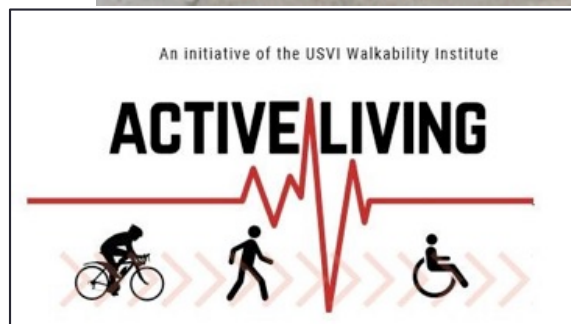


Improving Walkability for a Healthy & Resilient Territory



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Our flow

- Welcome
- Healthy Multi-Modal Design Principles.
- Example activities underway in USVI.
 - St. Thomas- Hospital crosswalk
 - St. Croix – Sunny Isle crosswalk
 - Christiansted by-pass – VITAL
 - Complete Streets Policy effort
- Possibilities for Rotary?
 - Speak up
 - Act up
 - Step up



Sunny Isle Shopping Center
A 2017 walk audit on St. Croix,



2017 Walkability Institute: USVI Dept. of Health & US Centers for Disease Control



We should be physically active.



Adults > 30 mins./day; Youth > 60 mins./day

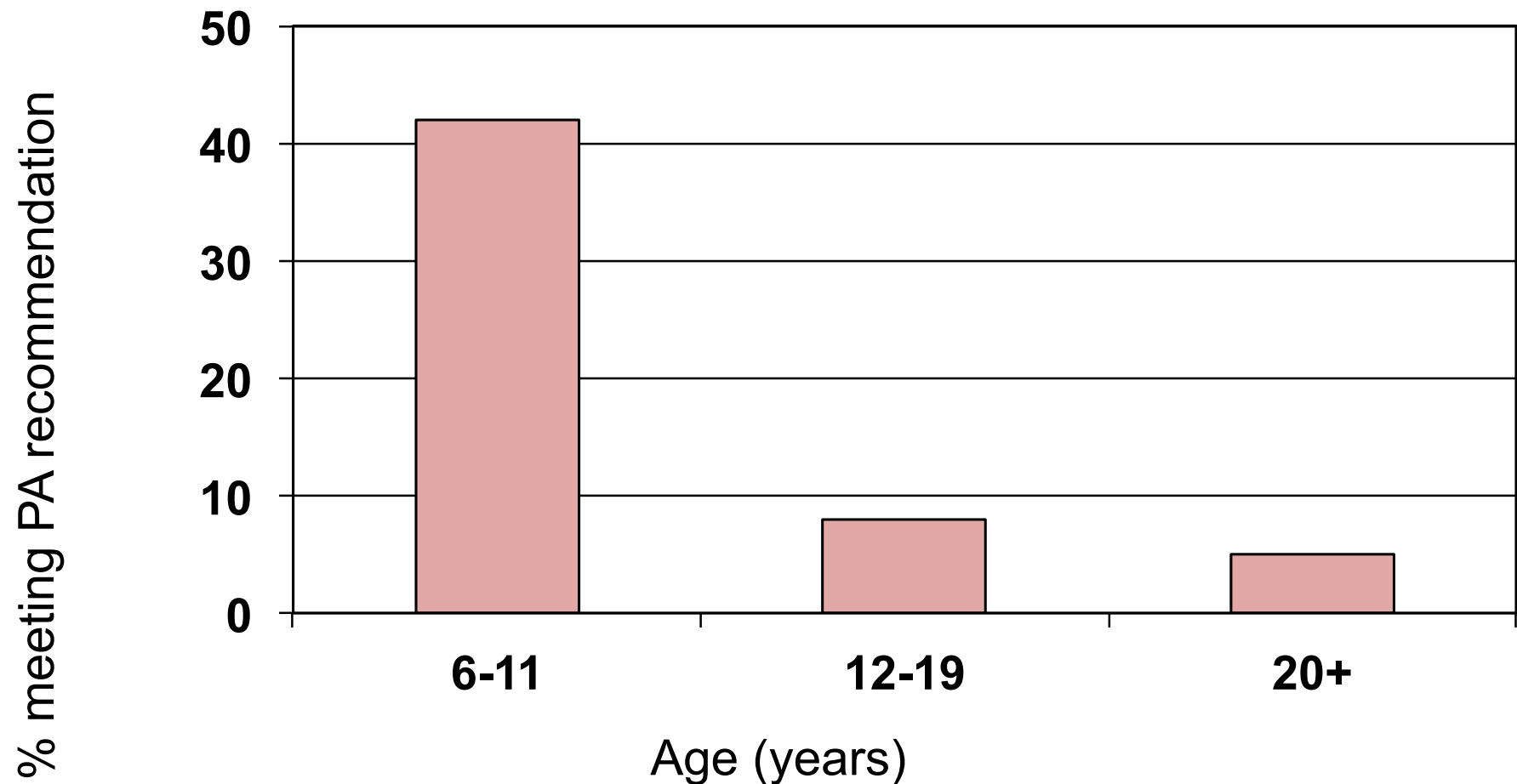


But mostly we are not.



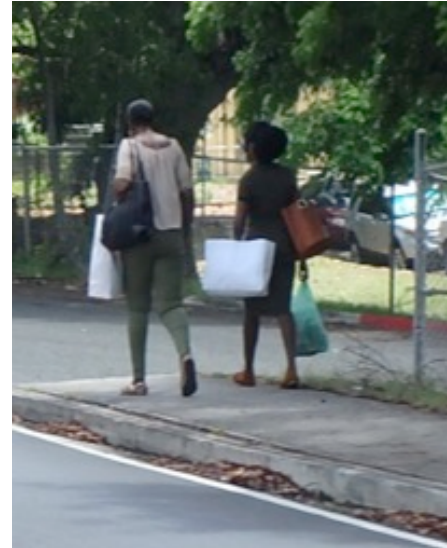
Physical Activity in the US Measured by Accelerometer

Troiano et.al., *Med Sci Sports & Ex*, 40(1), 2008.



The built environment matters!

Destinations



Network

Safety & Access



Site Design

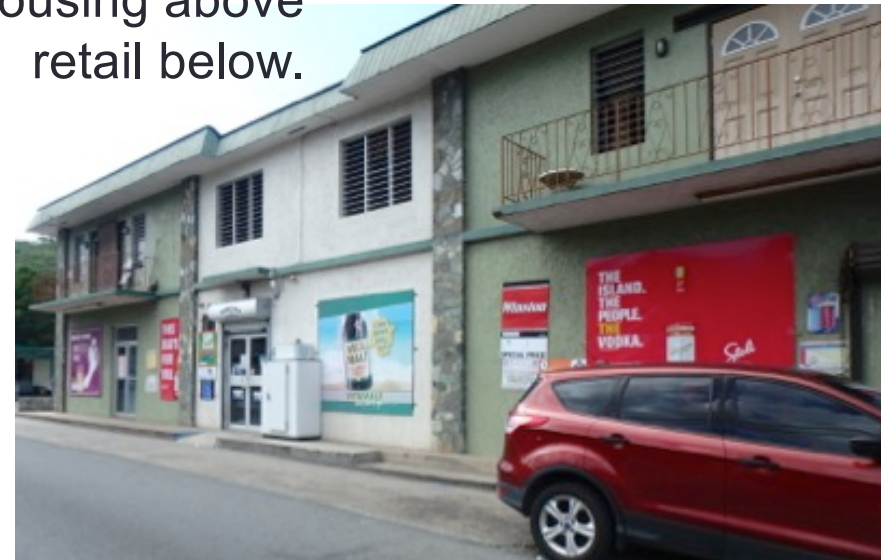
i. Land use. Live, work, shop, play, learn, pray.



Grocery, library,
post office, etc.



Housing above
retail below.



ii. Network encourages active travel with:

St. Croix by-pass



Kauai
shore
path

- Sidewalks, bike lanes, multi-use pathways.
- Grids, not cul-de-sacs.
- Quality, reliable *transit*.



iii. Site Design:



Which setting is more inviting for travel on foot and by bicycle?

Site design

- Buildings near the sidewalk.
- Parking on street or behind.
- Trees, benches, lighting, awnings, “human” scale.
- Details: bike parking, open space, plants, art, materials.



St. John



St. Thomas



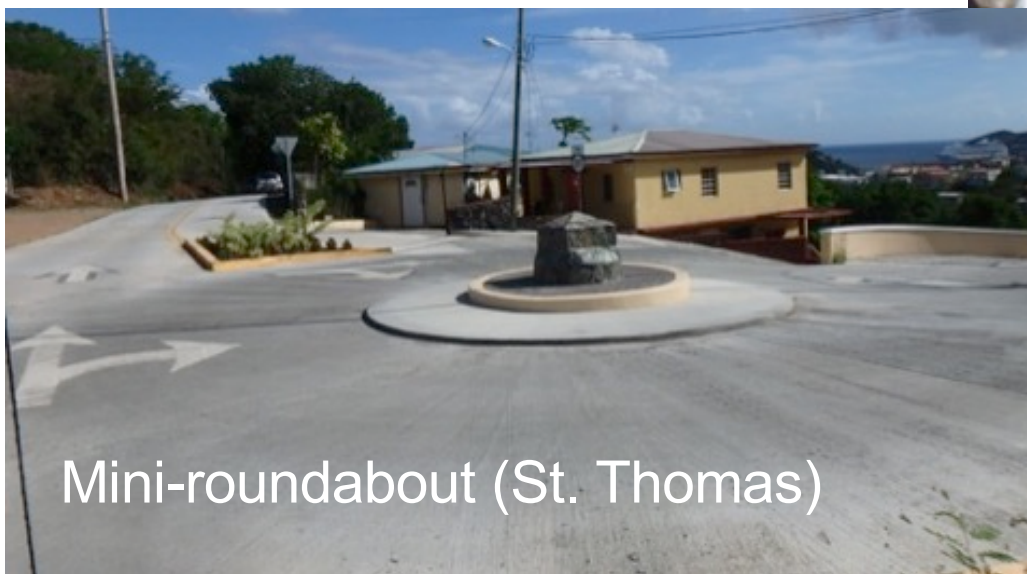
St. Croix

iv. Safety & access.

- Engineering can improve safety.
- Increasing pedestrian & bike trips *decreases* accident & fatality rates.



Median islands



Mini-roundabout (St. Thomas)



Curb extensions



Activity Friendly Routes to Everyday Destinations

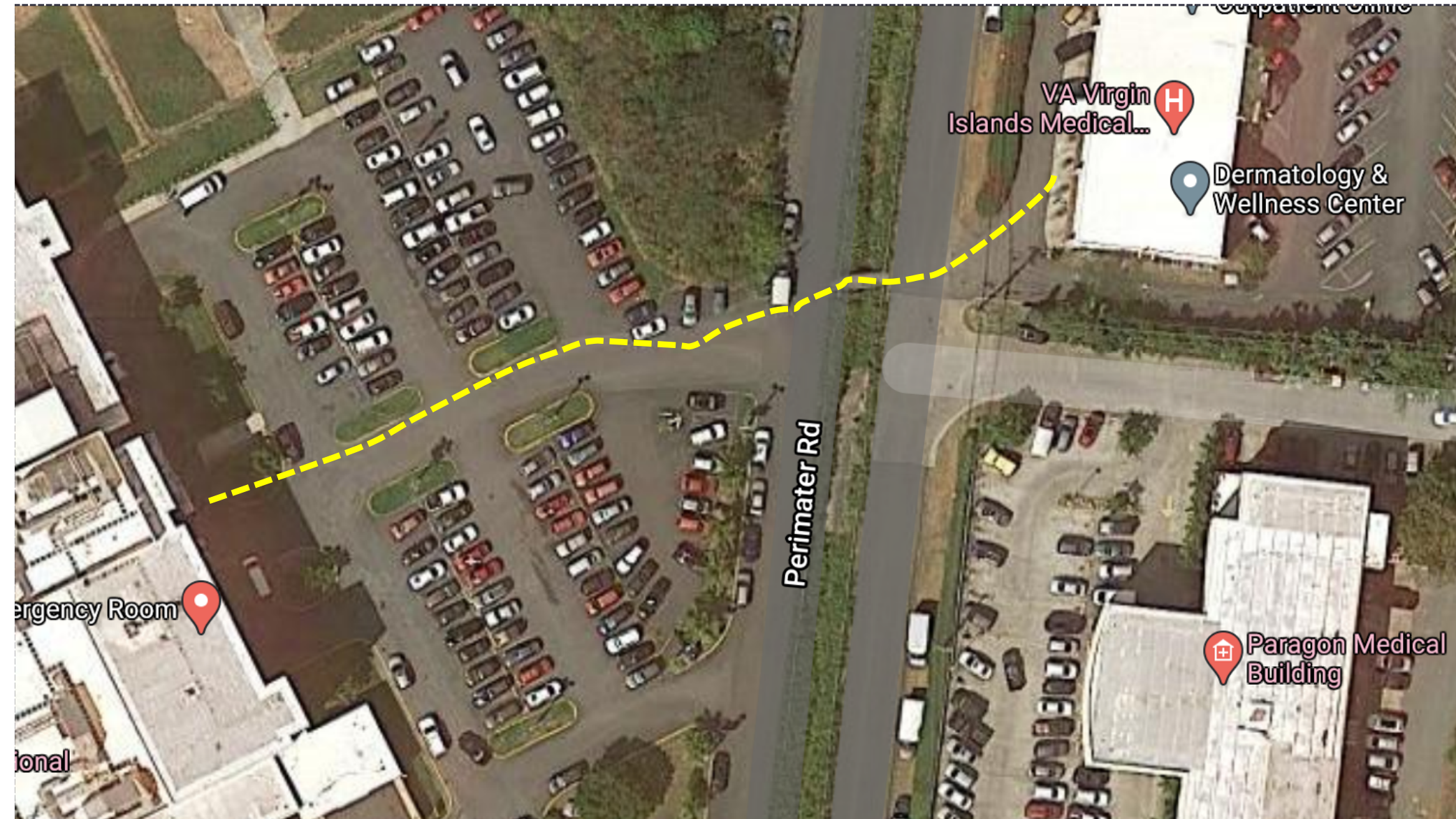
is a priority for many partners:

- Walkable, Livable Communities.
- Safe Routes to School (Parks, etc.).
- Age-Friendly Communities (AARP)
- Sustainability, Smart Growth.
- Economic development.
- Chambers of Commerce.
- Travel, tourism & visitor bureaus.
- Schools, churches, service organizations.



cdc.gov/physicalactivity/

Example #1: St. Thomas; Pedestrian crossing of Perimeter Rd. near the hospital.











Example #2: St. Croix: Pedestrian crossing near Sunny Isle Shopping Center.







Data collected before and after

- Vehicle speeds
 - Pedestrian crossing locations
 - Vehicle yielding
- (three weeks & one year after installation)



USVI WALKABILITY INSTITUTE

ST. CROIX CROSSWALK STUDY

Were crosswalks at Sunny Isles effective?



More people used the crosswalk the longer it was in place.



Immediately after the crosswalk was installed, 14% of pedestrians used it to cross the street.



More than half of pedestrians used the crosswalk one year after it was installed.



Cars drove slower after a crosswalk was installed near the Sunny Isles Shopping Center in St. Croix.

24
MPH

Average car speed without a crosswalk



18
MPH

Average car speed one year after the crosswalk was installed



Most pedestrians had to wait for a car to pass before they could cross the road.

70 - 80%

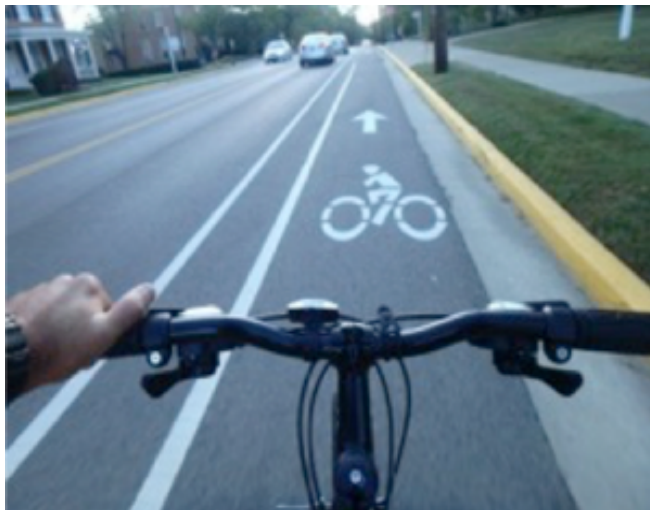
Before and after the crosswalk was installed, at least seven in ten pedestrians could not cross the street until a car passed.

Crosswalks in Sunny Isles are effective at slowing down traffic. More efforts are needed to ensure drivers stop for pedestrians in crosswalks.

Example #3: Christiansted By-Pass Bicycle Facilities.



Bike
lane



Sharrow
(shared-
use arrow)



Example #4: Complete Streets Policy

All roads for all users, of all abilities, all the time!

Essentials:

- Policy statement
- Adopt planning & design guidance.
- Limit exceptions.
- Incorporate in routine operations & maintenance.

Oct. 1, 2020

THE St. Croix
Source
US VIRGIN ISLANDS

HOME ▾ NEWS ▾ COMMUNITY ▾ BUSINESS ▾ A&E ▾ CALENDAR OPINION

REAL ESTATE ▾

Home > News > Local news > Legislation Would Bring V.I. Closer to Walkable Communities

News Local news

Legislation Would Bring V.I. Closer to Walkable Communities

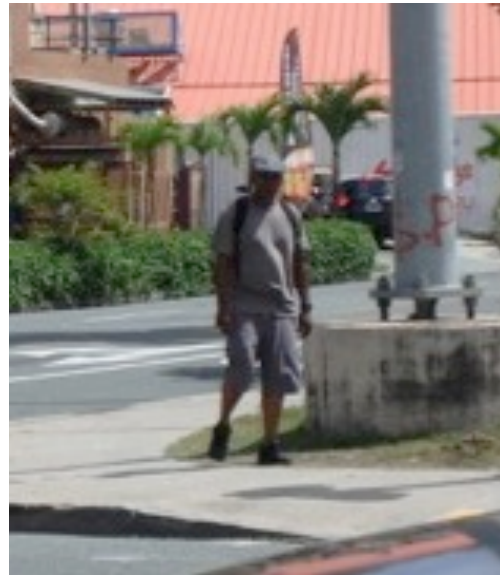


Sen. Steven Payne Sr., sponsor of the Complete Streets bill, testifies before the Committee on Housing, Transportation, Infrastructure and Communications on Friday at Ottley Legislative Hall on St. Thomas. (Photo by Barry Leerdam and Alvin Burke, V.I. Legislature)

The Committee on Housing, Transportation, Infrastructure and Communications on Friday forwarded a bill that is dear to the heart of Sen. Steven Payne Sr., who co-sponsored the legislation along with Sen. Oakland Benta.

Opportunities

- Speak up
- Act up
- Step up



Speak Up

- Share the importance of safe routes for walking, bicycling, & transit access.
- Urge local & territorial officials to add pedestrian & bicycle facilities whenever possible.
- Learn about & actively support Complete Streets legislation.



PAGE 2 The Avis THURSDAY, OCTOBER 8, 2020

WEBINAR:

FROM PAGE 1

Virgin Islands Complete Streets Act of 2020, which would require the Virgin Islands to "plan, develop and provide a more integrated multimodal transportation network that will enhance the quality of life of all Virgin Islanders," according to the bill.

An official from the CDC also discussed best practices and presented demonstrations of multimodal design principles used to create pedestrian infrastructure inclusive of a connected network of sidewalks and bike paths that lead to destinations, have attractive site design and are safe and accessible.



Benta



Payne

USVI Walkability Institute:

The USVI Walkability Institute is made possible through a partnership with TEPHINET, a program of The Task Force for Global Health, the Centers for Disease Control and Prevention and the VI Department of Health.

Kathleen Arnold-Lewis, DOH

urchins.

"These are the barriers that the Walkability Institute is trying to remove," he said.

Crosswalks, bike

the white crosswalk was painted on the street and a concrete ramp was installed to support wheelchairs and strollers. She said the post-survey revealed more pedestrians used the crosswalk, motorists reduced their speed and

further consideration.

Arnold-Lewis said one of the biggest efforts made by the Walkability Institute has been getting policy enacted to support its mission. She said the stakeholders are finally making strides now

commissioner to construct sidewalks and curbs. The committee, however, approved an amendment in the nature of a substitute to enact a more comprehensive piece of legislation known as the VI Complete Streets Act.

E.g. Rotary Club examples

Trail
clean-up
program
Farmington
CT



Planet Walk project
Anchorage AK

Walk to school policy
Scituate MA



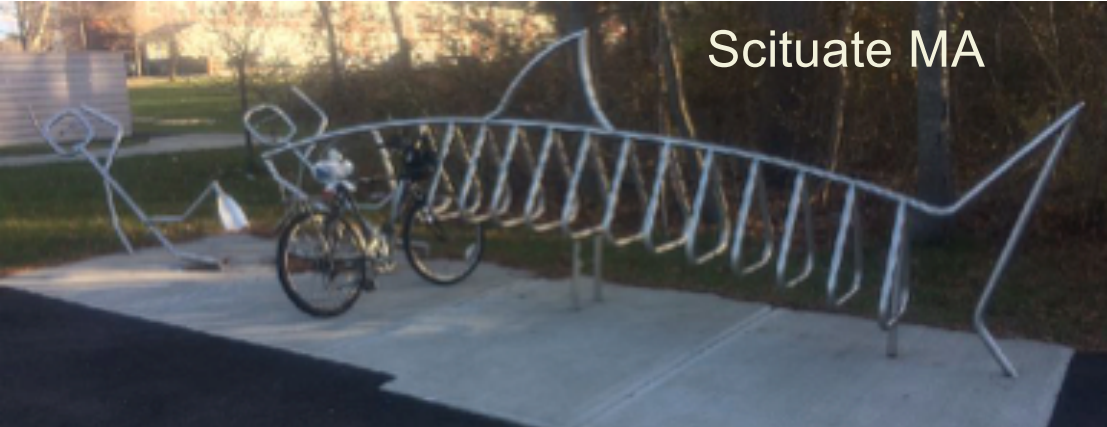
Act up: Help create demonstration projects.



Whitefish MT



Creative, low-cost solutions.



Scituate MA

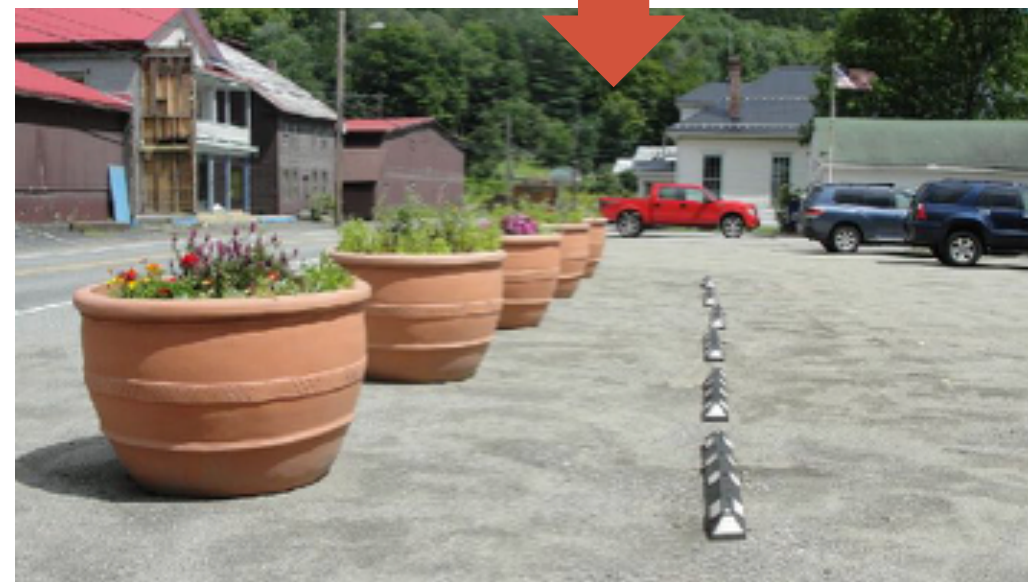
Bike racks designed & built by welding students.



North Adams MA



How to make it safe for pedestrians to cross parking lot?



Parklets in parking spaces . . .



Tar paper crosswalk!



Three Ps for success . . .



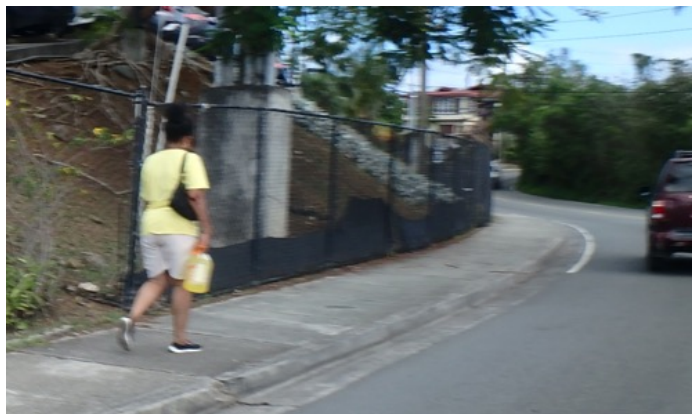
Maui HI



Walk to school **program**; paint curb extensions as a model **project**; complete streets **policy**.

Step up

- Be role models for "active transportation."
- Walk a child or grandchild to school; set up a walking school bus in your neighborhood.
- Ride a bike for errands.
- Take a bus to work.



Your questions & thoughts . . .

- Is Rotary already working on anything related to these topics of health & active transportation?
- Does this area interest you? Does it align with Rotary's greater community service goals?
- Do any specific opportunities come to mind?

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