

ACTIVE TRANSPORTATION & PLANNING

Sagar Shah, PhD

sshah@planning.org

American Planning Association



American Public Health Association Webinar
June 21, 2018

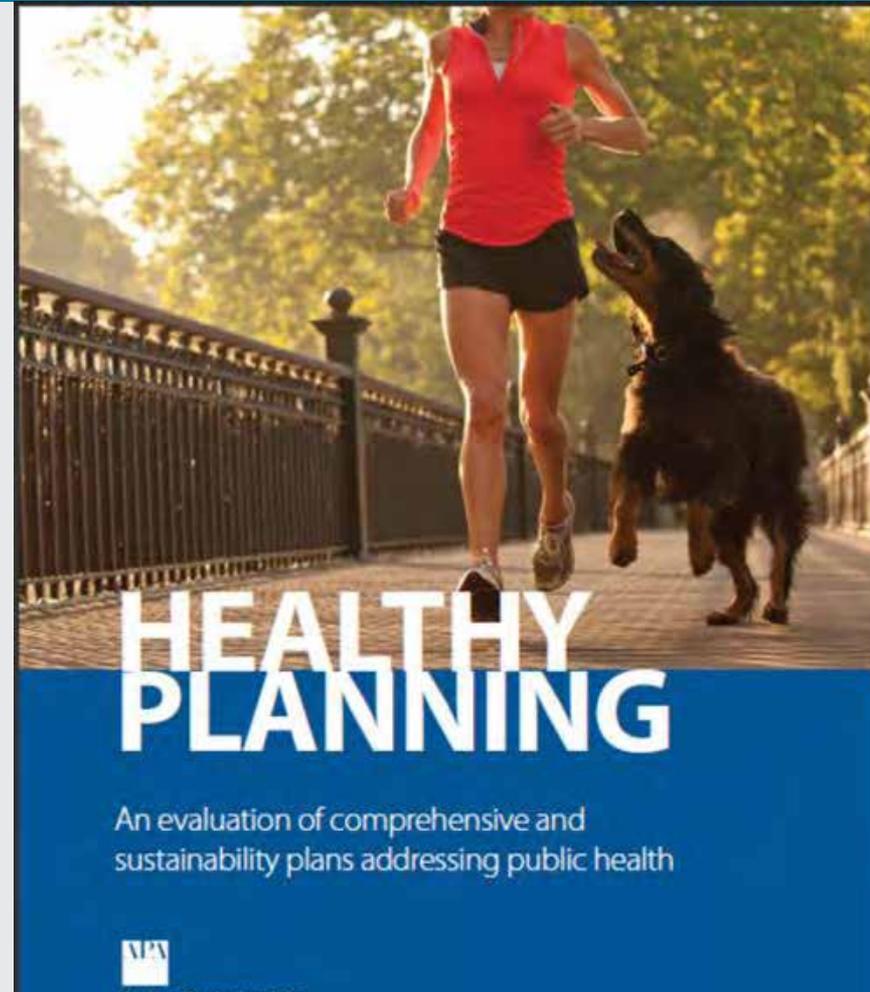


American Planning Association
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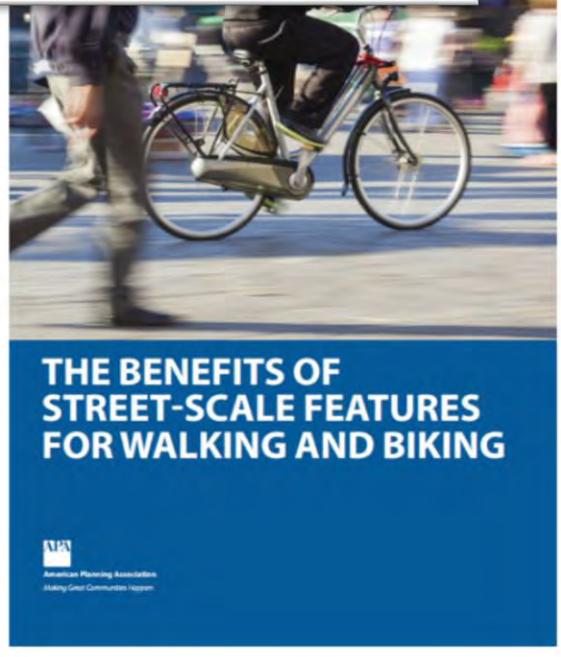
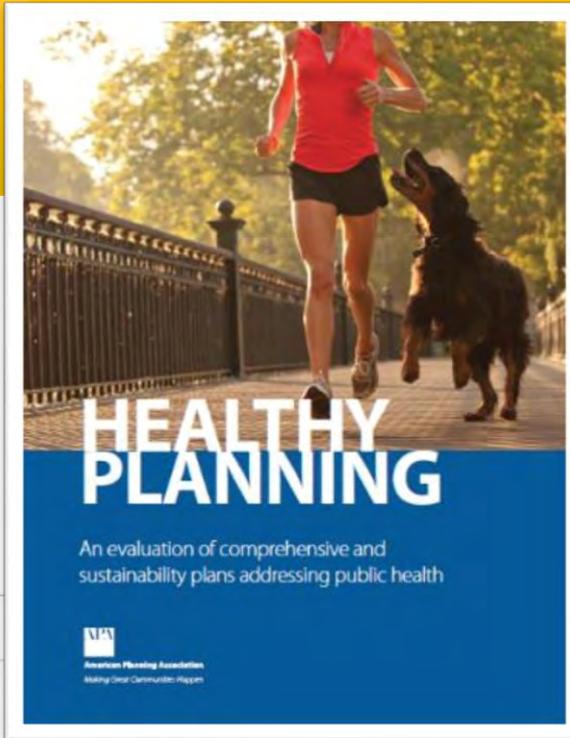
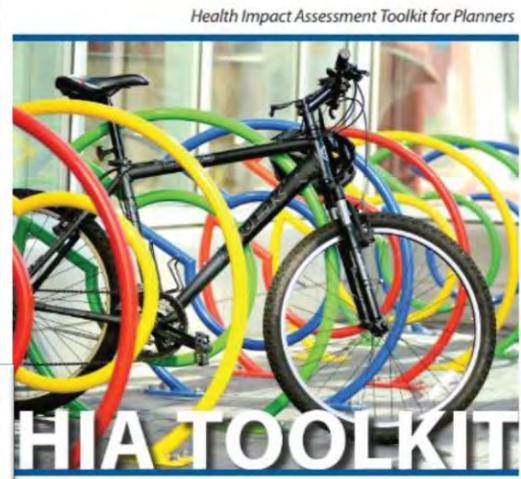
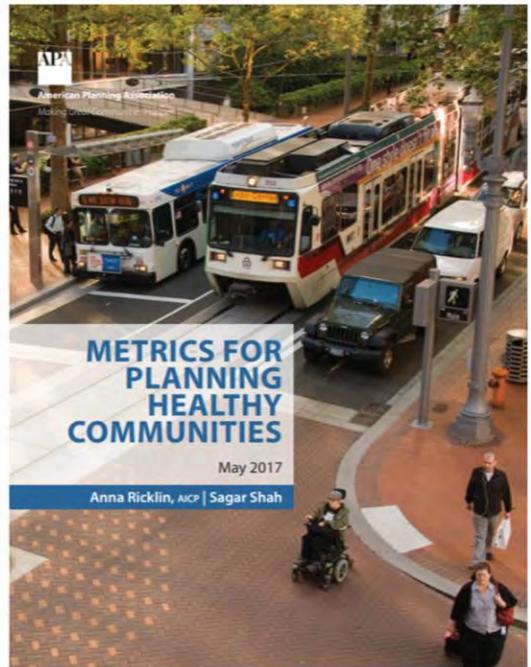
PLANNING AND COMMUNITY HEALTH CENTER AT APA

Advances practices that improve human environments in order to promote public health. Priorities are:

- Active living
- Food systems
- Health in all planning policies
- Others...



PLANNING AND COMMUNITY HEALTH CENTER AT APA



PAS Essential
INFO PACKET

Planning & Zoning for Health in the Built Environment

The Planning Advisory Service (PAS) researchers are pleased to provide you with information from our world-class planning library. This packet represents a typical collection of documents PAS provides in response to research inquiries from our subscribers. For more information about PAS visit www.planning.org/pas.



METRICS FOR PLANNING HEALTHY COMMUNITIES



Metrics Domains (topic areas)

1. Active Living

- Active transportation, Recreation, Traffic safety

2. Healthy Food System

- Access, Production

3. Environmental Exposures

- Air quality, Water quality, Soil contamination

4. Emergency Preparedness

- Natural hazards, Climate change, Infectious disease

5. Social Cohesion

- Green infrastructure, Housing and community development, Public safety



ACTIVE LIVING DOMAIN



Table 1: Metrics for Planning Healthy Communities

Domain	Sub-domain	Built Environment Assessment Indicators	Planning Policies
Active Living	Active Transportation	<ul style="list-style-type: none"> <input type="checkbox"/> Commute mode share <input type="checkbox"/> Ratio of sidewalk and/or bicycle lanes to roadway miles <input type="checkbox"/> Percentage of population living within a half-mile distance of frequent-service transit stops <input type="checkbox"/> Street intersection density 	<p>Transportation demand management policies</p> <p>Legislation prioritizing funding for pedestrian/bike facilities</p> <p>Complete streets policies</p>
	Recreation	<ul style="list-style-type: none"> <input type="checkbox"/> Network distance to park entrances and other usable public open spaces <input type="checkbox"/> Acres of park land per 1,000 population <input type="checkbox"/> Percentage of sites implementing shared use agreements 	<p>Policies prioritizing equitable investment in parks and open space</p> <p>Shared use policies between local governments, school districts, faith-based organizations, etc.</p>
	Traffic Safety	<ul style="list-style-type: none"> <input type="checkbox"/> Annual rates of fatal and serious pedestrian and cyclist injuries 	<p>Vision Zero or a similar initiative to end traffic fatalities</p> <p>Traffic calming policies and related design guidelines</p>

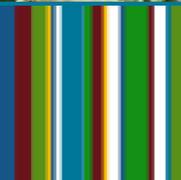




PLAN4Health

An American Planning Association Project

Plan4Health leverages **cross-sector collaborations** and **member expertise** to build **local capacity** for the implementation of **policy, systems, and environment strategies.**



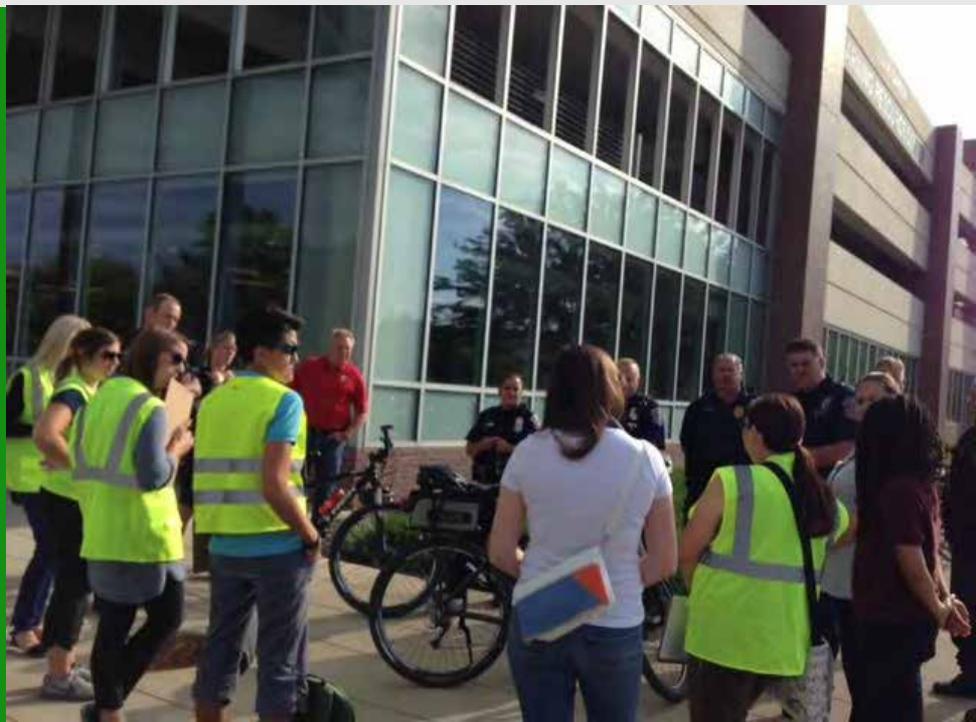
FOCUS AREAS

1. Nutrition

Increased access to environments with healthy food or beverage options.

2. Physical Activity

Increased access to physical activity opportunities.



Cohorts One and Two

Full integration of planning and public health in local communities to benefit people where they live, learn, work, and play.

- Over the three-year project period, **35 coalitions** in **27 states** reached more than **3,800,000 community members**.
- The national organization model furthered this potential impact by disseminating lessons learned to the nearly **60,000 peer professionals** of APA and APHA.



American Planning Association

Making Great Communities Happen



AMERICAN PUBLIC HEALTH ASSOCIATION

For science. For action. For health.

Planners4Health

Full integration of planning and public health at APA to:

- Sustain momentum for healthy communities work at the chapter-level.
- Disseminate experiences and lessons learned from Cohorts One and Two.

Healthy Communities Collaborative: Interest Group

“The Healthy Communities Collaborative is an American Planning Association Interest Group of planners and allied professionals who are interested in fostering cross-sector collaboration and increasing capacity to support building healthy communities through the local, regional, state, or national level.”

Email: health@planning.org

Join through Facebook:

<https://www.facebook.com/groups/HealthyCommunitiesCollaborative/>

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Bensenville, IL

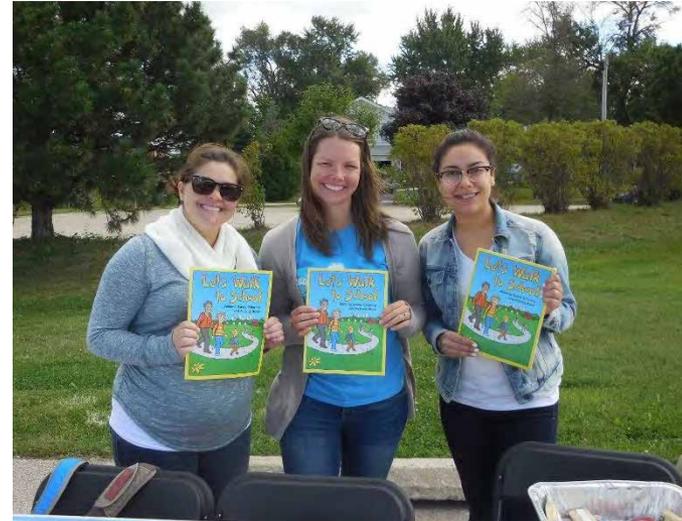
- **B-Well Bensenville** worked to increase opportunities for physical activity.
- Key coalition partners:
 - DuPage County Health Dept.
 - Village of Bensenville
 - Bensenville Park District
 - Active Transportation Alliance



<https://www.bwellbensenville.com/>

Bensenville, IL

- The coalition launched a community-wide survey to determine specific policy recommendations and to prioritize community needs.
- All materials were available in Spanish and English.



B-WELL BENSENVILLE
BUILDING A HEALTHY COMMUNITY

**2ND ANNUAL
B-WELL BENSENVILLE WALKATHON & FAMILY FEST!
SATURDAY SEPTEMBER 12, 2015**

- ★ Progressive walk-a-thon beginning at 10 a.m. at Tiny Tot School (Bensenville Park District) and ending at Redmond Park by 11 a.m. (multiple stops to join in- see reverse for map)
- ★ Redmond activities 11 a.m. to 2 p.m.
- ★ Free lunch, healthy BBQ items
- ★ Edge Ice Arena on John Street open ice skating, open swimming
- ★ Redmond Park activities including basketball, volleyball and more
- ★ Health and Wellness Fair (vendors, etc.) and much, much, more...

For more information please contact
Bob Flood at (630) 594-1134 or bflood@bensenville.il.us

2nd Annual B-Well Bensenville
Walkathon & Family Fest!



Bensenville, IL

- The coalition created an Active Transportation Plan—and the Village passed a Complete Streets policy.
- The coalition also developed a series of PSAs, a Bike-to-Metra Guide, and an app.



VAYA A METRA EN BICICLETA

Una guía para trasladarse en bicicleta hacia y desde la estación Metra de Bensenville

SELECCIÓN Y PREPARACIÓN DE LA BICICLETA

Adquiera una bicicleta a un precio asequible y que sea resistente a las condiciones del tiempo. Ajuste el asiento y el manubrio en una posición cómoda para usted, y asegúrese de que las llantas y los frenos funcionen a la perfección. Una tienda de bicicletas puede ser el sitio recomendable para realizar los ajustes y encontrar los accesorios que su bicicleta necesita, tales como cascos, luces y un candado. Considere la instalación de defensas tanto como una cesta para llevar sus efectos personales.

BUSQUE UNA RUTA

Planifique su viaje con la ayuda de este mapa, y/o buscando las recomendaciones de otros ciclistas. Busque calles que tengan poco volumen vehicular, desplazamiento lento, canales con buen ancho y señales de alto en las intersecciones complicadas. Metra permite subir bicicletas a bordo de muchos trenes de regreso, en horas no pico y los fines de semana. www.metrarail.com. Todos los autobuses Pace pueden llevar 2 bicicletas. www.pacebus.com. El sistema de intercambio de bicicletas públicas de Chicago ofrece una manera conveniente de viajar desde las estaciones del centro. www.divvybikes.com.

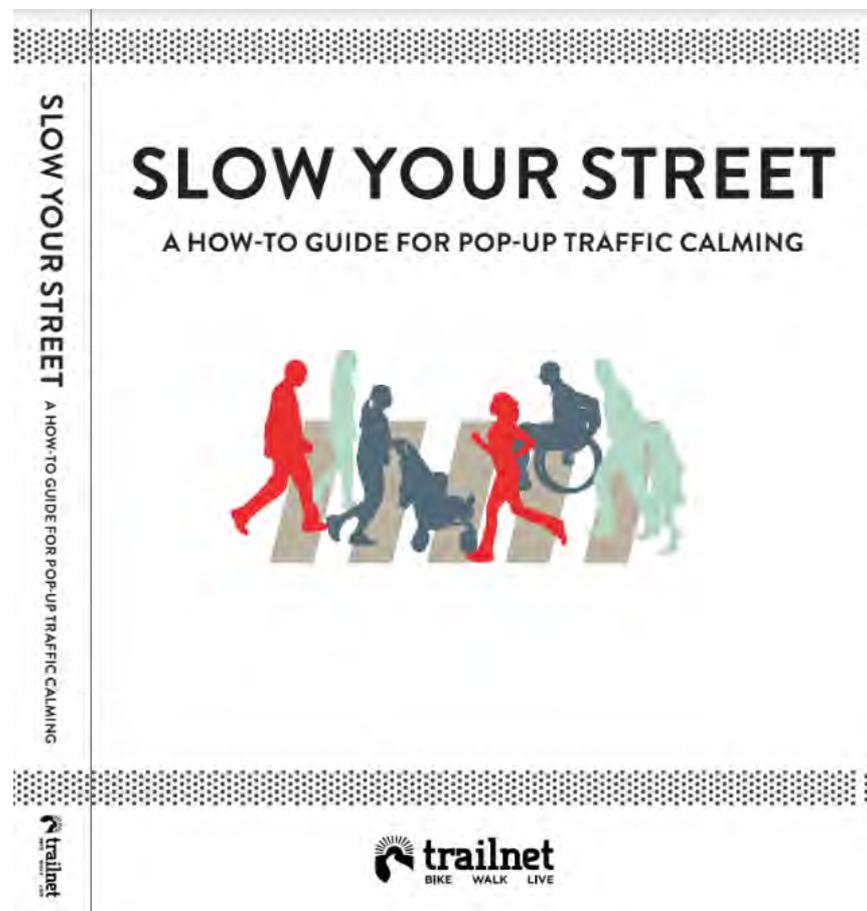
ASEGURE SU BICICLETA

- Encuentre un lugar bien iluminado, cubierto y con movimiento.
- Utilice un candado en U para asegurar el cuadro de la bicicleta y el manillar.



St. Louis, MO

- Neighborhood-scale implementation
- The collaboration highlighted the possibilities of creating a better pedestrian experience through pop-up temporary traffic calming demonstrations and working with the community to shift the culture to one that values the pedestrian experience.









CLOSED

Choice Wines LIQUORS

GOOD LUCK COFFEE CHICKEN STEAKS-PIZZA

Indianapolis, IN

- Focus Area: Physical Activity
 - Pedestrian master plan
 - Communications campaign
- Health by Design is aimed at making Indianapolis **safer and more accessible for pedestrians**. Strategies include developing a comprehensive pedestrian program and master plan, promoting community walkability and walking, and providing education and training for planning and public health professionals and students.

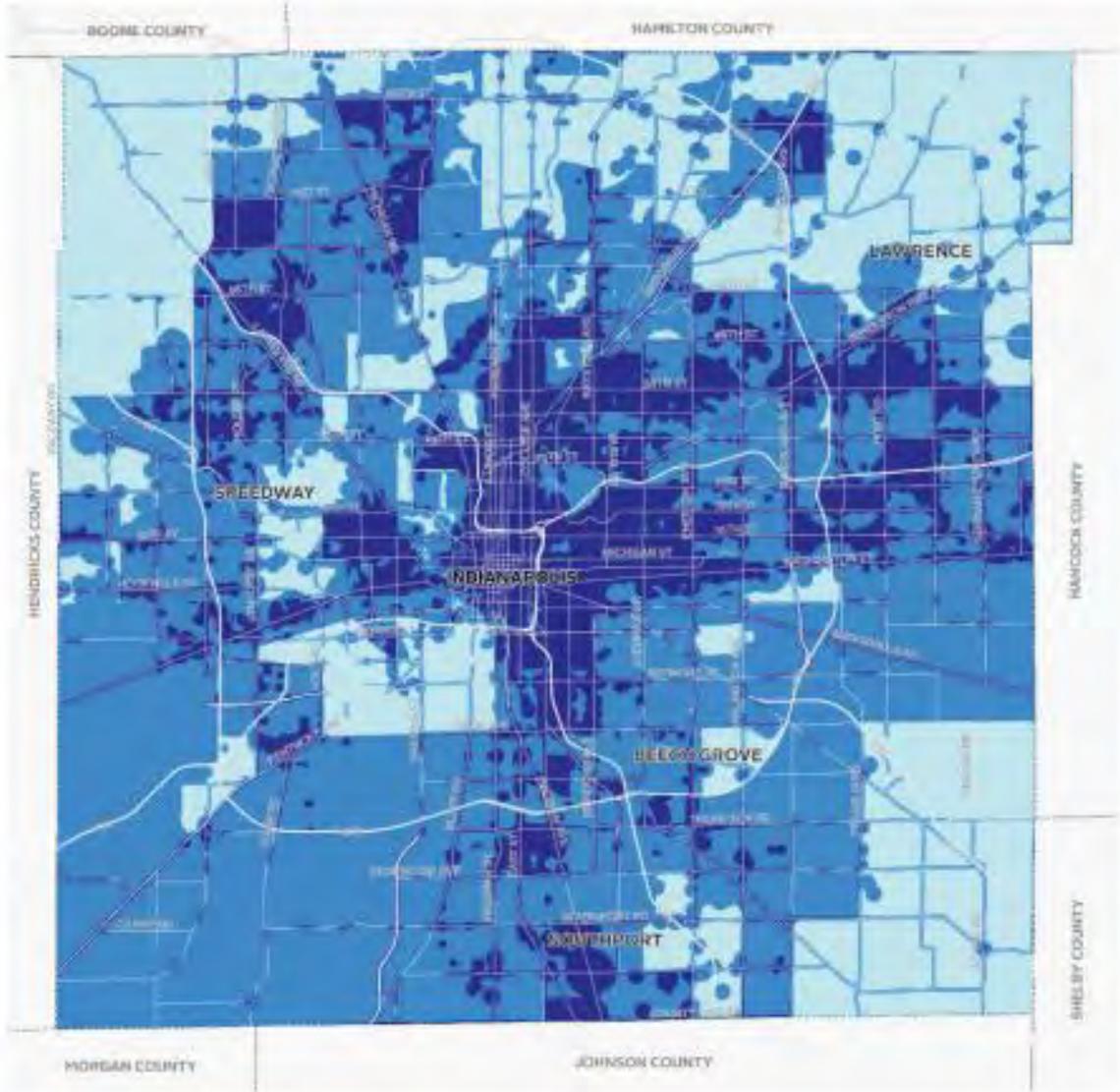
Indianapolis, IN

- The Process: Within the overall project framework, the coalition identified key goals:
 - ongoing community engagement,
 - comprehensive communications campaign – WalkWays moving INDY forward, and
 - rigorous data analysis.
- The Outcome: The three final products were released by Health by Design and Plan4Health project partners in early 2016:
 - The Indianapolis/ Marion County Pedestrian Plan;
 - Appendix A: State of Walkability —A Companion Piece to the Indianapolis/Marion County Pedestrian Plan; and
 - Appendix B: Prioritization Methodology.

Indianapolis, IN



Indianapolis, IN



Ajo, AZ

- Focus Area: Physical Activity
- Bike Ajo has created a sustainable bicycling hub that educates, trains, provides resources, and builds health-based partnerships with the Ajo community.
- A community bicycling and public health assessment serves as a blueprint for the project.



Project Resources



APA

Building Healthier Communities

Integrating Public Health into Planning
An online learning program
for planning professionals

Topic Menu

Video player controls: play, volume, progress bar, refresh.

ACTIVE LIVING



APA
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Promote Healthy Communities

Joint Call to Action



What's Next?

- Sharing lessons learned
- Building the movement – Healthy Communities Collaborative
- National partnership – Joint Call to Action



PARTNERING TO IMPLEMENT THE JOINT CALL TO ACTION

The organizations involved in this Joint Call to Action represent many, but not all, of the individual practitioners who contribute to creating healthy communities. We encourage our members to partner with members of other organizations to facilitate the creation of healthier environments and to make health a primary consideration in land use, design, and development practice.

For members of the American Institute of Architects, American Planning Association, American Public Health Association, American Society of Civil Engineers, American Society of Landscape Architects, National Recreation and Park Association, U.S. Green Building Council, and Urban Land Institute.

THE IMPERATIVE FOR HEALTHIER PLACES

Where we live, work, and play has a major role in shaping our health. Rates of chronic diseases attributable to the design of the built environment—including obesity, diabetes, heart disease, and asthma—are on the rise. The built environment also has direct and indirect impacts on mental health, including depression and anxiety. This is true for everyone, but is felt even more among vulnerable populations, who are less likely to have access to nutritious, affordable food and opportunities for physical activity and are more likely to be exposed to environmental pollutants and circumstances that increase stress.

Addressing growing health challenges and inequities requires new partnerships and collaboration between built environment and public health practitioners, and a health-focused approach to landscapes, buildings, and infrastructure. As signatory organizations to this Joint Call to Action, we encourage our combined 450,000 individual members to embrace collaboration across professions to promote healthier, more equitable communities. When professionals in the fields of the built environment and public health work together, we multiply our potential to improve health.

We, the signatory organizations, challenge our members—comprising architects, urban planners, landscape architects, developers, engineers, and professionals from public health, parks, and green building—to do the following:





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