

Design Features

Houses should have access points that open to the street, and with a design that encourages social connection. The duplex in this image orients its parking garages as the only identifiable entrance point of the home, with all windows and views from the home placed far above the street level.



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Policies

While healthy design features are important, implementing policies that promote these features is equally important. Below are some policy recommendations to encourage healthy design in the Main Street Transect.

Consider existing land use policies, and how they promote or deter health promoting design. Updating or creating new policies to allow mixed-uses, while also preserving main street identity and livability, should be considered.

Sidewalk construction requirements for new and renovated buildings is an increasingly popular policy to ensure sidewalk infrastructure and pedestrian connectivity.

To preserve viable and historic structures, institute demolition controls while incentivizing building renovation and reuse.

Explore policies for new developments that requires creation of public spaces when appropriate.

HEALTHY DESIGN IN TENNESSEE

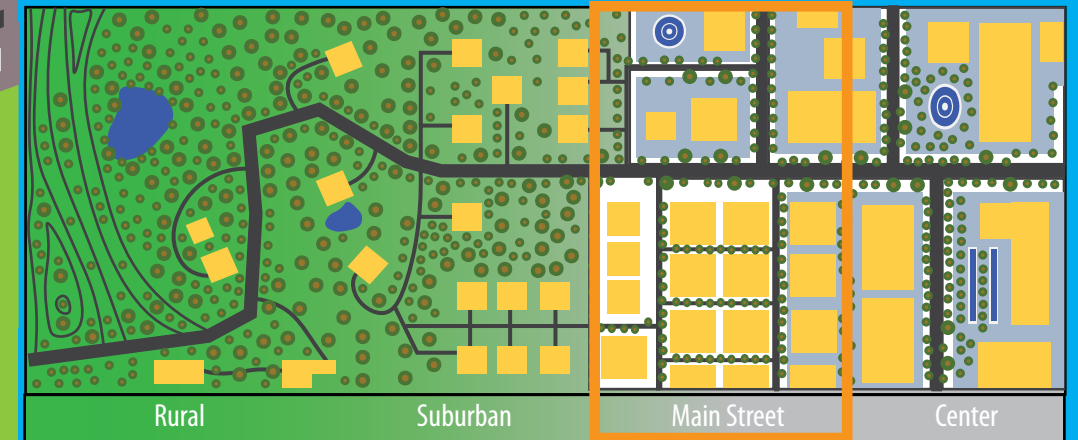
What is a Transect?

The *transect* model of city planning defines a community by a series of "zones", each with its own unique features and design. The full transect model contains seven zones, ranging from natural undeveloped land, to dense urban cores. The transect model has been partially adapted for this series to show health promoting design in Tennessee's non-urban contexts.

Why Study Transects?

The transect model provides a common, unified language in which to talk about land use and planning practices. Using this language, communities can create clearer outlines for their growth while specifying context specific design, density, and connectivity. If done mindfully these features produce healthy and vibrant communities for all residents.

Series 3: Main Street Transect



2013 Eric Hoke, Nashville Civic Design Center



This proposal opens up pedestrian connectivity within a neighborhood. Elements such as attractive sidewalks, lighting, and even a community garden add appeal and opportunities for public gathering.



The mission of the Nashville Civic Design Center is to elevate the quality of Nashville's built environment and to promote public participation in the creation of a more beautiful and functional city for all.



The mission of the Tennessee Department of Health is to protect, promote and improve the health and prosperity of people in Tennessee.

To see more case study, visit the TN Department of Health's list of [Case Studies](#).



Main Street Transect

The Main Street, or “urban” transect, consists of the densest development comprising diverse land uses, building sizes, and housing prices. Generally, a main street consists of connected amenities and services accessible to pedestrians, although not always nearby residential areas. Open and public spaces are generally intermixed throughout, however are often considerably smaller than those of the rural or even suburban transects.

Walkability

Walkable communities require interconnected pedestrian infrastructure throughout the entirety of the main street transect. Retail, amenities, and services should incorporate this infrastructure while being located within short travel distances from each other and residential areas. Utilizing sidewalks, linear parks, and multi-use paths such as greenways presents unique opportunities for increasing connectivity.

Food Resources

To ensure healthy food is available to all people, food stores should be built within short travel distance from residential areas and along connective pedestrian infrastructure. Establishing the corner grocery store as a neighborhood hub can double as a community gathering place, increasing usage. Encouraging farmers markets and urban gardens within open and public spaces assists in providing alternative forms of healthy food options.

Design Features

Implementing complete streets can provide safe and efficient accessibility for multiple forms of transit. Combining this with unique identifiers, such as the neighborhood sign in this image, helps identify and instill a sense of place for residents and visitors alike.



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2012 Mobile Food Market

Neighborhood Design

Pursue an integrated design with a multitude of land uses, alongside connective pedestrian and bike infrastructure. Blended neighborhoods should emphasize unique gathering places and public spaces which highlight local identity, and establish a sense of place. Combining all these with a grid style street network - creating multiple easily navigable paths - slows traffic, increases walkability, and shortens travel distances.

Housing

Main street housing should consist of multiple sizes, types, prices, and options to rent or own. New housing should be connected by bike and pedestrian infrastructure to existing amenities and services, and be conscious of access and accessibility. Limit housing teardowns to preserve existing residential units and neighborhood identity.

Transportation

Reduce auto dependency within main street areas by developing an interconnected pedestrian and bike infrastructure. Creating fun and artistic infrastructure encourages these uses while instilling a sense of place. Shuttles, bike rentals, and even public transit programs also increase transportation efficiency and access.

Open Spaces and Parks

Open spaces and public parks can be creatively integrated throughout the transect. Community pocket parks, town squares, “living alleys” that incorporate art and public space between adjacent buildings, all increase community spaces. Preservation or replacement of trees in new developments maintains the tree canopy and aids in storm water management.

Mobile food trucks present an alternative way to deliver and provide healthy and affordable food in places lacking viable food stores.

