Pedestrian Master Plan Training for Healthy Communities Grants

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Lynn Soporowski, P.E.
Transportation Engineering Branch Manager

Carol Brent
KYTC Division of Planning

Troy Hearn
KYTC Bicycle and Pedestrian Program Coordinator

Elaine Russell
DPH Obesity Prevention Program Coordinator

Shellie Wingate
DPH Healthy Communities Coordinator

Erin Berger
DPH Obesity Prevention Program
Kentucky’s Vision for Access to Physical Activity

All Kentucky communities will accommodate all modes of transportation and provide access to safe, attractive and convenient opportunities for physical activity, whenever and wherever possible.
Why should we design communities for physical activity?

**HEALTH**

Brisk walking is shown to reduce body fat, lower blood pressure, manage arthritis pain and lower the risk of cardiovascular disease and certain cancers.¹

People in walkable communities do roughly 35-45 more minutes of physical activity per week and are substantially less likely to be overweight or obese than similar people living in neighborhoods with low walkability.²

Residents are 65% more likely to walk in a neighborhood that has sidewalks.³

Communities designed for physical activity encourage residents to get outside and experience the mental health benefits of outdoor recreation and improved air quality from reduced auto traffic.¹

**SAFETY**

Streets with sidewalks on both sides have the fewest reported pedestrian injuries and deaths.⁴

Pedestrian crashes are more than twice as likely to occur in places without sidewalks.⁴

Pedestrian risks are reduced by 28% when streets are redesigned to include raised medians, wide paved shoulders, sidewalks, better bus stop placement, traffic-calming measures, treatment for disabled travelers and proper crosswalks at intersections.⁴

Reduced automobile traffic in walkable communities puts less wear and tear on roadways and fewer opportunities for construction crew injuries and crashes.⁴

**ECONOMICS**

Investments in bicycle and pedestrian infrastructure create more jobs per million dollars spent than highway projects alone.⁵

Businesses are increasingly locating in pedestrian- and transit-friendly places to avoid the negative effects traffic congestion and accidents have on their employees and customers.⁶

Higher levels of walkability in a community are directly linked to higher real estate values—making your home a more desirable place to live.¹,⁶

Americans spend an average of 18 cents of every dollar on transportation. Despite the higher house prices, residents in walkable communities still spend significantly less on total household expenses by reducing costs associated with operating and maintaining their automobiles.⁵

**ACTIVE TRANSPORTATION**, such as walking or bicycling, allows residents to get physical activity while performing daily routines such as commuting to work or school.¹

Walking is actually one of the most popular forms of physical activity for adults because it does not require special skills or expensive equipment, and it can be incorporated into any busy lifestyle.

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¹ America Walks, Benefits of a Walkable Community
² Smart Growth America, Complete Streets Promote Good Health
³ Kentucky Health Issues Poll, Neighborhood Conditions for Physical Activity Vary Widely (2014)
⁴ Smart Growth America, Complete Streets Improve Safety
⁶ Local Government Commission, The Economic Benefits of Walkable Communities
Not all Kentuckians are getting enough physical activity to lead healthy, active lives.

16.6% of adults in Kentucky meet recommended physical activity guidelines.7

The CDC recommends adults need at least 150 minutes of aerobic activity every week and muscle strengthening exercises on 2 or more days.

31.6% of middle school students in Kentucky meet recommended physical activity guidelines.8

The CDC recommends children need at least 60 minutes of physical activity each day and no more than 2 hours of screen time.

7 Centers for Disease Control and Prevention, BRFSS Physical Activity Trends by State (2013)
8 Centers for Disease Control and Prevention, Division of Adolescent and School Health, YRBS (2013)
Kentucky is taking steps to get people outside and moving more.

PEDESTRIAN PLANS
Pedestrian Plans are the first step to making communities more walkable. These detailed plans engage community members to identify priorities for creating a safe, attractive walking and biking environment for people of all ages and abilities. A pedestrian plan adopted by local government will serve as official documentation of your community’s need and readiness for improvements to pedestrian facilities. Having these plans developed to a certain level of readiness provides opportunities to apply for funding to design and/or complete these projects.

Kentucky has 19 cities and towns that have adopted pedestrian plans.

POLICIES
In 2002, Kentucky adopted a statewide Bicycle and Pedestrian Travel Policy Manual that requires all new or reconstruction of state-maintained roadways to consider the incorporation of pedestrian and bicycle accommodations during the planning process. The best way to help with these considerations is to have a plan for pedestrian and bicycling improvements.

Additionally, several cities and counties in Kentucky have adopted Complete Streets Policies and 63 communities have received funding for Safe Routes to Schools projects.

68% Kentucky children have sidewalks or walking paths in their neighborhoods.

RAIL TRAILS
These transportation corridors are preserved and transformed from abandoned railroad lines, providing miles of safe, multi-use pedestrian paths.

54 miles of rail trails exist in Kentucky and 278 additional miles are in planning or development.

TRAIL TOWNS
This program connects communities with natural land and water trails to the tools necessary for developing a vibrant tourism economy and promoting active, healthy citizens.

FOUR communities have received Kentucky Trail Town designation: Dawson Springs, Livingston, Morehead, and Olive Hill.

Policies

9 Kentucky Transportation Cabinet
10 Office of Adventure Tourism, Kentucky Department of Travel and Tourism, Arts and Heritage Cabinet
Let’s take the first step towards making Kentucky more walkable by making a plan.

OUR VISION
All Kentucky communities will accommodate all modes of transportation and provide access to safe, attractive and convenient opportunities for physical activity, whenever and wherever possible.

STRATEGY 1
Engage the community.
Bringing out the natural leaders of local coalitions and building relationships between community members and decision makers drives these improvements.

STRATEGY 2
Connect communities with easy-to-use resources.
Kentucky-specific resources can help any Kentuckian easily access materials and understand how to produce a plan that designs their community for physical activity.

STRATEGY 3
Provide training, technical assistance and networking opportunities.
Experiencing the possibilities first-hand can motivate individuals to design their own communities for physical activity. Providing opportunities for coalitions to visit model communities and connect with field experts will guide them through the technical process.
Contributing Partners

Federal Highway Administration—Kentucky Division
Foundation for a Healthy Kentucky
Kentucky Association for Economic Development
Kentucky Department for Public Health
Kentucky Department of Education
Kentucky Office of Adventure Tourism
Kentucky Injury Prevention Research Center (KIPRC)
Kentucky Safety and Prevention Alignment Network (KSPAN)

Kentucky Office of the Americans with Disabilities Act
Kentucky Rails to Trails Council
Kentucky State Parks
Kentucky Transportation Cabinet
Kentucky Youth Advocates
National Park Service
University of Kentucky—Cooperative Extension

For more information please contact Elaine.Russell@ky.gov or Shellie.Wingate@ky.gov

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Kentucky Department for Public Health

Training and Funding Opportunity

Deadline for Applications: January 16, 2015

- Local Health Departments must be the fiscal agent
- Submit a Letter of Commitment from at least 3 stakeholders (30 points)
- Attend in-person Pedestrian Plan training in Paducah, Kentucky (March 10, 2015) OR Morehead, Kentucky (March 19, 2015)
- Submit a list of stakeholders who will be attending the in-person training and which training location your group will be attending (20 points)
- Submit a description of your community’s need and readiness in 500 words or less (50 points)
- Submit your community’s pedestrian plan and brief final report (template will be provided) by July 31, 2015
- Spend funding by June 30, 2015
Comprehensive planning for your community involves many different components:

- Downtown Development
- Economic Growth
- Environmental Issues
- Farmland
- Historic Preservation
- Housing and New Development
- Land Use
- Livable Communities
- Parks
- Open Spaces
- Retail Businesses
- Transportation

What do all of these things have in common?
You must **plan** how your community grows

And Places
The Trends

- Emphasize physical activity
- KY ranks #45 for healthy states
- Walking and bicycling are transportation that allow for physical activity
The Goals

1. **Assessing** the walkability for your community (focus area) and determining the **purpose and need**.

2. **Connecting people to the places** they want to go and providing access for all modes of transportation.

3. **Creating a plan** for your community is the starting place. Plans for new projects, improved projects, education programs, enforcement programs, encouragement/marketing ideas, and much more.

4. **Prioritizing projects** – what to do first?
The Questions

• Who will be in charge of each process?
• What are your timelines?
• Do you want to included retro-fitting all intersections to be ADA compliant (as required)?
• Who are your experts to help?
  • Map makers, social media, organizers, etc.
Research Your Focus Area
Test your survey

- **Places you want to go** - stores, schools, parks, churches, restaurants, offices, attractions.
- **Find Stakeholders** - business owners, store managers, residents, churches, schools, parks department, realtors, police departments, fire & EMS, chamber of commerce, neighborhood associations, citizens watch groups, bike club, and government offices.
- **Customize a Survey** for the focus area
- **Test your survey** questions
Identify Your Focus Area
Walkability Survey for Focus Area

Getting Started - Test Yourself

- Staff & team should review the walkability survey
- Put on your walking shoes, grab your phone/camera, and invite a friend
- Take a walk around your community and snap a few pictures to capture assets and barriers to walking.
- Answer the questions for the focus area.
- Members of your group serve as the ADA participants: Low vision, slow walkers, non-English speaking, wheelchair or walker users, etc…
Distribute the Survey

SURVEY TYPES
- Post card, online or in-person interview

MARKETING PLAN
- How to get the word out?

TIMETABLE
- Not too long and send reminders
Top 3 Goals

Safety
Exercise
Increase Business
ADA Compliance
Connectivity
Increase Use
The E’s

- Engineering
- Education
- Encouragement
- Enforcement
- Evaluation and Planning
Action Plans

- New projects (Engineering/Education)
- Improvement areas (Engineering/Education)
- Education plan
- Enforcement plan
- Special events
Share Your Results
The Cost of the E’s

• Engineering
• Education
• Encouragement
• Enforcement
• Evaluation and Planning
Preparing for the In-Person Training

- Focus area has been determined
- Results from the surveys compiled
- Identify improvements or projects / programs
- Do you know who will be helping?
- Remember the E’s
Working with the Local Government

- Who do you work with?
- Using your knowledge to create a master plan
- How to go from an idea, to a plan, to a project, and then to a new sidewalk
- Start small, focus on short and long term goals, complete a plan for this area; then move to the next area
- Have your plan adopted by the local government
Resources

- We will provided cost estimate sheets that will be useful during this training and beyond.
- We will help familiarize you with the planning process for bicycle and pedestrian projects (from the KY Transportation Cabinet’s prospective).
Resources

Resource materials for Pedestrian Master Plan Training

1. Pedestrian Improvements / Cost
   - http://activeliving.org/

2. Cycling and pedestrian improvements / Cost
   - http://www.pedbikeinfo.org/data/library/case-studies_details.cfm?id=4876

3. Analysis tool for pedestrian and cycling activities
   - http://www.walkableamerica.org/checklist-walkability.pdf (walk ability check list)
   - http://www.bicyclinginfo.org/pdf/bikabilitychecklist.pdf (Bike ability check list)


8. Health impacts of having a walkable community
   - http://wwwNgrowthamerica.org/complete-streets/complete-streets-fundamentals/factsheets/health
   - http://www.cdc.gov/transportation/recommendation.htm

9. Economic impacts of having a walkable community
   - http://wwwNgrowthamerica.org/complete-streets/complete-streets-fundamentals/factsheets/economic_revitalization

Cost of the E’s
1. Enforcement / http://government-pay.findthedatav.com/11191/PolicE-Officers-Only
2. Education / http://www.uky.edu/ktl/abe_printing
5. Encouragement / http://60secondmarketer.com/blog/2011/10/12/social-media-costs/

Safety materials

California’s Metropolitan Transportation Center’s Construction Project Cost Estimation Sheet (2009)

<table>
<thead>
<tr>
<th>Project Type: Pedestrian Infrastructure</th>
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</thead>
<tbody>
<tr>
<td>Description</td>
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<tr>
<td>-------------</td>
</tr>
<tr>
<td>1. Analysis</td>
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<tr>
<td>2. Planning</td>
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<tr>
<td>3. Construction</td>
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</tbody>
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Notes and Assumptions:
- Linear Feet: 1000 in 100
- Square Feet: 1000 in 100
Questions?

Troy Hearn  502-782-5060
Troy.Hearn@ky.gov

- http://transportation.ky.gov/Bike-Walk
- www.fitky.org