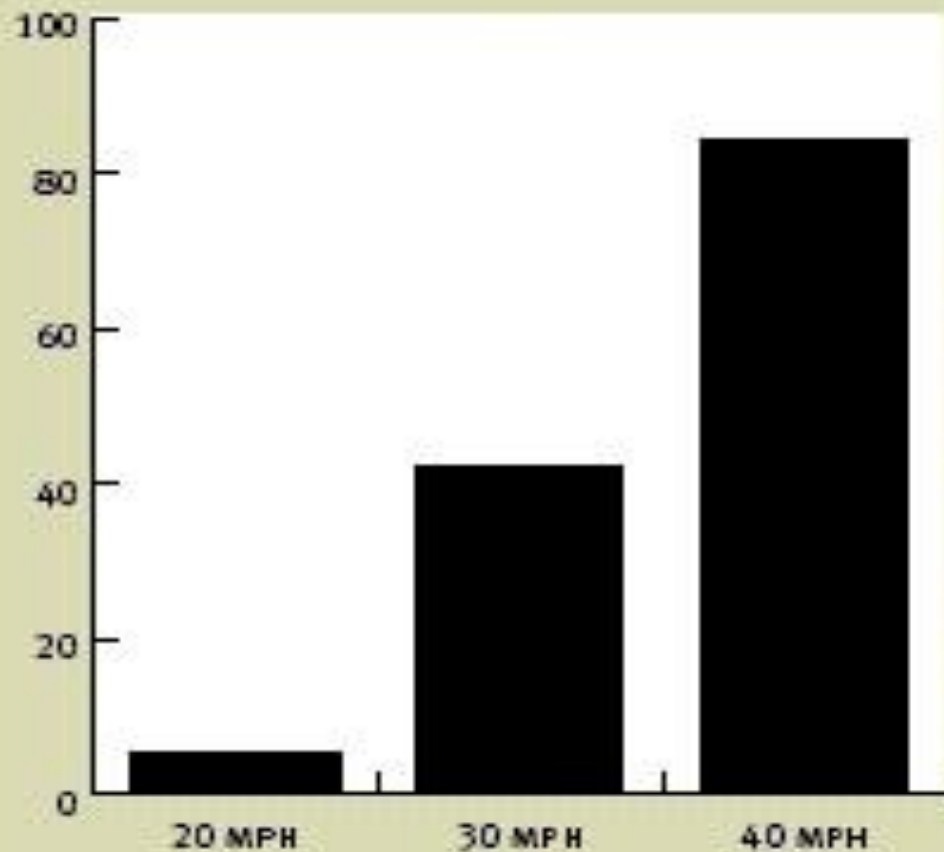
# Active Transportation

STUDIES SHOW PEOPLE WILL WALK TO DESTINATIONS:



# Safety

## Pedestrian Fatalities Increase with Vehicle Speed

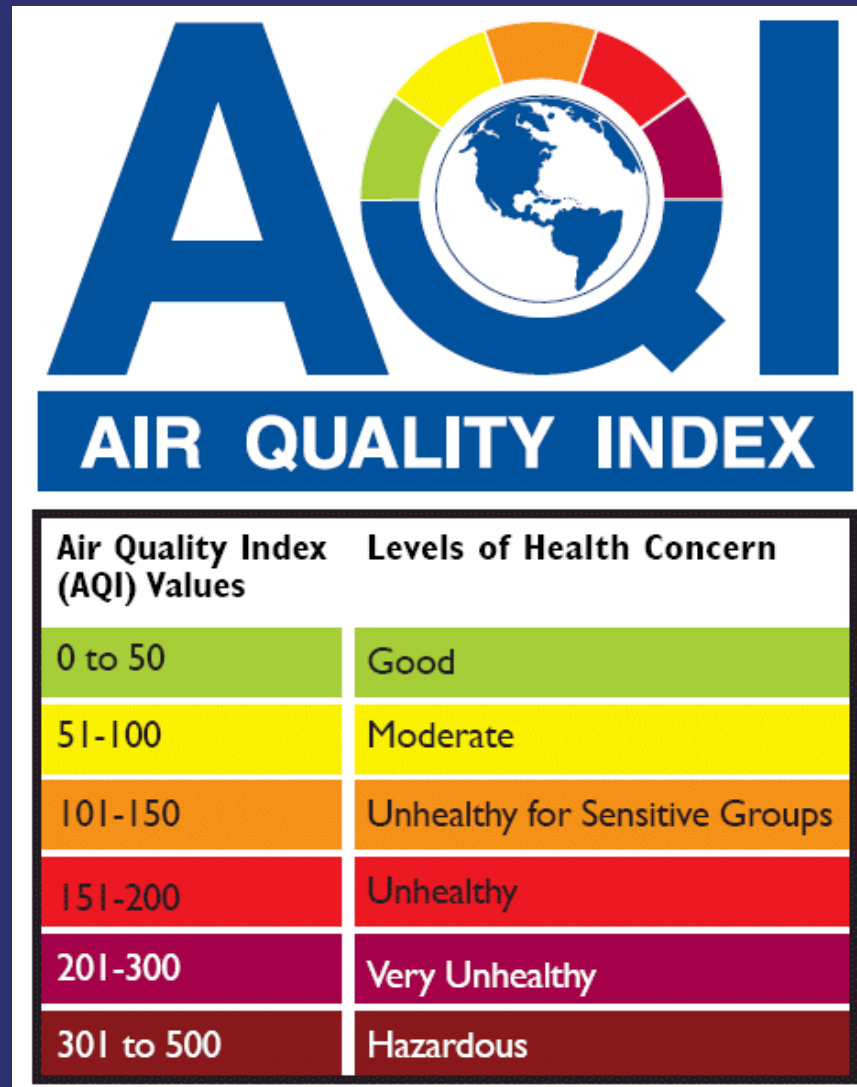


Vehicle speed has a dramatic impact on the likelihood a pedestrian will die in a vehicle-pedestrian crash. When a vehicle is traveling 20 mph, a pedestrian has only a 5 percent chance of dying in a crash.

Source: John Pucher and Lewis Dijkstra, *Making Walking and Cycling Safer: Lessons from Europe*, *Transportation Quarterly*, Summer 2000.



# Environment



# Nature Deficit Disorder



# Land Use

- ◉ 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

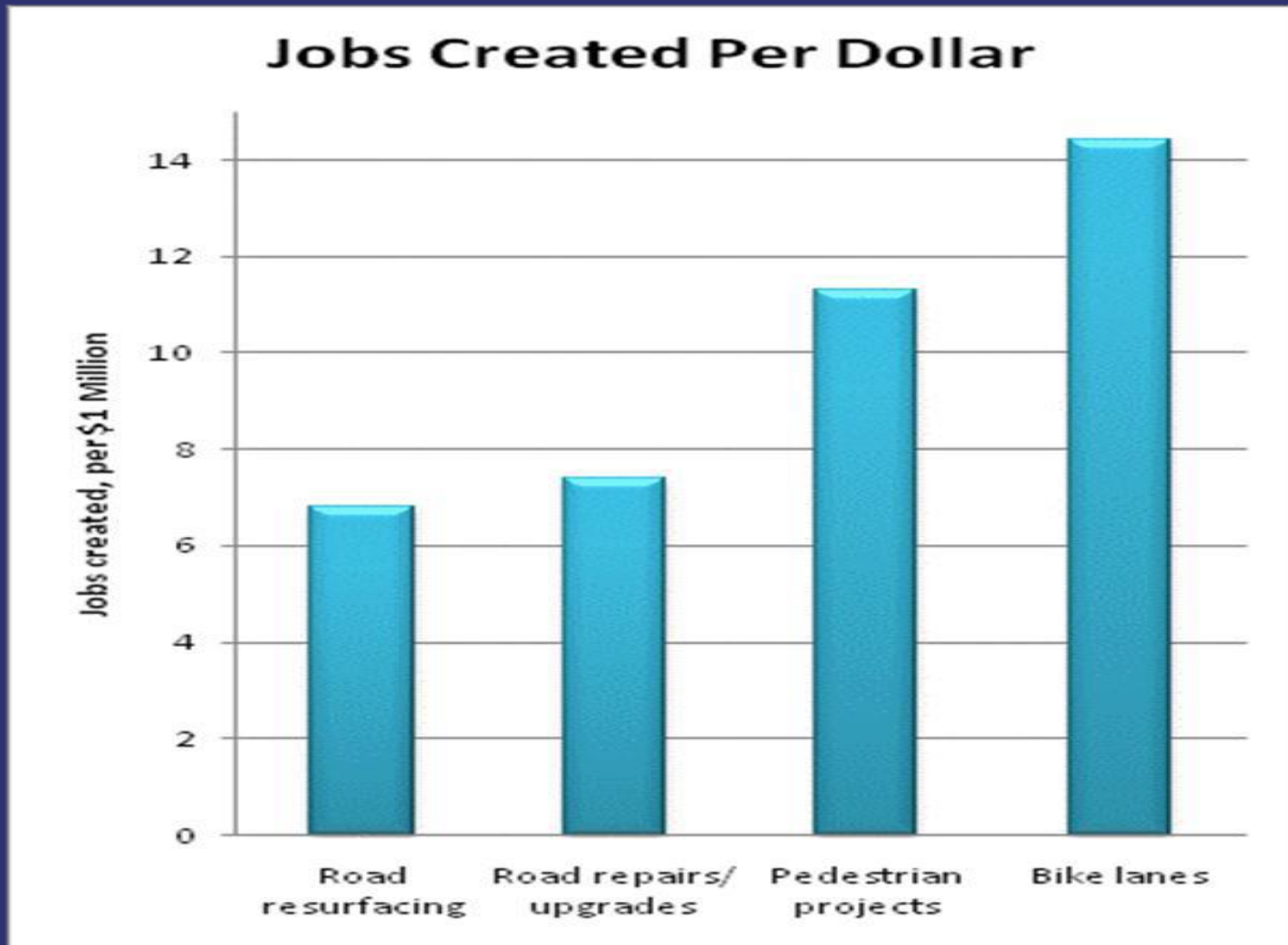


Table Source: Jeff Olson, ALTA Planning & Design

# Change Takes Time

Boulder, CO  
20 YEAR  
INVESTMENT

Transit use is twice the national average.

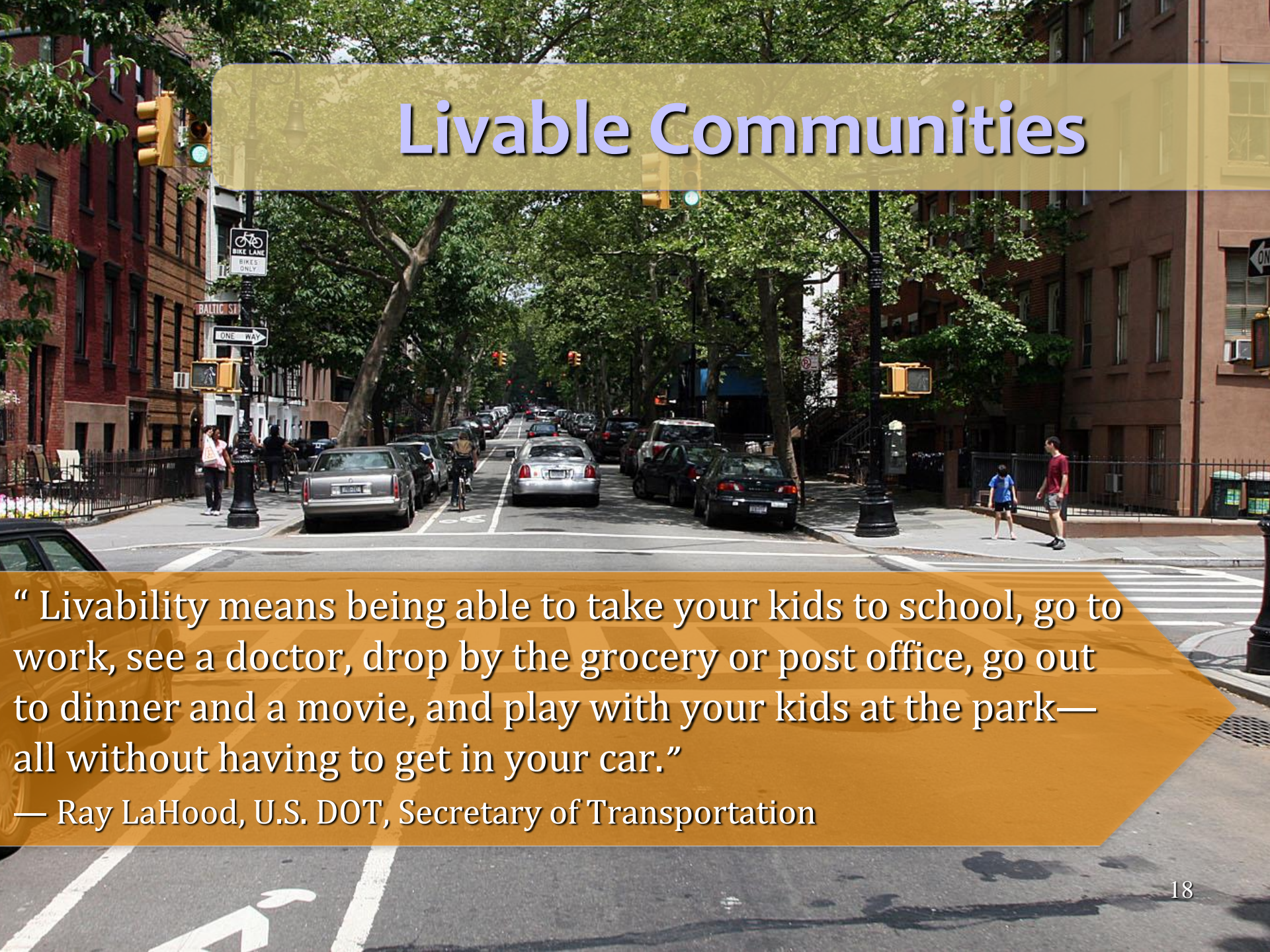
Walking commutes are 3 times the national average.

Bicycle commutes are 18 times the national average.





# Livable Communities



“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

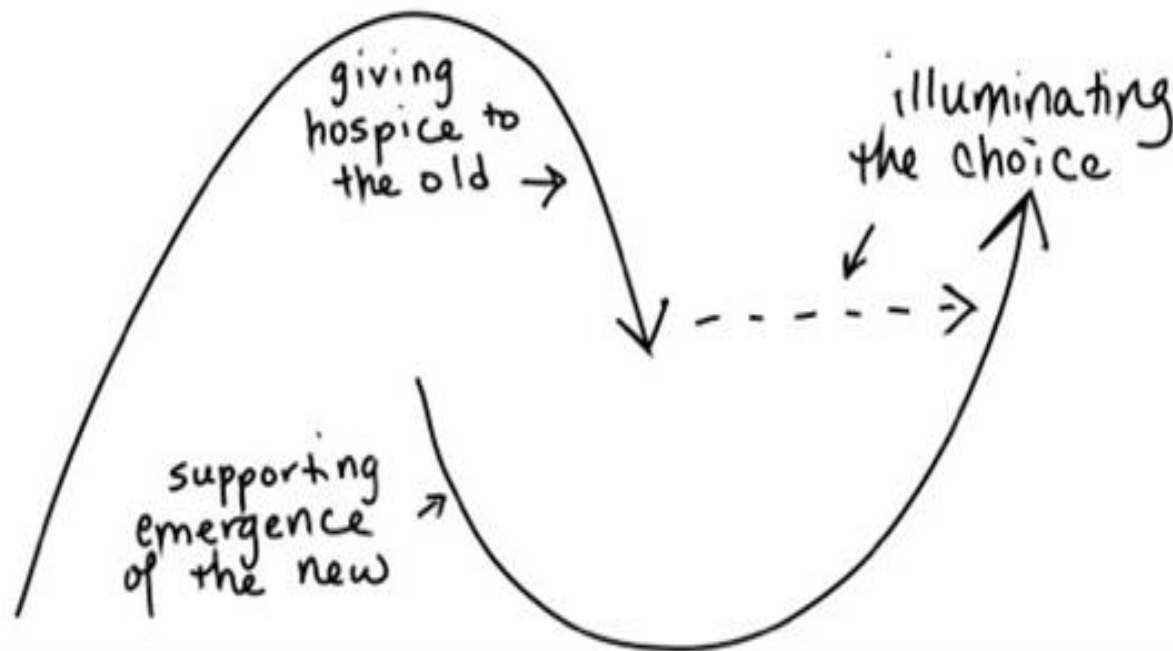


# One Theory of Change



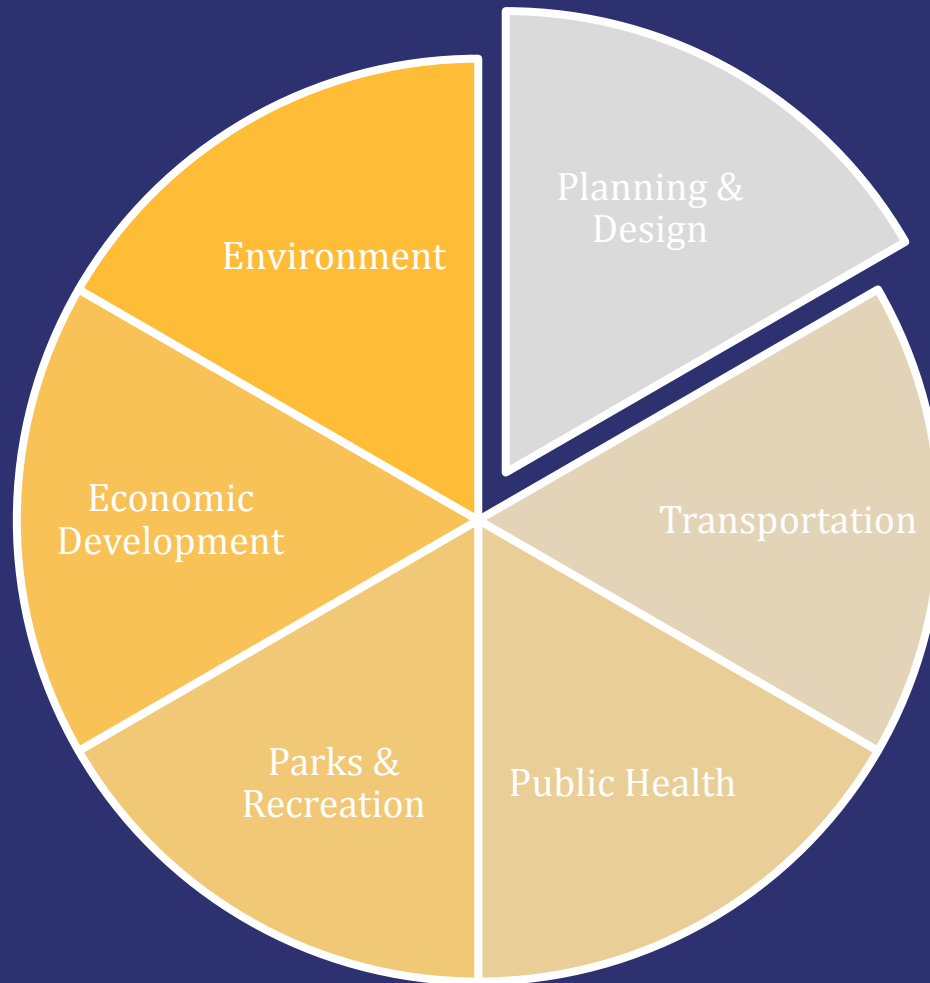
THE BERKANA INSTITUTE

Where are you choosing to participate?





# Whole Communities By Design



# Connectivity – Then...



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

# And Now...





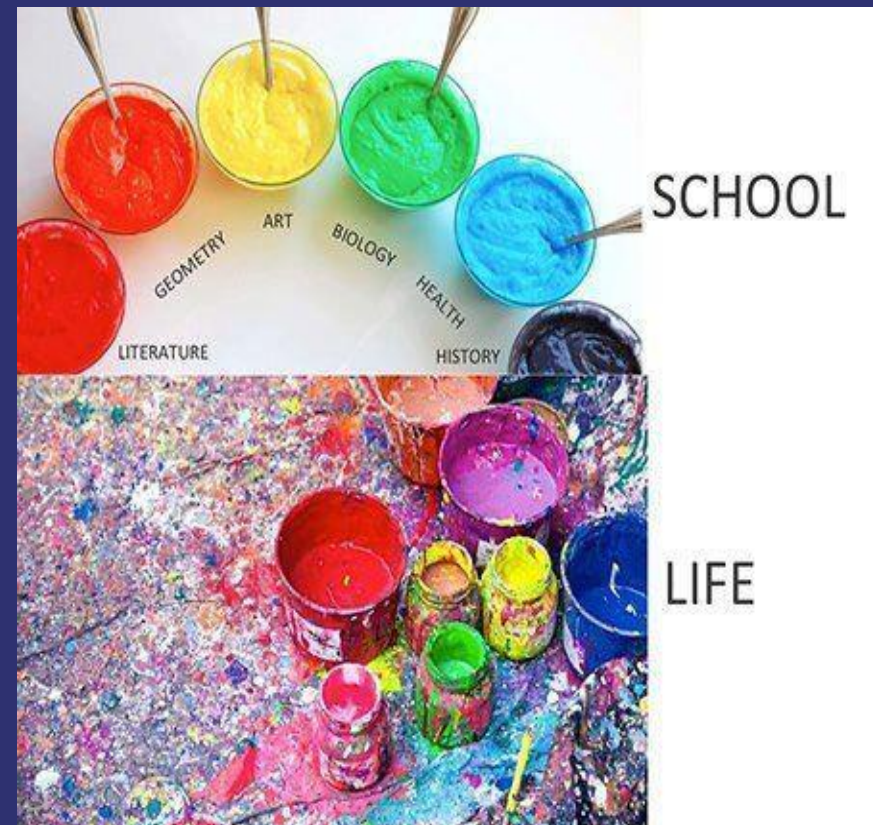
# Tools for Change

- 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

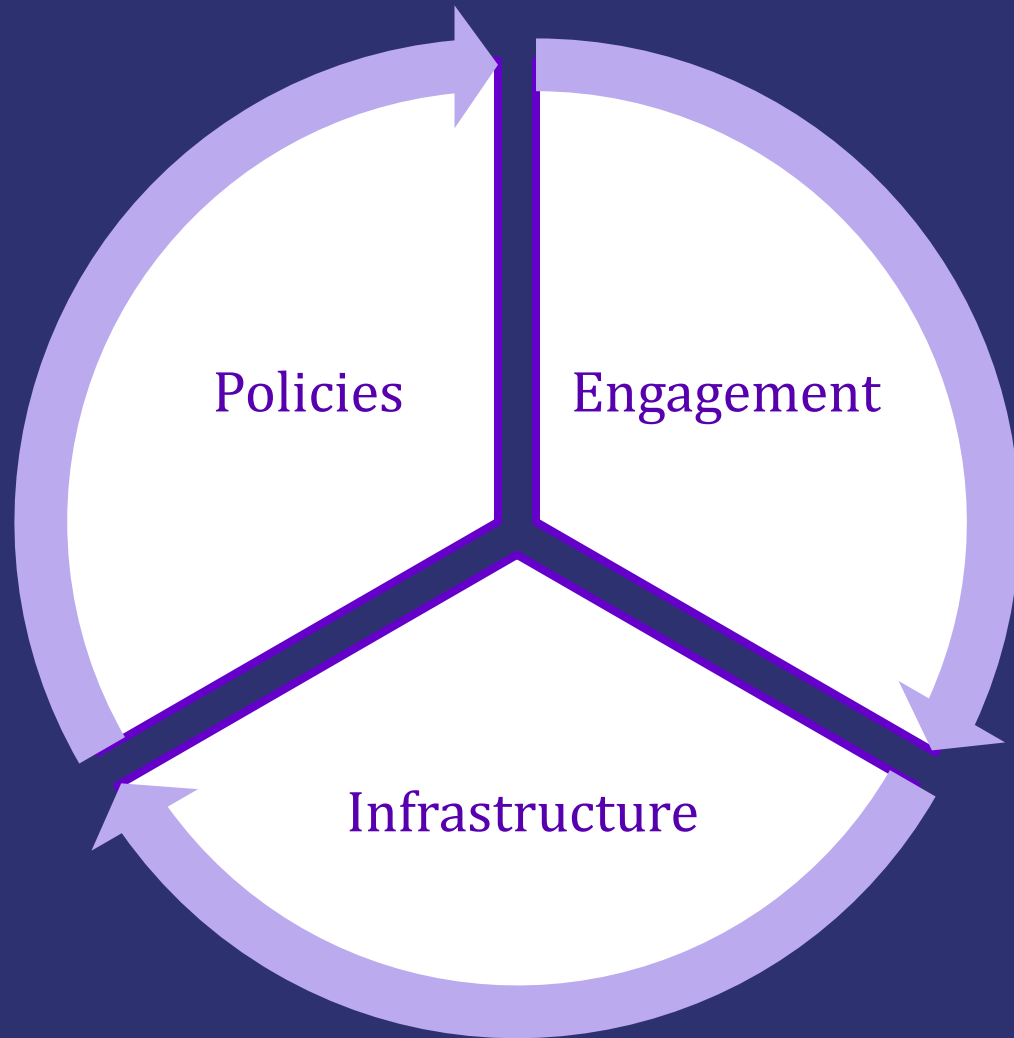


# How?

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



# The Pie of Life





# Policies

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



# Leadership

- ◉ 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](http://www.saferoutesinfo.org)
- [www.saferoutespartnership.org](http://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?*



# Complete Streets



...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.



NATIONAL  
COMPLETE STREETS  
COALITION

let's complete america's streets



# Infrastructure

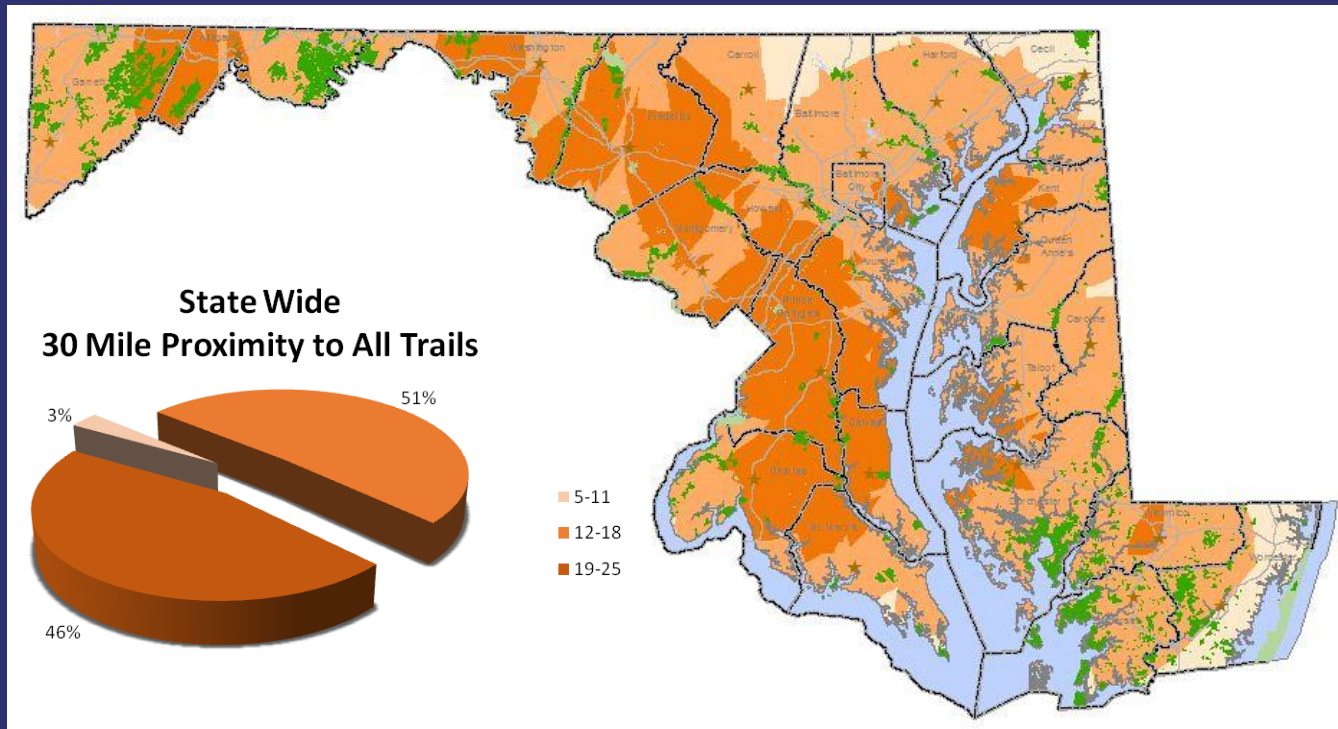
1. Multi-Use Pathway Design
2. Safe Street Crossings
3. Traffic Calming
4. Bike Share/Bike Parking
5. Connected Systems
6. Cycle Tracks
7. Signals
8. Bicycle Boulevards
9. Signage



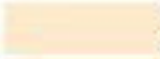




# GIS Mapping

## All Trails: 30 Miles



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

Symbol	Label
	5 - 11
	12 - 18
	19 - 25

**Label** = number of facilities within 30 mile radius.

# Amenities





# Low Cost Solutions

The cost of building and maintaining trails equals about \$98 annually for each new person who uses them at least three times per week.

(Wang G, et al 2004)





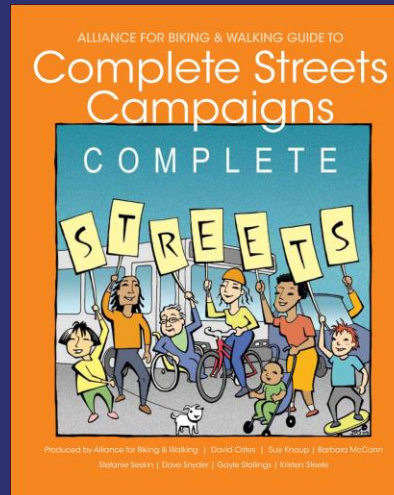
# Engagement

- 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!

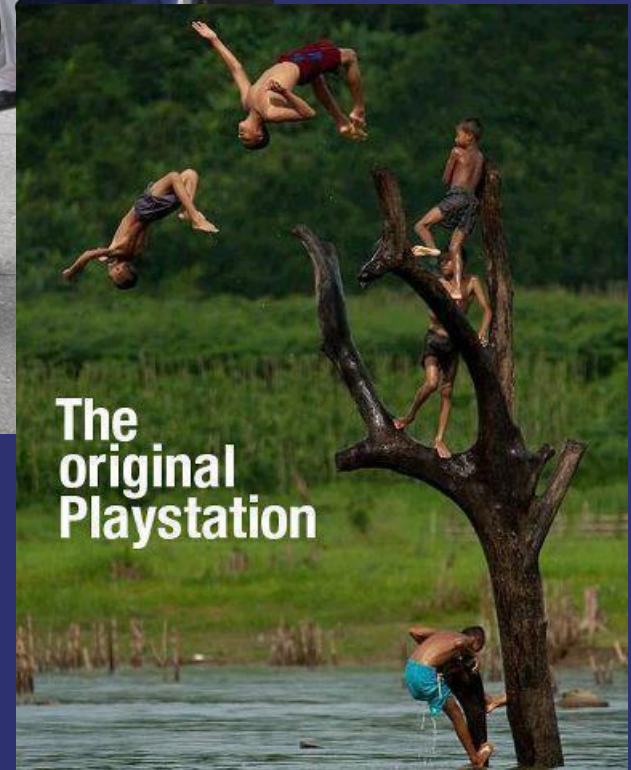


# Campaigns

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



# Culture Shift





# Connectivity – Portland Style





**Research, Education,  
and Development  
for Health, Recreation,  
and Land Agencies**

Thank you!

*Cindy Heath, Executive Director*

**GP RED**

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