Planning for a Walkable Community: Adopting Plans to Make your Community Attractive to all Modes of Transportation

Justin Lehman, PA DOH
Diane Kripas, DCNR
Planning for a Walkable Community

Learning Objectives

1. Learn how state agencies are working together to increase walking and walkable communities.

2. Highlight funding opportunities for the development of plans and/or policies related to community planning.

3. Discuss how the Collaborative workgroup can help or be enhanced to better meet specific needs or challenges related to creating walkable communities.
Planning for a Walkable Community

Children deserve safe places to walk and bike — starting with the trip to school.
Planning for a Walkable Community
Planning for a Walkable Community
Planning for a Walkable Community

Why is it so important to have a walkable community?

- Safety for all modes of transportation
- Vibrant businesses
- Connected neighborhoods
- Better health outcomes
- Equity for all people
- Reduces the amount of pollutants
Prevalence of Self-Reported Obesity among U.S. Adults by State, 1985 - 2010

CDC Self-Reported Obesity Rate among US States, 2016
Adult Obesity Rate by State, 2017

Percent of obese adults (Body Mass Index of 30+)

- 0 - 9.9%
- 10 - 14.9%
- 15 - 19.9%
- 20 - 24.9%
- 25 - 29.9%
- 30 - 34.9%
- 35%+
Adult Obesity Rates

Adult obesity rates (BMI ≥ 30), 2001-2016

- Pennsylvania
- National Average
- Linear(Pennsylvania)

Behavioral Risk Factor Surveillance System, 2016
Pennsylvanians Love to WALK

Figure 2: Top 10 Outdoor Recreation Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percent Participation in the Last Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking (Streets, Sidewalks, Trails)</td>
<td></td>
</tr>
<tr>
<td>Visiting Historic Sites</td>
<td></td>
</tr>
<tr>
<td>Scenic Driving</td>
<td></td>
</tr>
<tr>
<td>Picnicking</td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td></td>
</tr>
<tr>
<td>Wildlife Viewing</td>
<td></td>
</tr>
<tr>
<td>Visiting Nature Centers</td>
<td></td>
</tr>
<tr>
<td>Night Sky Viewing</td>
<td></td>
</tr>
<tr>
<td>Bird Watching</td>
<td></td>
</tr>
<tr>
<td>Lawn Games (Horseshoes, Bocce)</td>
<td></td>
</tr>
</tbody>
</table>

Source: PA Resident Survey 2014
Pennsylvania Walkable Communities Collaborative

Steering committee

- Pennsylvania Department of Aging
- Pennsylvania Department of Community and Economic Development
- Pennsylvania Department of Conservation and Natural Resources
- Pennsylvania Department of Health
- Pennsylvania Department of Transportation
- AARP
- American Planning Association – PA Chapter
- Pennsylvania Downtown Center
- State Alliance of YMCAs
Mission
Increase walking and expand walkable communities across Pennsylvania.

Action teams
1. Research and Messaging Action Team
2. Outreach and Communications Action Team
3. Community Capacity-Building Action Team
4. PennDOT Connects Action Team
Pennsylvania Walkable Communities Collaborative

What have we done?

- Developed a ‘Creating a Walkable Community in Pennsylvania’ rack card.
- Partnered with Pennsylvania State Association of Boroughs to host 5 Complete Streets workshops.
- Awarded funding to communities for the development of active transportation plans and policies.

Want more information?

www.pawalkworks.com
WalkWorks

If you have been looking for an easy, fun, and free way to increase your physical activity, seize the opportunity! Walking is a great way to improve your health and have fun with your family and friends of all ages.

What is WalkWorks?

To increase opportunities for physical activity, the Pennsylvania Department of Health has partnered with the University of Pittsburgh Graduate School of Public Health Center for Public Health Practice to create a network of fun, fact-filled, community-based walking routes and walking groups. WalkWorks:

www.pawalkworks.com
WalkWorks Website

**Walker Tracker**

Register now
Sign up is quick and easy

When registering via mobile app, use pawalkworks.walkertracker.com as the URL

---

State Funding and Implementation Guide for Infrastructure Improvements

A guide to state funding opportunities for implementing infrastructure improvements

Click here

Complete Streets Policies in Pennsylvania; A Case Study of Transportation Policy for the Public’s Health

This case study reports the results of a survey and interviews related to complete streets policies in Pennsylvania.

Click here for Executive Summary

To receive the complete case study, email pawalkworks@pitt.edu
We Support PennDOT Bike/Ped Plan

Statewide Survey Analysis - Walking

How easy or challenging is it to walk in your community?
Answered: 12,780  Skipped: 1,039

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Easy</td>
<td>2,470</td>
</tr>
<tr>
<td>Easy</td>
<td>3,792</td>
</tr>
<tr>
<td>Neither Easy nor Challenging</td>
<td>2,778</td>
</tr>
<tr>
<td>Challenging</td>
<td>2,629</td>
</tr>
<tr>
<td>Very Challenging</td>
<td>1,111</td>
</tr>
</tbody>
</table>

Which of these changes would most improve your walking experience?
Answered: 12,780  Skipped: 1,039

<table>
<thead>
<tr>
<th>Change</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>More time for pedestrians to cross at intersections</td>
<td>2,023</td>
</tr>
<tr>
<td>Shorter crossing distances at intersections</td>
<td>964</td>
</tr>
<tr>
<td>Better maintenance of sidewalks</td>
<td>4,728</td>
</tr>
<tr>
<td>More sidewalks</td>
<td>5,428</td>
</tr>
<tr>
<td>More separation between pedestrians and motor vehicles</td>
<td>4,052</td>
</tr>
<tr>
<td>Better enforcement of existing traffic laws</td>
<td>4,171</td>
</tr>
<tr>
<td>Education for drivers and cyclists on road rules and proper etiquette for both groups</td>
<td>3,525</td>
</tr>
<tr>
<td>Reduce speed limits on pedestrian corridors</td>
<td>2,799</td>
</tr>
<tr>
<td>Having more community amenities near my home (e.g., shopping, errands, open space)</td>
<td>3,033</td>
</tr>
</tbody>
</table>
Biking and walking are integral elements of Pennsylvania’s transportation system that contribute to community health, economic mobility, and quality of life.
Funding Opportunities

WalkWorks – State Funding and Implementation Guide for Infrastructure Improvements

**PennDOT**
- TAP Program
- Multi-Modal Transportation Fund
- Green Light-Go Program
- Automated Red Light Enforcement Program

**DCED**
- Community Development Block Grants
- Multi-Modal Fund

**Key to Big $ is have a plan!**
Community Conservation Partnerships Program Grants

DCNR’s Bureau of Recreation and Conservation (BRC) assists local governments and recreation and conservation organizations with funding for projects related to:

- Parks
- Recreation
- Conservation

Applications for DCNR's Community Conservation Partnerships Program grants
Planning Grants – 50/50
November – workshops; 1/15/20 opens
Peer funding – apply anytime
$10,000 grant
10% match
WalkWorks Funding Opportunity

$10,000-$20,000 – Develop transportation plans to identify and prioritize projects related to modes of active transportation; and/or

$3,000-$5,000 – Develop policies – such as Complete Streets or Vision Zero – that include language in support of environmental changes for enhancing places for physical activity with an emphasis on walking.

To be released on or around August 1.

Go to www.pawalkworks.com to view or complete the application.
# WalkWorks Funding Opportunity

## 2018-19 Grantees

<table>
<thead>
<tr>
<th>2018-19 Grantees</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bristol Borough</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Hatfield Township</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Lehigh Valley Planning Commission</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Lower Allen Township</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Montgomery County Planning Commission</td>
<td>Complete Streets Policy</td>
</tr>
<tr>
<td>Morrisville Borough</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>New Britain Borough</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Springettsbury Township</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Upper Dublin Township</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Wilkins Township</td>
<td>Complete Streets Policy</td>
</tr>
</tbody>
</table>

## 2017-18 Grantees

<table>
<thead>
<tr>
<th>2017-18 Grantees</th>
<th>Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elizabethtown Borough</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Jersey Shore Borough</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>Oakmont Borough</td>
<td>Active Transportation Plan</td>
</tr>
<tr>
<td>West Earl Township</td>
<td>Active Transportation Plan</td>
</tr>
</tbody>
</table>

---

[Logo of Pennsylvania Department of Health]
Advice to Our Collaborative

What should “the state” do to encourage walking?

What policies need to change to better support walking?
WalkWorks

- Identifies, plans and develops community-based walking routes;
- Promotes and establishes walking groups for social support through;
- Educates partners and officials regarding local policies and planning to support safe and accessible physical activity; and
- Provides funding and technical assistance for the development of active transportation plans or policies.

www.pawalkworks.com
WalkWorks Affiliate Program

Selected community-based partners:

- Identify a walking route and points of interests;
- Engage community stakeholders;
- Collaborate with community organizations; and
- Organize a kick-off celebration.

www.pawalkworks.com
WalkWorks Affiliate Program

Southside Cheston Route

- Easton Area Neighborhood Center Urban Farm
- Stewart Silk Mill
- Christ United Methodist Church
- Cheston Pioneer Park
- Ada B. Cheston Elementary School

Steps to a Healthier You

www.pawalkworks.com
WalkWorks Affiliate Program

Southside Cheston Route

1. Easton Area Neighborhood Center Urban Farm
   The Urban Farm's volunteer staff provides fresh-grown produce and teaches sustainable gardening while donating much of the produce to the West Ward through the Veggie Van Project. The Center also provides transitional housing to working families, a food pantry and utility assistance to low-income community families.

2. Stewart Silk Mill
   Stewart Silk Company opened on this 4-acre lot in the early 1900's, later becoming Black Diamond Enterprises. Though weeds climb a rusty chain-link fence around its perimeter, a mural painted on an exterior Mill wall in 1996, by children from neighboring Cheston Elementary School, can still be seen through fading paint.

3. Christ United Methodist Church
   Music and inclusivity are hallmarks of this South Side Easton landmark. The Church building is a beautiful, towering structure, dedicated in 1926, and serves the community through partnerships with mission work, food drives and by providing meeting space for local organizations.

4. Cheston Pioneer Park
   This nice little pocket park, situated across the street from Cheston Elementary, is equipped with playground swings, slide and benches overlooking the expansive Pioneer Field. Great place for families to take a breather after your walk!

5. Ada B. Cheston Elementary School
   Cheston enrolls about 550 students in elementary grade levels K-4. Part of the Easton School District, it has served students on Easton's Southside since 1967. In 2015, Cheston became a United Way Community School, which creates partnerships between the school and other community resources to better serve area families.

Steps to a Healthier You

www.pawalkworks.com
WalkWorks Affiliate Program

Downtown York Route

- Heritage Rail Trail Park
- Penn Market
- Colonial Courthouse
- Central Market
- Appell Center

Steps to a Healthier You

www.pawalkworks.com
Downtown York Route

1. Heritage Rail Trail Park
   Heritage Rail Trail County Park, in southern York County, extends more than twenty-one miles, winding through scenic areas. The ADA trail is a 10-foot wide compacted stone surface designed for hiking, bicycling, running and horseback riding. This linear park connects the historic district of downtown York, Pennsylvania with Maryland’s Torrey C. Brown Trail while traveling through 11 different municipalities. The park is open year-round, dawn until dusk.

2. Penn Market
   Penn Market was originally constructed in 1866 and continues to operate year-round as the oldest continually operating farmers market in York. Find an abundance of fresh locally grown fruits and vegetables that are available during the growing season. Fresh local meats and poultry products are offered by local butchers. Stands sell prepared foods as well as made to order breakfast and lunch.

3. Colonial Courthouse
   The Colonial Courthouse is one of several featured exhibits in the Colonial Complex. The reconstructed Colonial Courthouse highlights the story of the Second Continental Congress when they worked out of York during the winter of 1777-1778, and adopted the Articles of Confederation.

4. Central Market
   The Central Market has over 125 years of history in this building. It is both a grassroots commercial operation and a community gathering place. Market shoppers enjoy locally grown flowers and produce, baked goods, fresh seafood, meats, deli products, unique artisan crafts and many specialty items provided by 50+ vendors.

5. Appell Center
   The Appell Center for the Performing Arts features two historic theaters – the Strand Theatre built in 1925 and the Capitol Theatre built in 1906. The 1,252-seat Strand Theatre is a glittering example of Italian Renaissance architecture and features 1,800 pounds of gold leaf and murals adorning the walls. The Strand Theatre prospered during the days of vaudeville and silent film in the roaring 20’s and is the center for entertainment in York City today.

Steps to a Healthier You

www.pawalkworks.com
WalkWorks Affiliate Program

WalkWorks affiliate application to be released in August or September.

Go to www.pawalkworks.com to view or complete the application.
Connecting Harris Hills to Greenbelt

Closest neighborhood to township park – car was the only safe way to get there.
Existing Conditions
Veteran’s Park Trail

2000-2016
NOW a Safe Route
to Park – Garage to Trail
Safe Route to High School/CVS
Complete Streets
Across America, streets are frequently built for cars, with few features like sidewalks or multiuse paths to make them safe and pleasant places to walk or bike. Complete Streets, however, are designed and operated to enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders of.

Strategy 4: Establish land use policies to encourage bicycle and pedestrian forms of transportation.

This strategy highlights the importance of adopting local land use regulations that require the inclusion of bicycle and pedestrian facilities into new developments. Without codes and ordinances that are supportive of bicycle and pedestrian infrastructure, the Township will continue to develop in an automobile-oriented manner. Simple changes like requiring bicycle parking as part of commercial land development plans and developing Township-wide design guidelines will go a long way in making the Township more walkable and bikeable.
Strategy 4: Establish land use policies to encourage bicycle and pedestrian forms of transportation.

This strategy highlights the importance of adopting local land use regulations that require the inclusion of bicycle and pedestrian facilities into new developments. Without codes and ordinances that are supportive of bicycle and pedestrian infrastructure, the Township will continue to develop in an automobile-oriented manner. Simple changes like requiring bicycle parking as part of commercial land development plans and developing Township-wide design guidelines will go a long way in making the Township more walkable and bikeable.
Your Turn

What are YOUR stories - How is your community working on becoming more walkable? Any lessons learned?

How has your community overcome obstacles – crumbling sidewalks, NO sidewalks anywhere, road rage, who will maintain sidewalks, etc.?