

Community Design for Health

USVI Walkability Action Institute

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March 2017



Billings MT, 2008.

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Disclaimer

- *This publication was supported by a grant from the Centers for Disease Control and Prevention (CDC) through TEPHINET, a program of the Task Force for Global Health, Inc. Its contents are solely the responsibility of the authors and do not necessarily represent the views of The Task Force for Global Health, Inc. TEPHINET or the CDC.*



2016

Topics:

- Why walkability.
- Activity friendly designs.
- Examples. >
- Island teams.
- Institute agenda.
- Your action plan.
- Implementation \$.
- Homework.

Weslaco TX



We should be physically active.



But mostly we are not.





Simply encouraging & educating does not work.

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**But
Social
Ecology
does!**

**Sallis & Owen,
*Physical Activity &
Behavioral Medicine.***



Individual



Group



Institutional

Community



Public Policy



Healthy design yields a Triple Bottom Line!



Prosperity



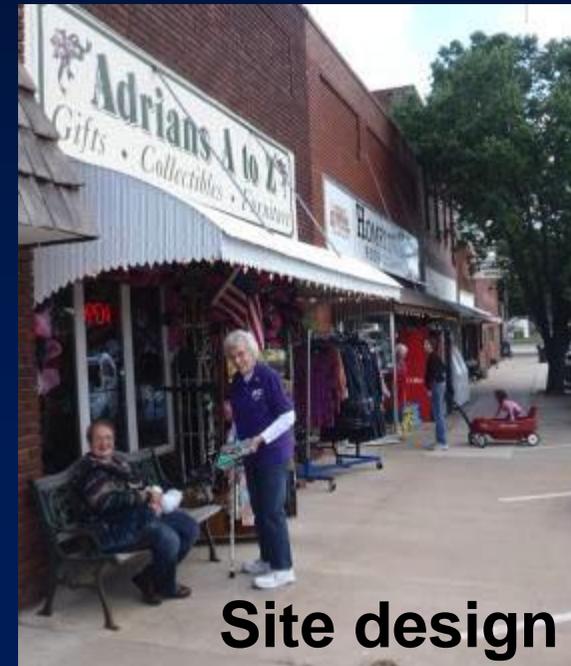
Planet



People

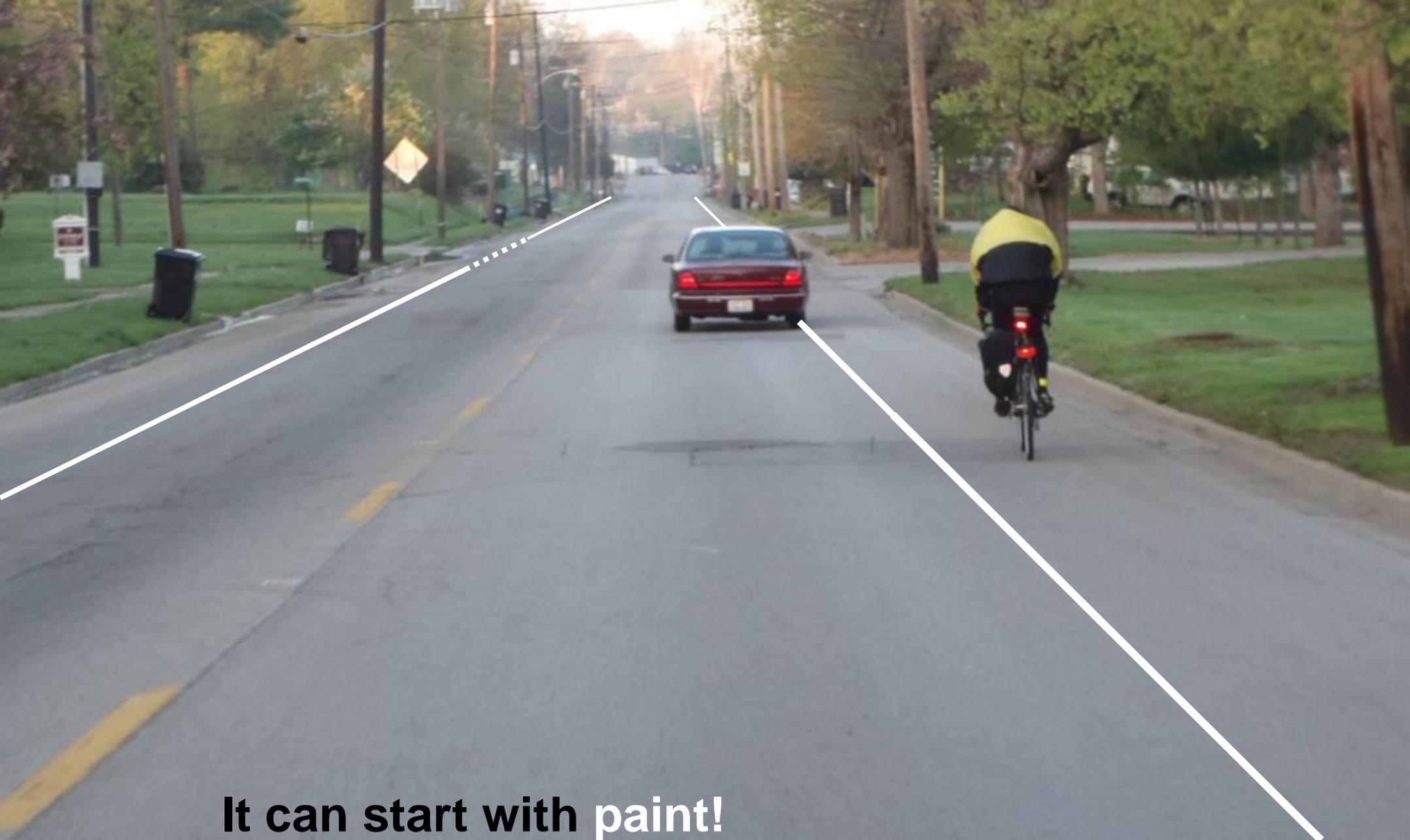


Four Elements of Healthy Design:



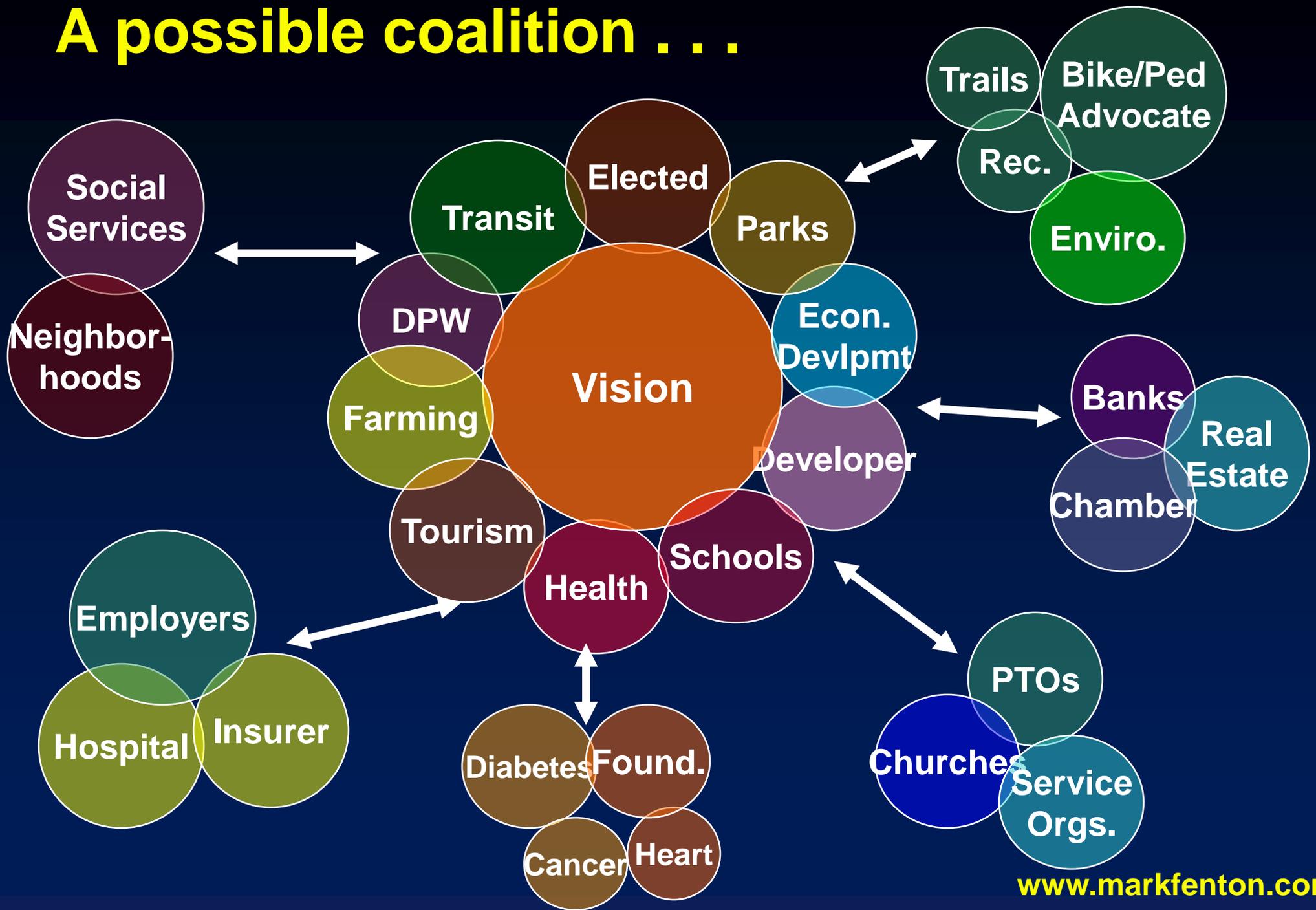
www.activelivingresearch.org

www.markfenton.com



It can start with paint!
Main St., Paris KY

A possible coalition . . .



Walkability Action Institute

Day #1: 8:30 am-6:30 pm

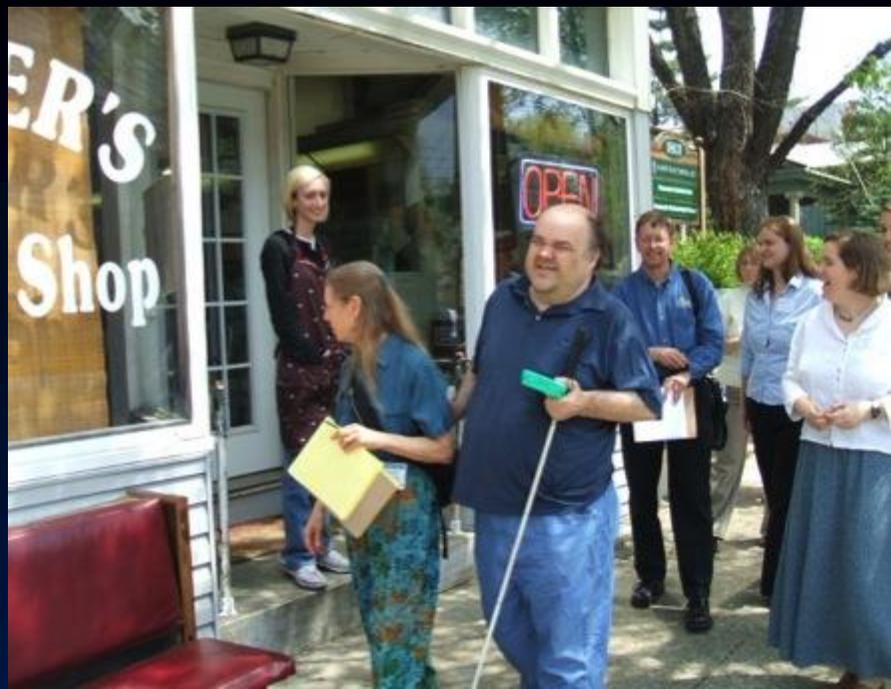
- Welcome & introductions
- Principles of walkability
 - Epi-Aid Assessment
 - Team presentations
- Partners & resources
 - Lunch discussions
- Get out: walk audit
- Peer Panel – Kauai, HI.
- Team planning (dinner)



WAI, Day #2: 8:30 am-3:30 pm

- Report on action idea #1
- Presentation – trials, demos, & low cost
- Team work
- Elected officials panel
 - Team work/lunch
- Team presentations & discussion of Action Plans





Active input:

- Listening, focus groups
- Surveys
- Photo-voice
- Audits
- Charrettes



Trials, pilots & specials events. E.g. temporary protected bike lane.



Whitefish MT

Livingston MT demo day – trial mini-circle.



Valet bike parking corral



Improve streetscapes



Street furnishings
(Tinley Park)



Parklet
(Montpelier)



< Trial way-finding
WalkYourCity.org

Low cost installations



Paint & sign

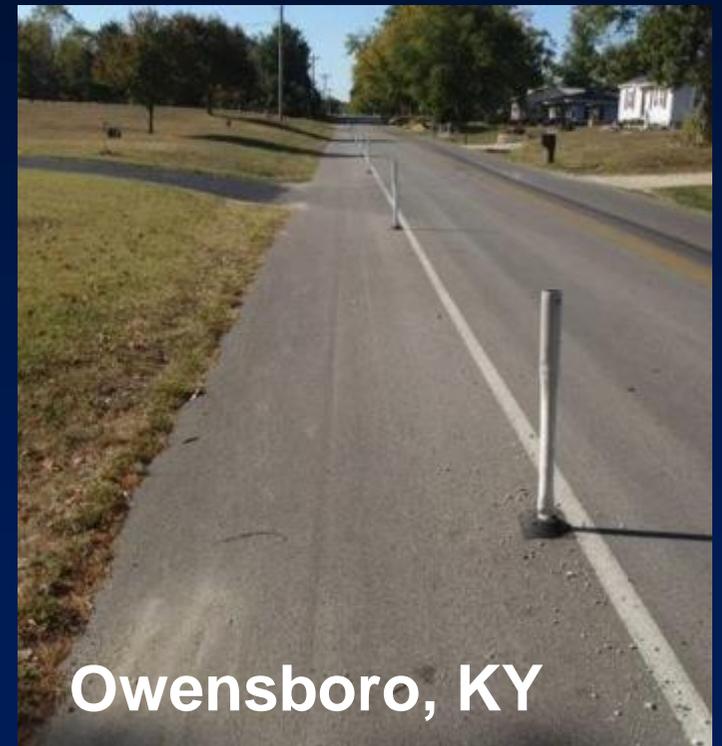
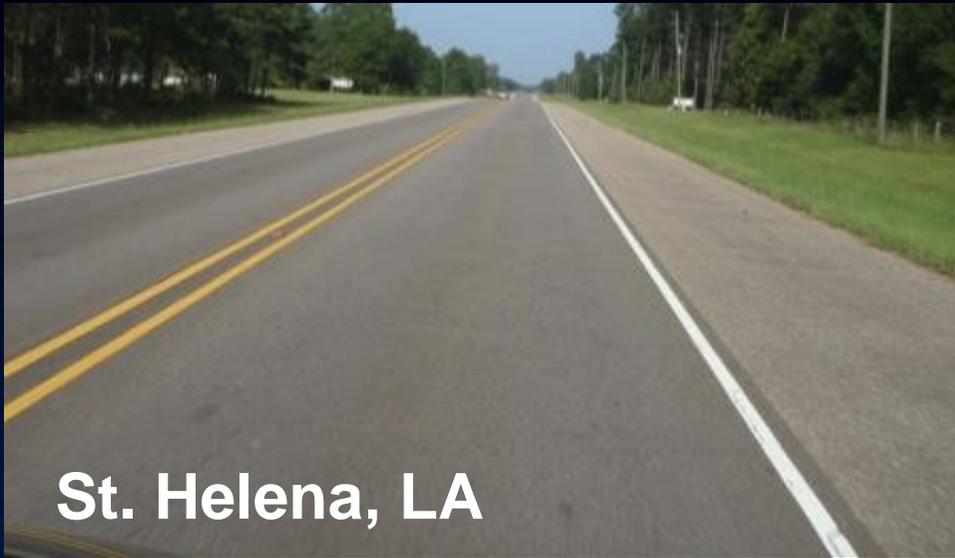


Paint & flexible bollards



Curb stops & planters

Shoulders . . .



Benefits of shoulders:

- Safety
- Capacity
- Maintenance



SLOW YOUR STREET

A HOW-TO GUIDE FOR POP-UP TRAFFIC CALMING

Trailnet, St. Louis MO



trailnet.org/work/transportation-planning/plan4health/

www.markfenton.com

**Diagonal
parking
increases
on-street
capacity,
but . . .**



Des Moines, IA



Reverse angle:

- **Less severe & costly collisions.**
- **Safer for bikes.**
- **Pedestrians out of the road.**



Villa Rica, GA

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Penitas TX – chalk & cone crosswalk!



Weslaco HS

Student safety initiative





Weslaco HS



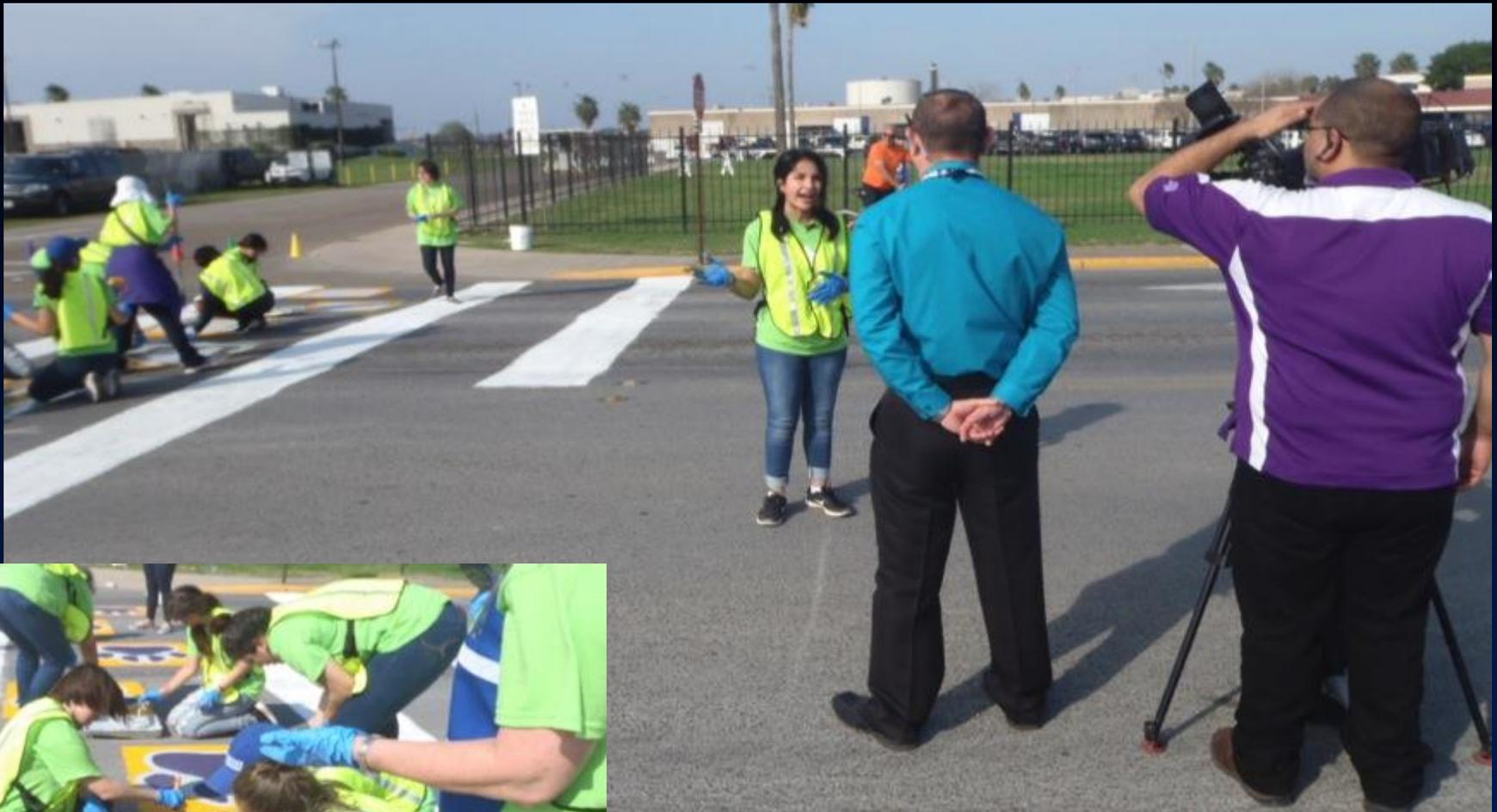
S. Texas College





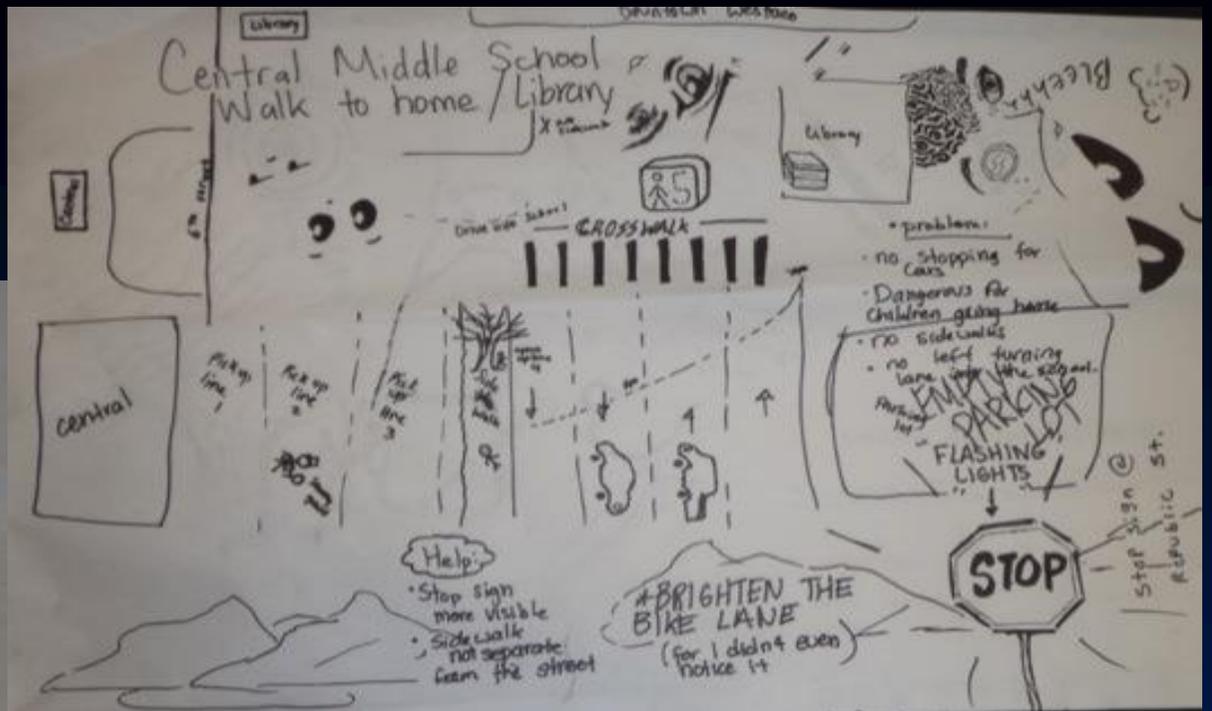
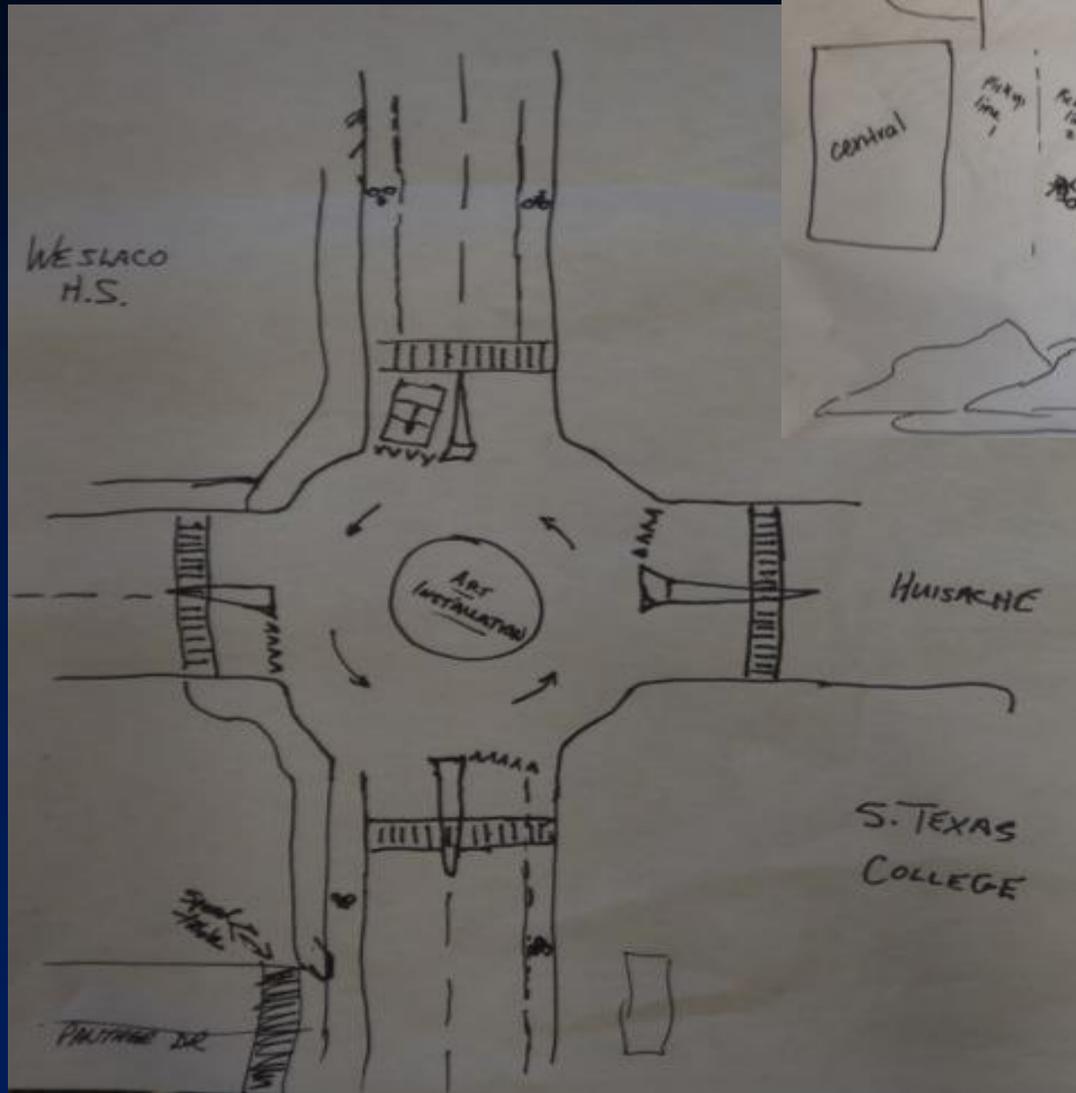






Walk audit to the Nature Center following painting.





**Olshansky et.al., “A
Potential Decline in
Life Expectancy . . .”
New Eng. J. of Med.,
March 17, 2005**



Homework Assignment

Take 10 +/- photos of built environments on your island.

~ Half show positive elements for walkability.

~ Half show challenges.

- At least one “surprise.”
- Best pictures include people (size, perspective).
- One phrase description
- Create simple .PPT



Not an action . . .

- **Goal:** Improve the island's sidewalk network.
- **Action:** Repair sidewalks; build missing sections.



More like a plan . . .

Goal: Improve the island's sidewalk network.

- **Lead & team:** Public works; with schools, AARP, business association, travel & tourism, NPS.
- **Outcomes, dates, resources (how):**
 - **Inventory;** by Jan 2018; students, retirees, to create sidewalk network maps w/ DPW support.
 - **Policy statement;** by fall 2017; elected officials to dictate policy of sidewalk repair/construction during all utility & road work.
 - **Demonstration;** by July 2018; DPW & NPS to install at least three low cost (paint, curbing, flexible delineators) walkways to demonstrate effectiveness.

Goal	Lead agency & team	Benchmark outcomes	Target dates	Resources
Complete Streets (Better Streets) implementation	<p>Lead: Traffic engineering.</p> <p>Team: Planning, DPW, chamber, economic development, ped/bike advocate, health dept., Region 2000 Regional Commission, GLTC.</p>	<p>Resolutions passed by:</p> <ul style="list-style-type: none"> - City council - Planning board - School board - Others (transit, housing, chamber, etc.) <p>Adopt NACTO guidelines</p> <p>Main & Church Complete Streets redesign – 2-way streets, protected bike facility, transit pull-outs</p> <p>5 demo projects completed (e.g. better block events, pilot curb extensions, pop ups)</p>	<p>Aug 2016</p> <p>Sep 2016</p> <p>Sep 2016</p> <p>Nov 2016</p> <p>Dec 2016</p> <p>Mar 2017</p> <p>Aug 2017</p>	<p>CS implementation not from special funds, but routinely scoped into all roadway projects.</p> <p>10% increase in DPW budget.</p> <p>Possible revenue from market-based parking plan (e.g. community referendum on other funding such as ½% sales tax surcharge, as Topeka KS did)</p> <p>Complete Streets technical training for staff</p> <p>Planning dept & traffic engineering</p> <p>Live Healthy to organize a series of pop up events (commit to a specific summer schedule).</p>
Update Trail Priority Plan – focus on destinations	<p>Lead: Parks & recreation</p> <p>Team: Trails advocates, service groups (scouts, Rotary), schools, planning dept., health dept., traffic engineering</p>	<p>Inventory of existing goat trails & informal connections to trails.</p> <p>Inventory & map of key destinations, existing goat trails, & priority routes & linkages from trails.</p> <p>Complete on-street links during routine paving program</p>	<p>Spring 2017</p> <p>Spring 2017</p> <p>Summer 2017 construction</p>	<p>Service organizations & schools (scouts, Rotary, students)</p> <p>Planning Dept. to aid in mapping, convene working summit on developing priority plan.</p> <p>Traffic engineering to identify on-street routes as part of pending roadway projects</p> <p>Service & community groups to “adopt-a-trail” & take responsibility for funding key short links</p>

Implementation Funds

- Will be modest
- Ideal for trial and demonstration projects
- Depend on specific & substantive plans that can lead to permanent improvements.



Your tasks:

- Connect with your team.
- Begin thinking about priority actions: what could make your community more walk, bike, & transit friendly?
- **Homework:** Begin exploring for local photos that illustrate *typical* challenges & opportunities . . .

