

Healthy/Walkable Communities Initiative

“Planning for Healthy Communities”

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Delaware Institute for Local Government Leaders:

October 30, 2008

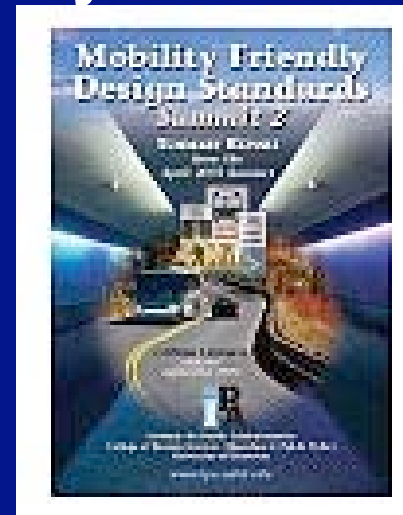
Rehoboth Beach Convention Center , Rehoboth, Del.

Healthy Communities - Project Overview

- Collaboration between the Department of Health, Nutrition, and Exercise Sciences and the Institute for Public Administration
- Funded by a grant from the Delaware Department of Health and Social Services (DHSS)
- Two-pronged approach, advocacy and infrastructure planning.



www.getupanddosomething.org



Is Your Town Sold Yet?

- The last several years have seen a confluence of events that has made healthy and walkable initiatives more enticing.
 - Gas Prices
 - Congestion
 - Obesity
 - “Green Movement”
 - Housing Bubble, Credit Crunch



Resource Guide

<http://www.ipa.udel.edu/publications>

- **Case Studies**
- **Funding/Grant Opportunities**
- **What makes a community healthy?**
- **Research resources**
- **FREE!**

Healthy Communities

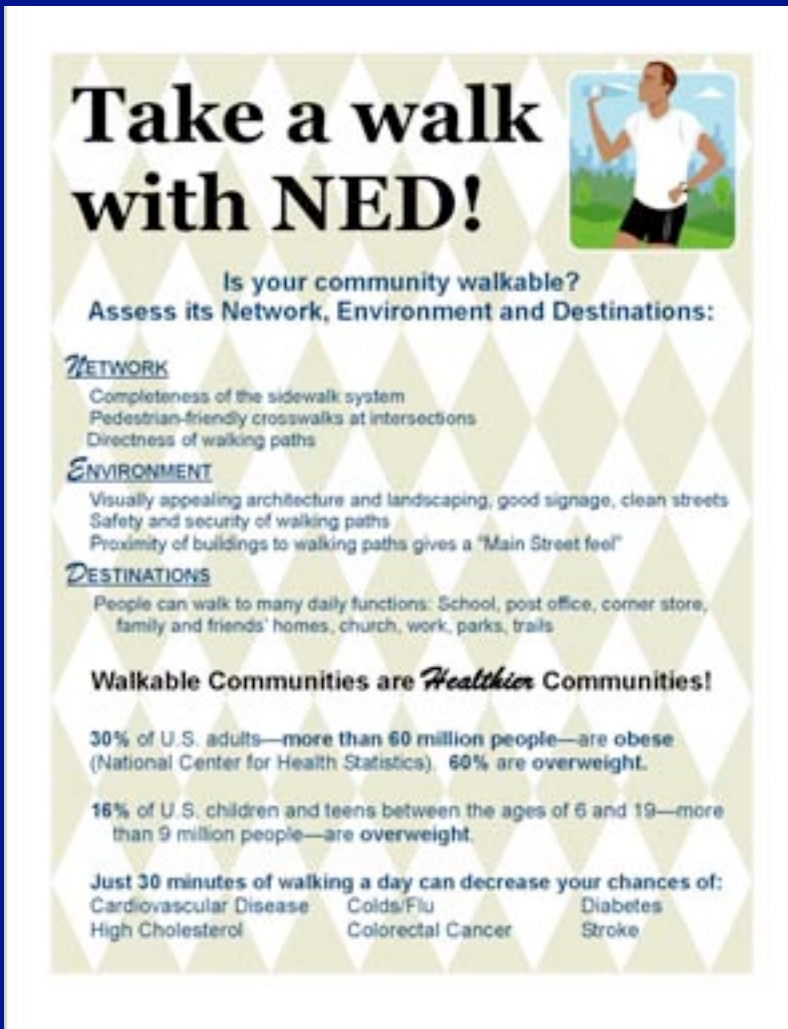
- **Entering the third program year**
- **Currently working with Ocean View and Elsmere, Del.**
- **Expanding the Delaware Planning Education Program**
- **Seeking two new partner communities**
 - Trails
 - Sidewalk connectivity and network
 - Recreational opportunities
 - Ordinance evaluation – Comp Plan recommendations
 - Just making the town a more pleasant place to walk/bicycle

Healthy Communities – Scope of Work

- **Conduct a mobility-friendly assessment.**
- **Craft a report for each community detailing barriers to walkability and opportunities for physical activity.**
- **Coordinate with a working committee from each community to identify a study area and devise an implementation plan.**
- **Provide training to help communities incorporate recommendations into their comprehensive plans and ordinances.**
- **Help communities spend Healthy Grant Monies and pursue additional sources of funding.**

Assessing Walkability

- **Network**
 - Sidewalks, bike paths
 - Crosswalks
 - Direct pedestrian routes
- **Environment**
 - Visually appealing & clean
 - Safe, secure, well-maintained
 - Setbacks
- **Destinations**
 - Is there anywhere to walk
 - Mix of uses
 - Density!



Take a walk with NED!

Is your community walkable?
Assess its Network, Environment and Destinations:

NETWORK
Completeness of the sidewalk system
Pedestrian-friendly crosswalks at intersections
Directness of walking paths

ENVIRONMENT
Visually appealing architecture and landscaping, good signage, clean streets
Safety and security of walking paths
Proximity of buildings to walking paths gives a "Main Street feel"

DESTINATIONS
People can walk to many daily functions: School, post office, corner store, family and friends' homes, church, work, parks, trails

Walkable Communities are *Healthier* Communities!

30% of U.S. adults—more than 60 million people—are obese (National Center for Health Statistics). 60% are overweight.

16% of U.S. children and teens between the ages of 6 and 19—more than 9 million people—are overweight.

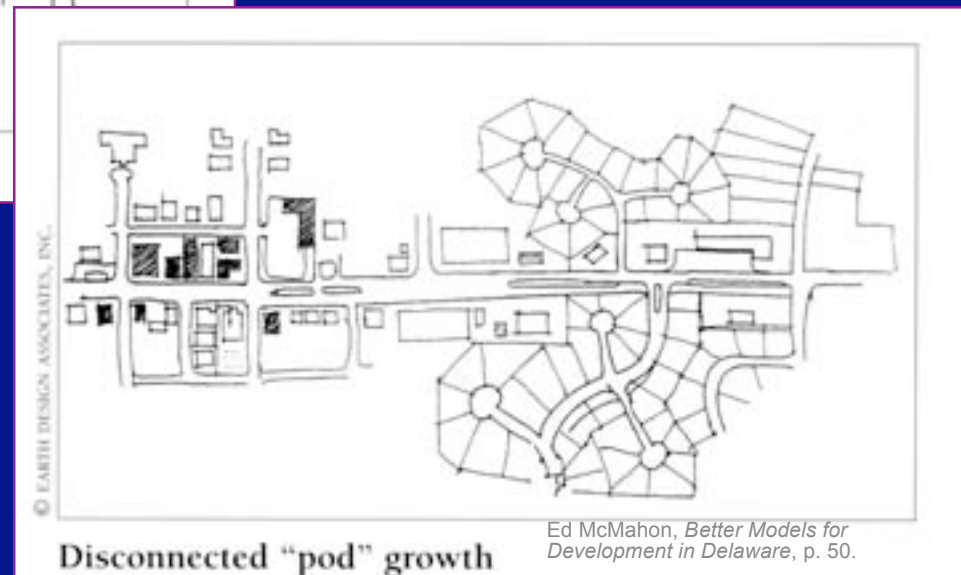
Just 30 minutes of walking a day can decrease your chances of:

Cardiovascular Disease	Colds/Flu	Diabetes
High Cholesterol	Colorectal Cancer	Stroke

Network



The fundamental problem is that we don't "build em like we used to."



Network



School

Environment

Both examples accommodate the pedestrian and cyclist, but which is more appealing?



Environment

Graffiti, trash and general disrepair are signs that no one cares or is watching.



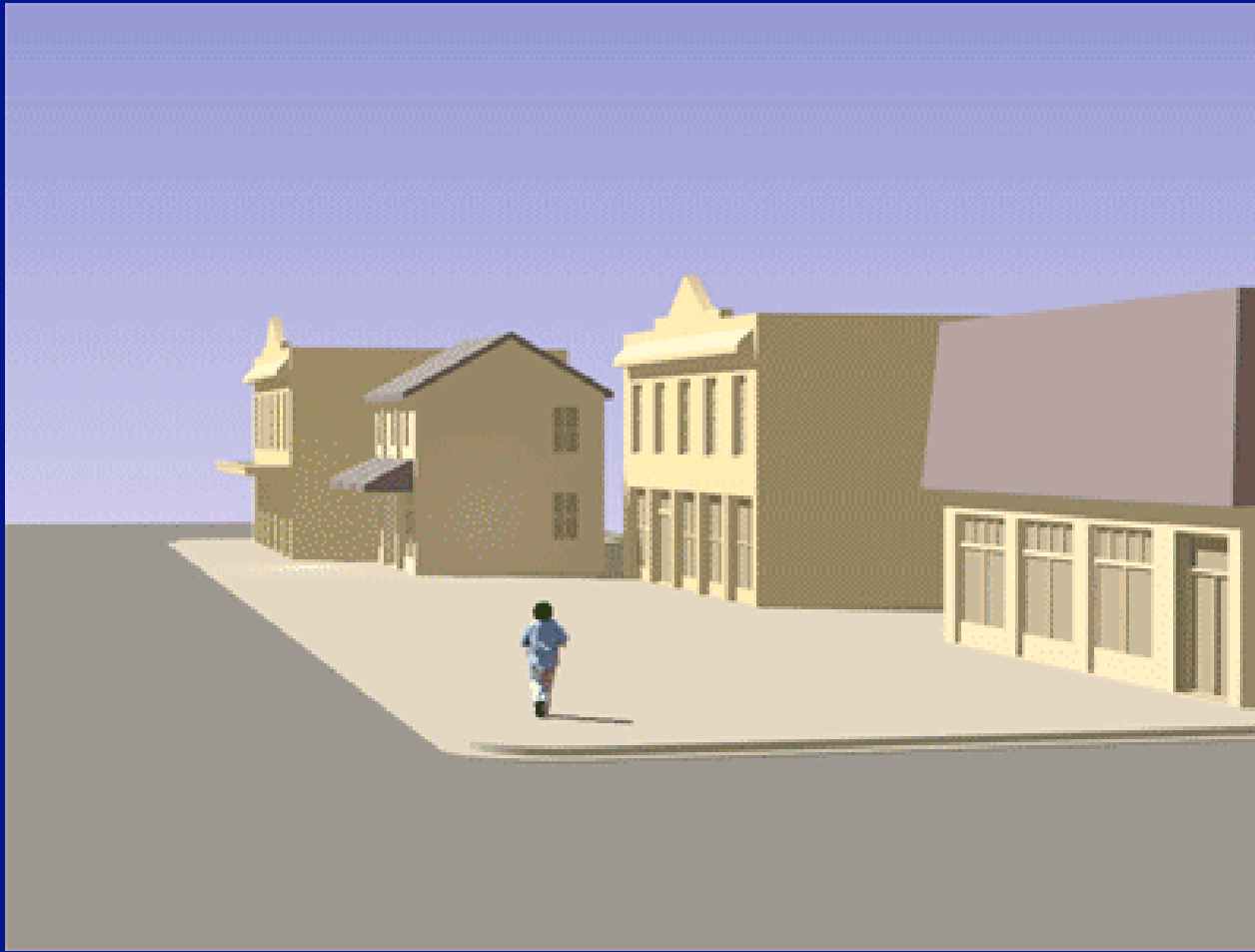
Photo Courtesy of gammablog.com/gammablablog/images/12-04/12-22/stuffed-trash-fence.jpg

Destinations

Is there anywhere worth walking or bicycling to?



Space to walk vs. PLACE to walk



Sold?

- Interest forms in today's packet
- Leave it with us or mail/fax back
- FY 09 Towns should be chosen in six to eight weeks

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Questions?

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