

# Building Healthy Communities



2010 National  
Trails  
Symposium



# A Problem

# A Solution



ACTIVE LIVING  
BY DESIGN



# *Active Living by Design Community Partnerships*



# Impact of a Built Environment Focused on Active Lifestyles

<b>Variable</b>	<b>Outcome</b>
Proximity of Services	27% increase in walk/bike trips
Perceived Traffic Safety	88% increase in walk/bike trips
Development of Bikeway	57% increase in bicycling
Availability of Trails	56% would use if provided
Policy Support	55% support more bike paths 60% for improved connections

Sources: Cambridge Systematics 1994; UNC-Highway Safety Research Center 1994; EPA/CDC Greenstyles Survey 1999; Nebraska Social Indicators Survey 1999

# Trails For Life



Community  
Health &  
Safety

Environmental  
Stewardship

Economic  
Impact

# 1. Explore Partners

**Designers** - Local, regional and state transportation planners, State DOT, Bicycle/Pedestrian Coordinator, Developers

**Decision Makers** - Land Owners, Land Managers

**Advocates** - Legislators, trail, bike/ped committees, Non-profits

**Funders** - LL Bean, EMS, REI, Outdoor Industry Association, foundationcenter.org, health community

**Builders/Stewards** - Non-profit conservation/trail organizations, user groups, IMBA, schools

**Storytellers** – media, journalism students, researchers



## 2. Create A Vision

Connect Conservation Lands

Safe Routes To School

Bike & Walk To Work

Accessibility

Partnerships

Assess Existing Trail System

Community Connectivity





# 3. Make A Plan



## 4. Run Some Programs



- Bike events for children
- Senior walking clubs
- Winter activities
- Commuting – Kids too
- Prescription Walking

# Safe Routes To Play

## *A Child-Centered Transportation Initiative*

[www.saferoutestoplay.org](http://www.saferoutestoplay.org)

*What if all children had the opportunity to safely bicycle, ski, skate, scoot, or walk to their play destinations?*





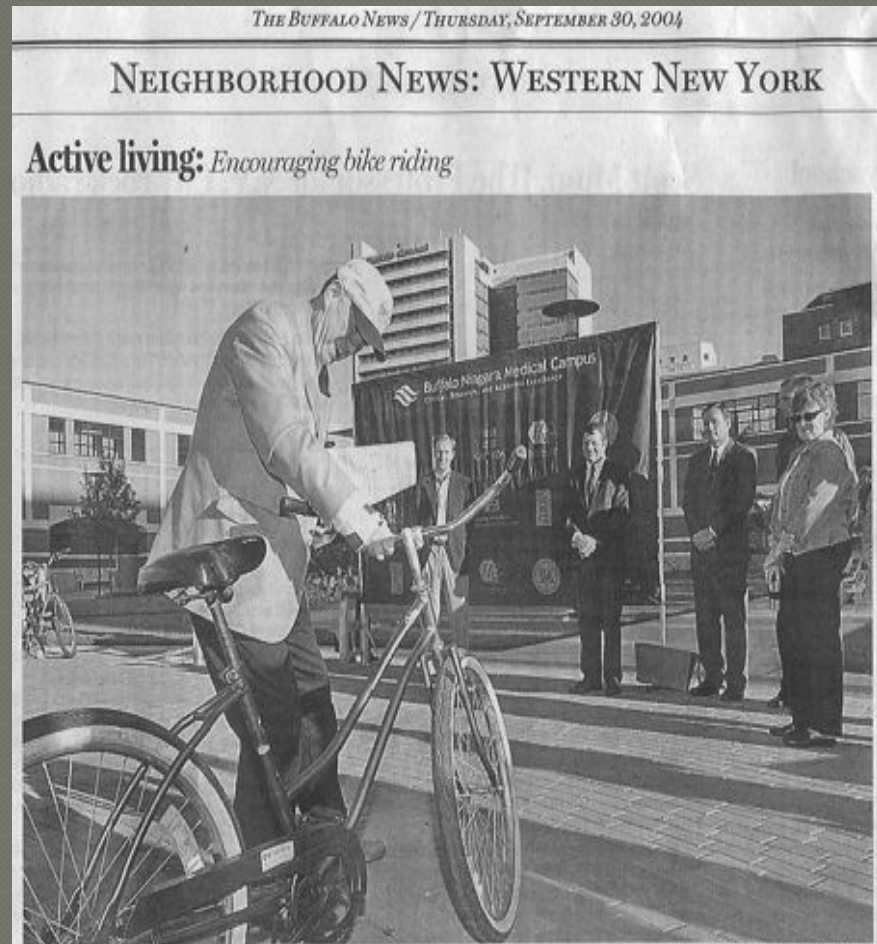
# Safe Routes to School

- Safe routes on trails, bike routes & sidewalks
- Education, infrastructure, bike trains
- Field trip access to parks, conservation areas
- Future pathways & connections
- Federal funding not fully utilized in all states
- [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
- [www.saferoutespartnership.org](http://www.saferoutespartnership.org)



# 5. Tell The Story

- Social Media
- Community TV
- Maps
- Media
- Resource guides



## 6. Affect Policy

- Trail plan approval by local governments
- Securing funding for construction and maintenance
- Sidewalk and bike lane connectors
- In schools, businesses, health sector, transit, government
- Impact fee ordinances
- Development mandates



## 7. Build It – They WILL Come

