



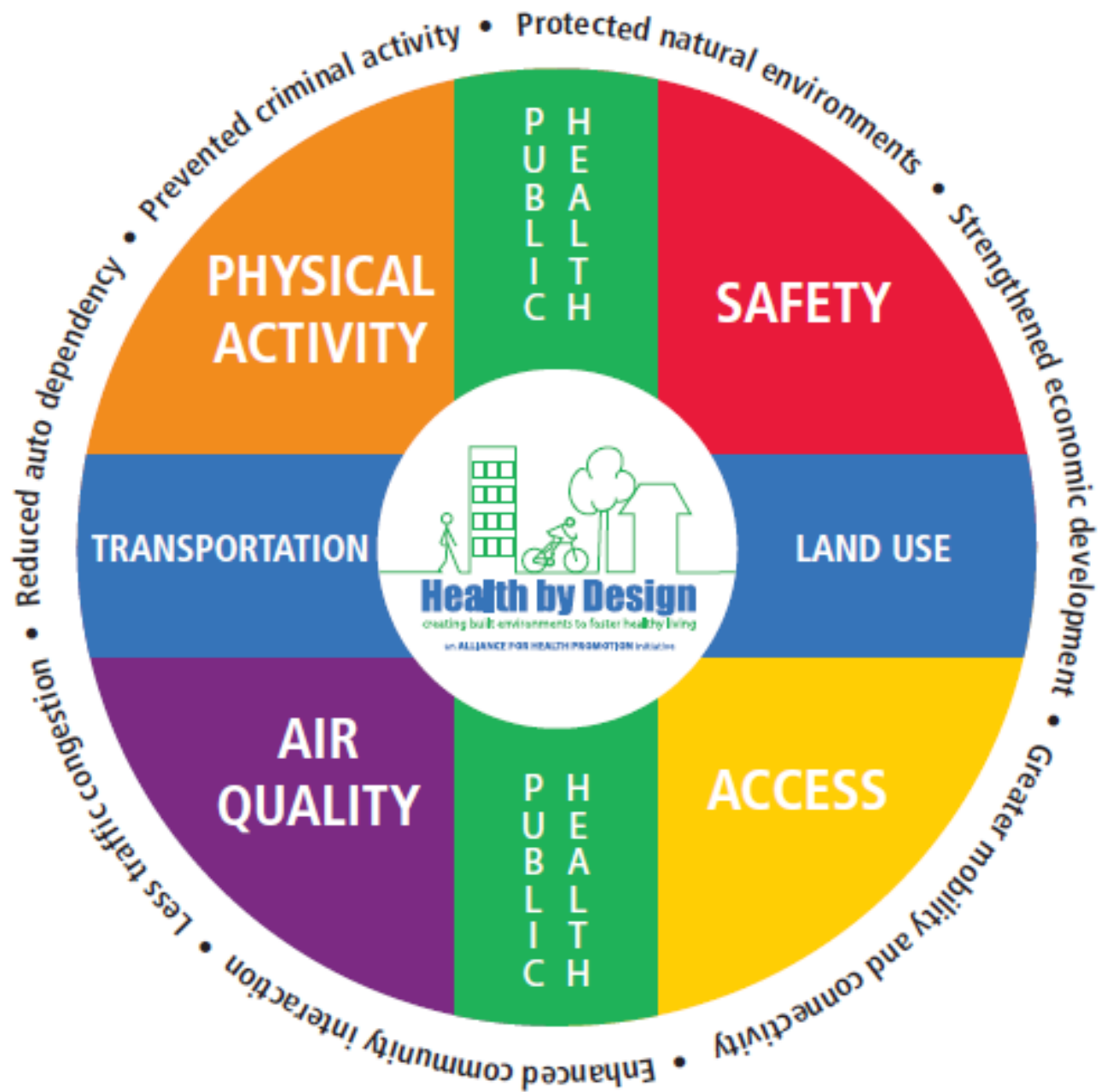
From Planning to Projects: Active Living Workshops Road School 2017



Health by Design

Health by Design is a coalition of diverse partners working to ensure that communities throughout Indiana have neighborhoods, public spaces and transportation infrastructure that promote physical activity and healthy living.





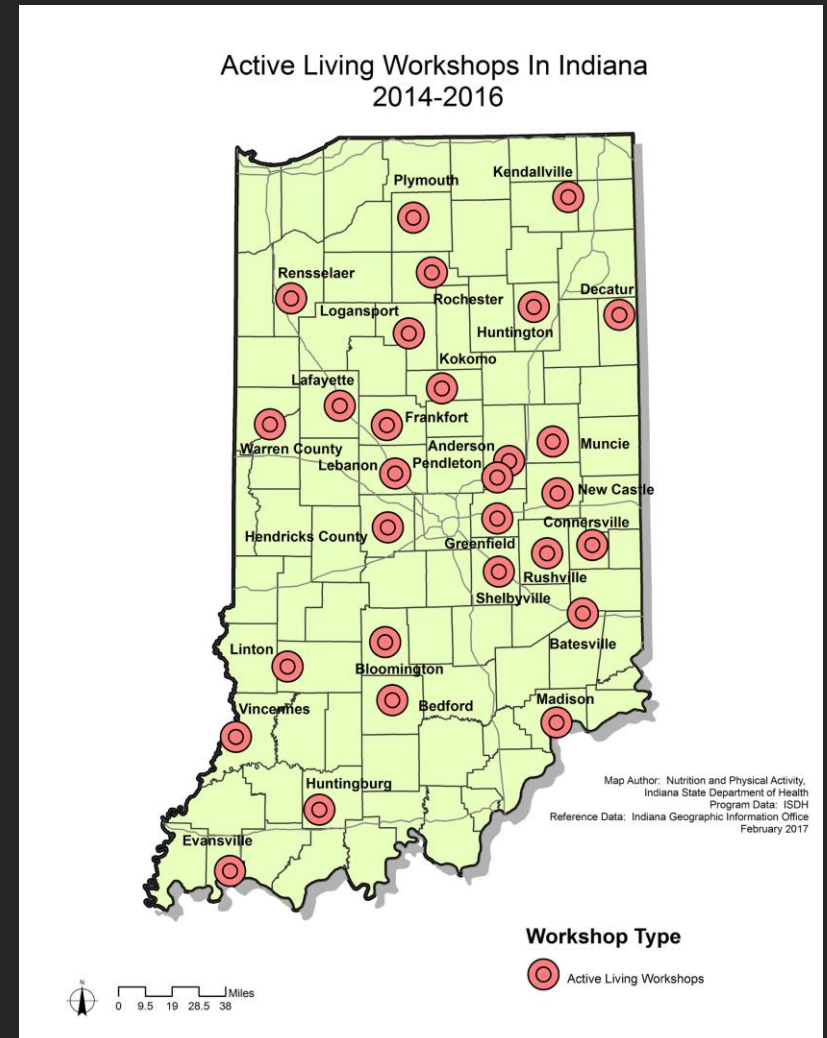
ACTIVE LIVING INITIATIVES



- Education & Training
 - Assessment & Planning
 - Strategic & Innovative Partnerships
 - Action & Implementation
-

ACTIVE LIVING WORKSHOPS

- 29 to date
- Eight scheduled for spring
- Call for applications for up to five additional through ISDH
- Seven more to be scheduled through Purdue Extension



ALW OBJECTIVES

- Describe how community planning and design influences and supports active living.
 - Identify practical tools and ideas for building healthier neighborhoods.
 - Recognize how transportation and land use patterns can work together to form safer, healthier and more accessible communities.
 - Name and discuss Complete Streets principles and illustrate how they can be applied locally in a variety of contexts.
-

City of Bedford

Active Living Workshop

Planning for a Healthy Community

Wednesday, September 21, 2016

9:00 a.m. – 4:00 p.m.

Bedford Chamber of Commerce
1116 16th Ave., Bedford, IN 47421

- 9:00 – 9:30 a.m.** **Welcome and Introductions**
Shawna Girgis, Mayor, City of Bedford
Barry Jeskewich, Parks Director, City of Bedford
Rachel Beyer, Community Wellness Coordinator, Purdue Extension
- 9:30 – 10:45 a.m.** **Active Living – What It Is and Why It Is Important**
- Our Challenge
 - Our Charge
 - Our Opportunity
 - Our Direction
- Kate Riordan, MUP, Health by Design*
Joey Vrazel, PhD, MA, Leverage Points Consulting
- 10:45 a.m. – 12:00 p.m.** **Walk Audit**
- The Keys to a Walkable Community
- Pete Fritz, AICP, RLA, Indiana State Department of Health*
- 12:00 – 12:30 p.m.** **Lunch**
- 12:30 – 1:15 p.m.** **Walking and Bicycling Suitability Mapping Exercise**
- 1:15 – 2:00 p.m.** **Best Practices in Planning and Designing for Active Living**
Pete Fritz, AICP, RLA, Indiana State Department of Health
- 2:00 – 3:45 p.m.** **Active Living Priorities: Group Brainstorming and Action Planning**
- 3:45 – 4:00 p.m.** **Wrap-up**

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CDC, CPPW

Active Living

What is it and why is it important?

ACTIVE LIVING

A way of life that integrates physical activity into daily routines.

- Walkable
- Bikeable
- Transit-oriented
- Universally accessible
- Streets are places
- All settings provide safe & easy opportunities for being active



“Physical activity offers many benefits to health, whether it be preventing disease, contributing to emotional and cognitive health, or helping to maintain independence later in life.

Many consider it the ‘wonder drug’ of health promotion.”

- Collins, J. & Fulton, J. (2015). Taking Steps to a Healthier Nation: Increasing physical activity through walking. *Journal of Physical Activity and Health* 12(S1-S2).

WALKING AND BICYCLING TO SCHOOL

48

percentage of children who walked or bicycled to school in 1969

13

percentage of children who walked or bicycled to school in 2009

COUNTY HEALTH RANKINGS

	Indiana	Top US Performers
Obesity	31%	25%
Physical Inactivity	28%	20%
Access to Exercise	75%	91%
Driving alone to work	83%	71%

How did we
get here?



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*“One number may determine how healthy you are and how long you live. It isn’t your weight, cholesterol count, or any of those numbers that doctors look at.
It’s your address.”*

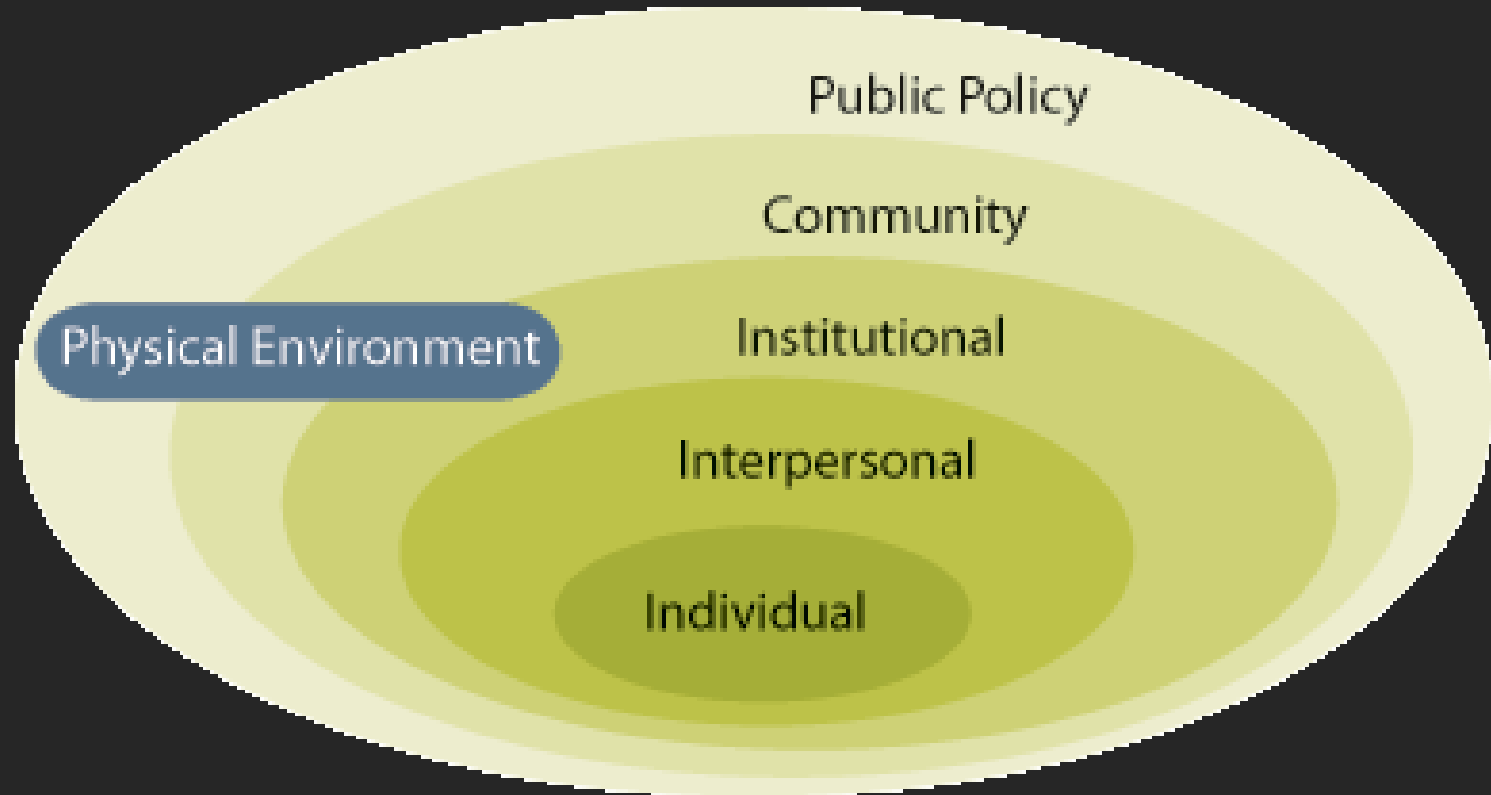
Policy Link

PLACE MATTERS!



“The choices we make
are driven by the
choices we have...”

Making the Healthy Choice the Easy Choice





INTENTION

The Benefits of Active Living



Health



Economic



Environment



WALK AUDIT

5 Ways to improve walkability:

1. Make places for people, not just cars.
2. Create destinations and a sense of place.
3. Provide connections to nature.
4. Be authentic.
5. Encourage diversity and variety.



KOKOMO

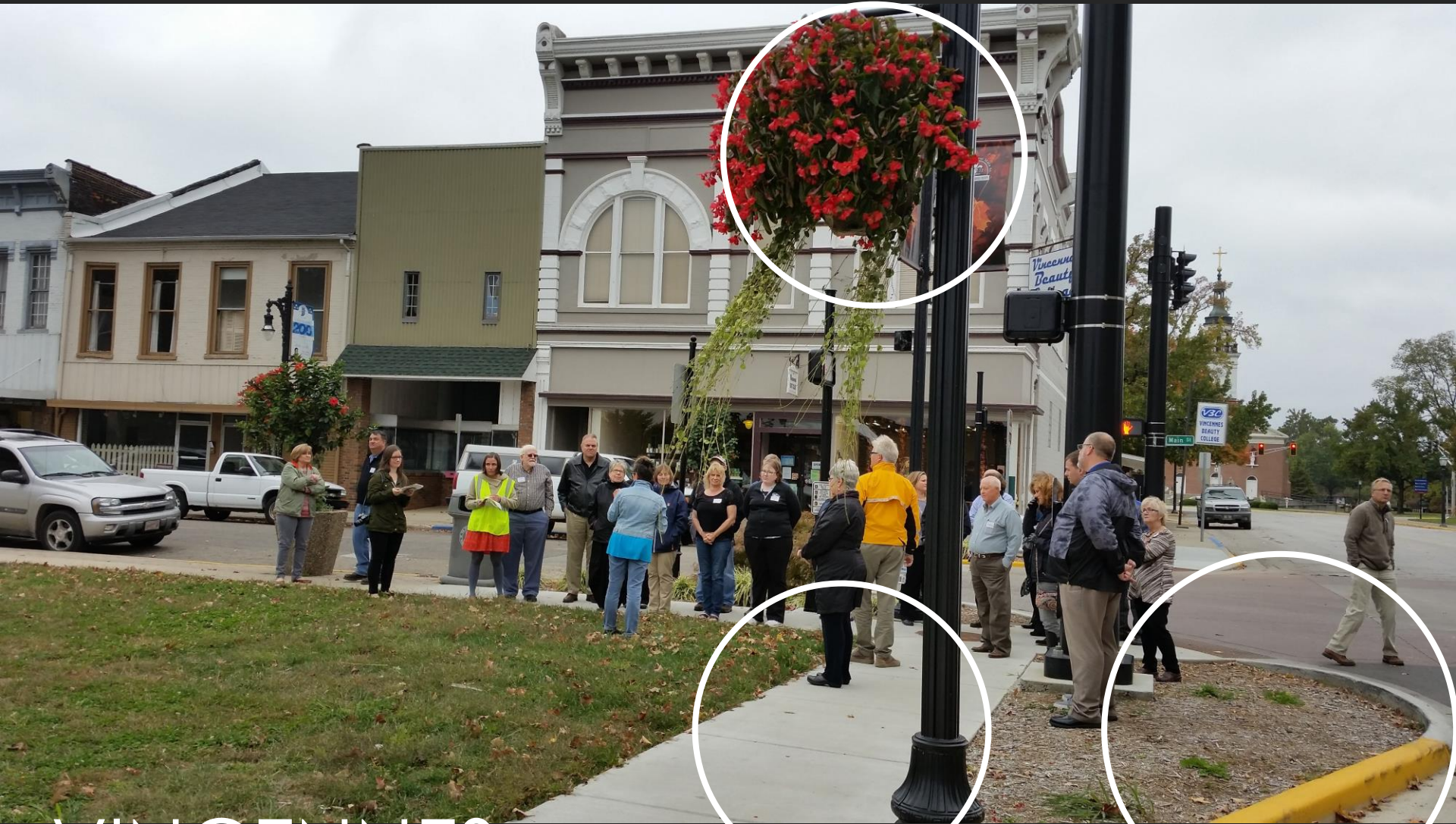


NO
PARKING
EXCEPT FOR
OFFICIALS

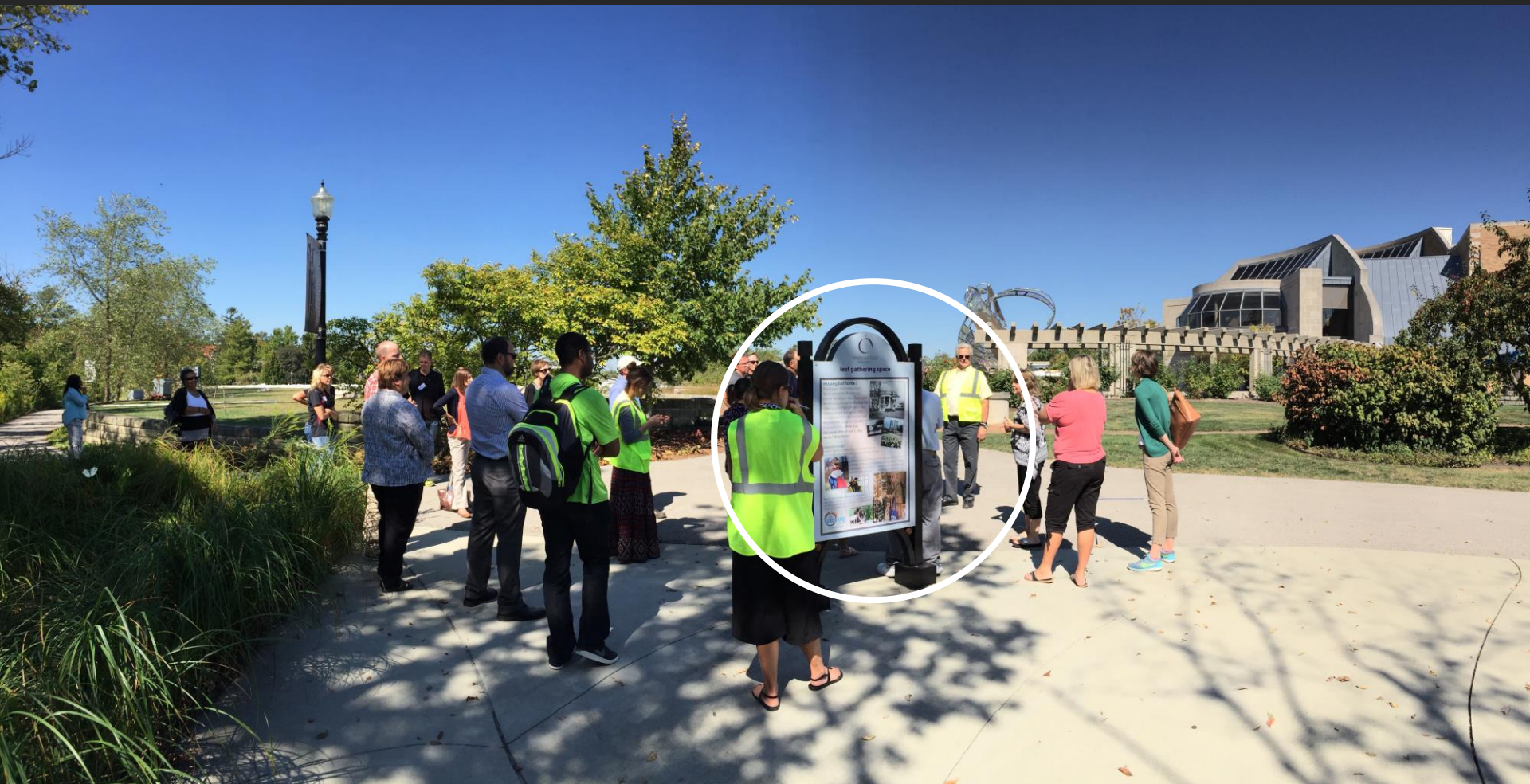
PENDLETON



KOKOMO



VINCENNES



MUNCIE



KOKOMO



SHELBYVILLE

SUITABILITY MAPPING INSTRUCTIONS

STAR common destinations

CIRCLE challenging intersections

GREEN = very safe and comfortable

YELLOW = somewhat safe and comfortable for biking and walking

RED = very unsafe and uncomfortable for biking and walking (and should/could be improved)

SUITABILITY MAPPING



BEST PRACTICES

- **Policies**-that support and encourage active communities.
 - **Plans**-that create a vision of what could be.
 - **Programs**-that promote active living environments.
 - **Projects**-that implement community change.
 - **Performance measures**-to make sure it all works.
-

- Design streets for all ages and abilities
- Create incremental change
- 21 policies in Indiana

Complete Streets

Complete Streets are roadways designed to safely and comfortably provide for the needs of all users, including, but not limited to motorists, cyclists, pedestrians, transit and school bus riders, movers of commercial goods, persons with disabilities, seniors, and emergency users. They encourage people to use physically active transportation, which promotes a healthy lifestyle and minimizes unintended chronic disease effects like cancer.

► Complete Streets provide opportunities for increased physical activity by incorporating features that promote regular walking, cycling and transit use into just about every street.

► One Complete Street may look quite different than the next, but both will be designed to balance safety and convenience for everyone using the road, regardless of age, ability, or mode of transportation.

► A network of safe sidewalks and bikeways provided by a Complete Streets policy is important for encouraging active travel.



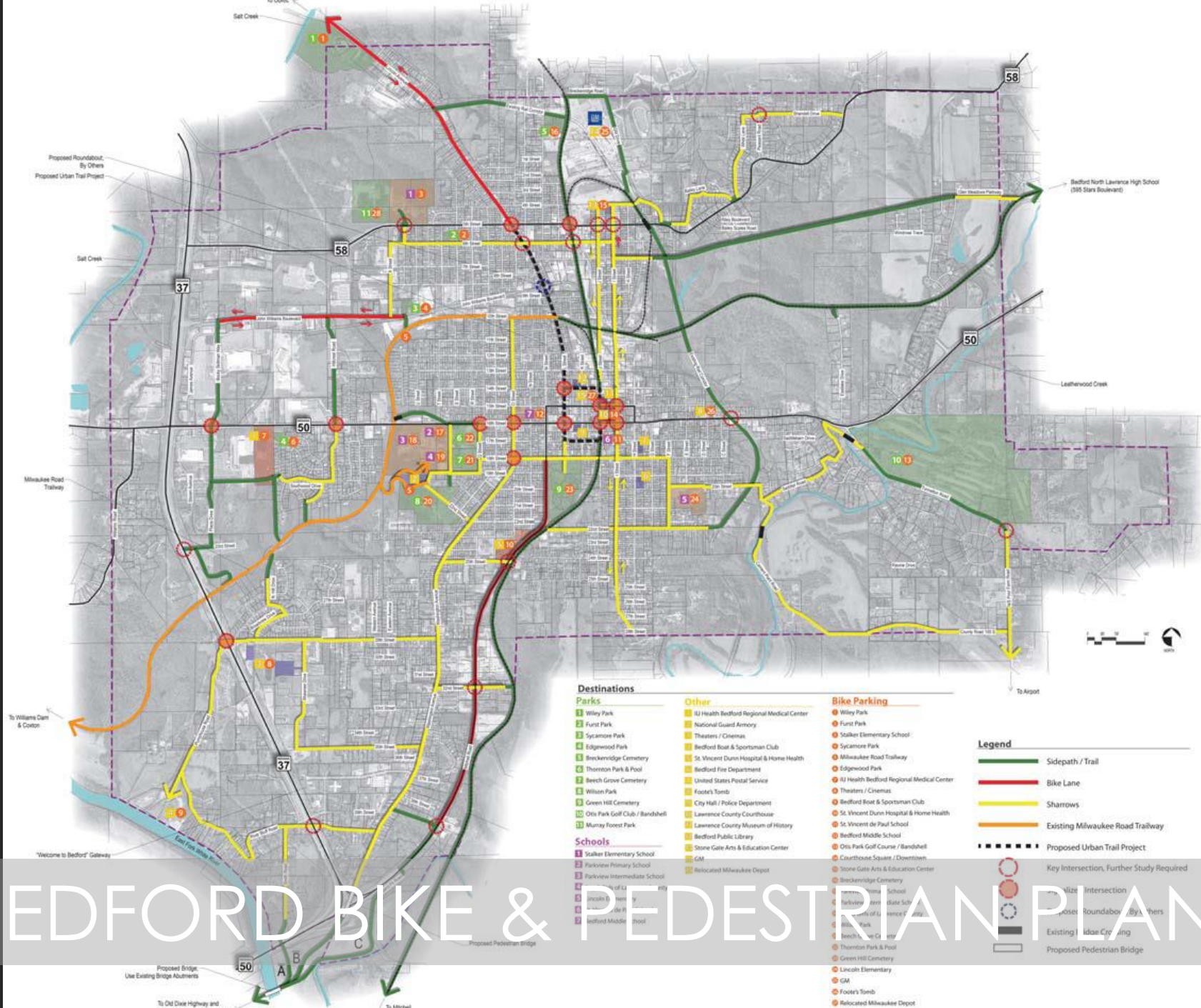
35-45
additional minutes of moderate physical activity people in walkable communities get compared to those in less walkable areas

30
minutes a day of biking or walking can lower the risk of breast cancer in women.

1/3
of americans don't drive

6%
increase in likelihood of obesity for each hour spent driving

BEDFORD BIKE & PEDESTRIAN PLAN



Destinations

- | | | |
|---|---|---|
| Parks
<ul style="list-style-type: none"> 1 Willy Park 2 Funst Park 3 Sycamore Park 4 Edgewood Park 5 Brecknridge Cemetery 6 Thornton Park & Pool 7 Beech Grove Cemetery 8 Wilson Park 9 Green Hill Cemetery 10 Otis Park Golf Club / Bandshell 11 Murray Forest Park | Other
<ul style="list-style-type: none"> 12 IJ Health Bedford Regional Medical Center 13 National Guard Armory 14 Theaters / Cinemas 15 Bedford Boat & Sportsman Club 16 St Vincent Dunn Hospital & Home Health 17 Bedford Fire Department 18 United States Postal Service 19 Foot's Tomb 20 City Hall / Police Department 21 Lawrence County Courthouse 22 Lawrence County Museum of History 23 Bedford Public Library 24 Stone Gate Arts & Education Center 25 Call 26 Relocated Milwaukee Depot | Bike Parking
<ul style="list-style-type: none"> 1 Willy Park 2 Funst Park 3 Stalker Elementary School 4 Sycamore Park 5 Milwaukee Road Trailway 6 Edgewood Park 7 IJ Health Bedford Regional Medical Center 8 Theaters / Cinemas 9 Bedford Boat & Sportsman Club 10 St Vincent Dunn Hospital & Home Health 11 St Vincent de Paul School 12 Bedford Middle School 13 Otis Park Golf Course / Bandshell 14 Courthouse Square / Downtown 15 Stone Gate Arts & Education Center 16 Brecknridge Cemetery 17 Lawrence County Courthouse 18 Parkview Intermediate School 19 Parkview Primary School 20 Stalker Elementary School 21 Thornton Park & Pool 22 Green Hill Cemetery 23 Lincoln Elementary 24 GM 25 Foot's Tomb 26 Relocated Milwaukee Depot 27 Murray Forest Park |
|---|---|---|

Legend

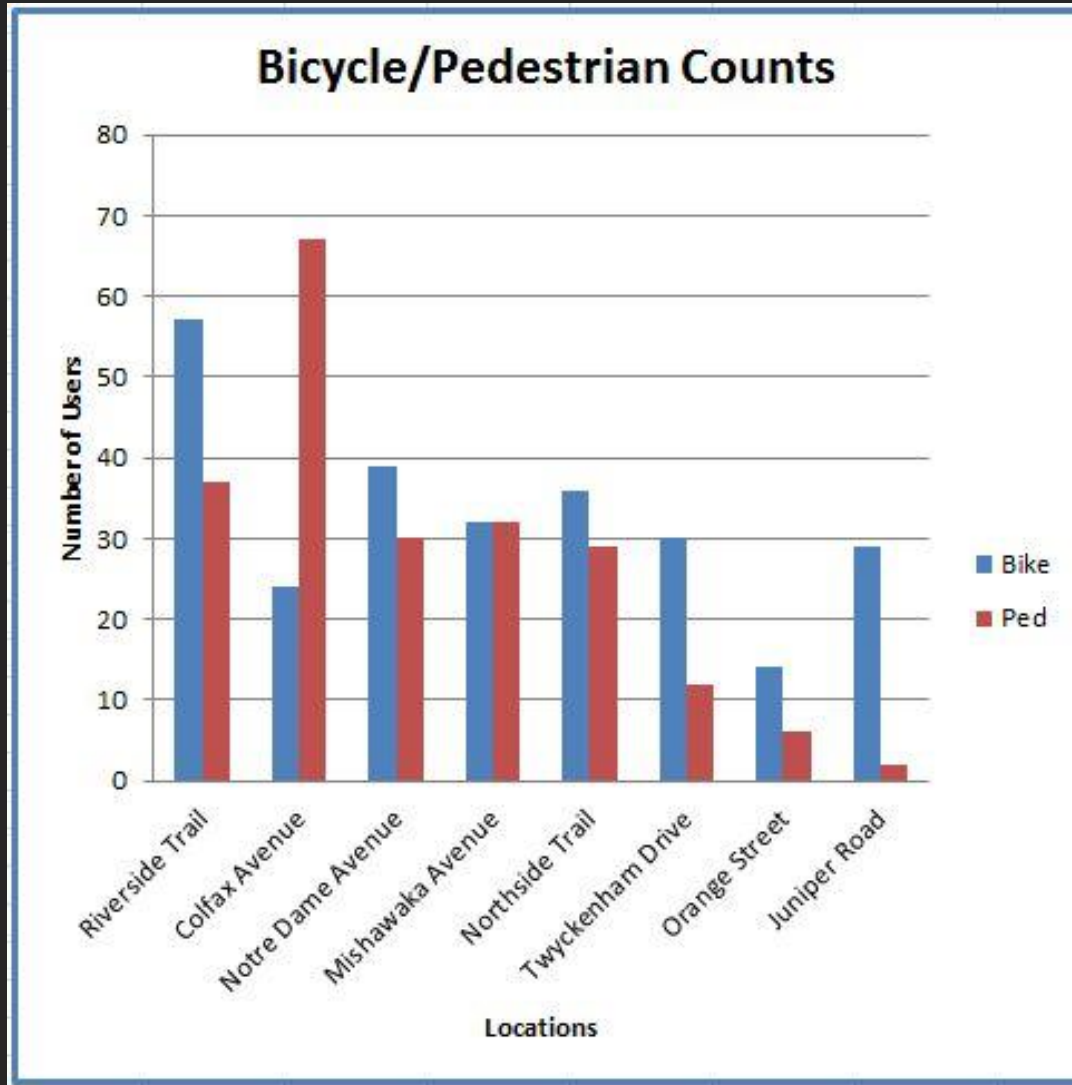
- Sidepath / Trail
- Bike Lane
- Sharrows
- Existing Milwaukee Road Trailway
- Proposed Urban Trail Project
- Key Intersection, Further Study Required
- Key Intersection
- Proposed Roundabout / By Others
- Existing Idea Crossing
- Proposed Pedestrian Bridge



EVANSVILLE WALK TO SCHOOL
DAY



JEFFERSONVILLE CROSSWALKS



SOUTH BEND BIKE AND PEDESTRIAN COUNTS



BEDFORD

JOHN WILLIAMS BLVD. & R STREET



BEDFORD JOHN WILLIAMS BLVD. & R STREET



HUNTINGTON

JEFFERSON, RIVERSIDE, & ETNA



HUNTINGTON JEFFERSON, RIVERSIDE, & ETNA



CONNERSVILLE
PARK RD. & 27TH ST.



CONNERSVILLE
PARK RD. & 27TH ST.



BRAINSTORMING & PRIORITY SETTING

BRAINSTORMING

- Ideas and images that caught your attention
 - Assets & barriers to Active Living in the community
 - What are your top three “low hanging fruit” ideas to improve Active Living?
 - What are your top three “most important” ideas to improve Active Living?
-

Low-Hanging
Fruit

Most
Important
Overall

Promote active
after school
programs
(activities/seats etc)

Community Activities...
(biking/walking
events)

Community Garden
Unity/Edible Plot
a School

After school
activity bus.

County Connections

FUNDING
&
PARTNERSHIPS

Walk/Bike
to school
day

Sidewalk
Inventory
Options -
Subsidies

GREENING

Open schools for
community usage

Completion
of Bike/Ped/Trails

ARTSCAPES
&
STREETSCAPES

STREET
MARKINGS

Partner with local
organizations to allow
all children equal
opportunity for
activities.

fresh accessibility
of
Produce

A
COMPREHENSIVE
PLAN

DOT VOTING

FOLLOW UP

- Notes & Priorities – one week
 - Active Living Workshop Report – six weeks
 - Active Living Action Plan – three months
 - Progress Report – nine months
 - Success Story – one year
-



FRANKFORT ENCOURAGE BICYCLING



MADISON INCREASE CONNECTIVITY



LEBANON ADOPT A BIKE & PEDESTRIAN MASTER PLAN

KEYS TO SUCCESS

- Diverse group of community members
 - City leadership involvement
 - Champion to lead the work
-

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