



Introducing

# Connect Cleveland



# Walkability Action Institute



ACTION INSTITUTE TO INCREASE  
WALKING AND WALKABILITY

- Decatur, GA
- April 3-6, 2017
- 10 communities from across the U.S., including Cleveland, TN



# *Toward a Connect Cleveland Action Plan for Walking and Walkability:*

## Premise of the Walkability Action Institute...

Transition from the  
“**WHY**” of why improving  
walkability is important...



...to the “**HOW**” of how to  
put walkability changes into  
motion...

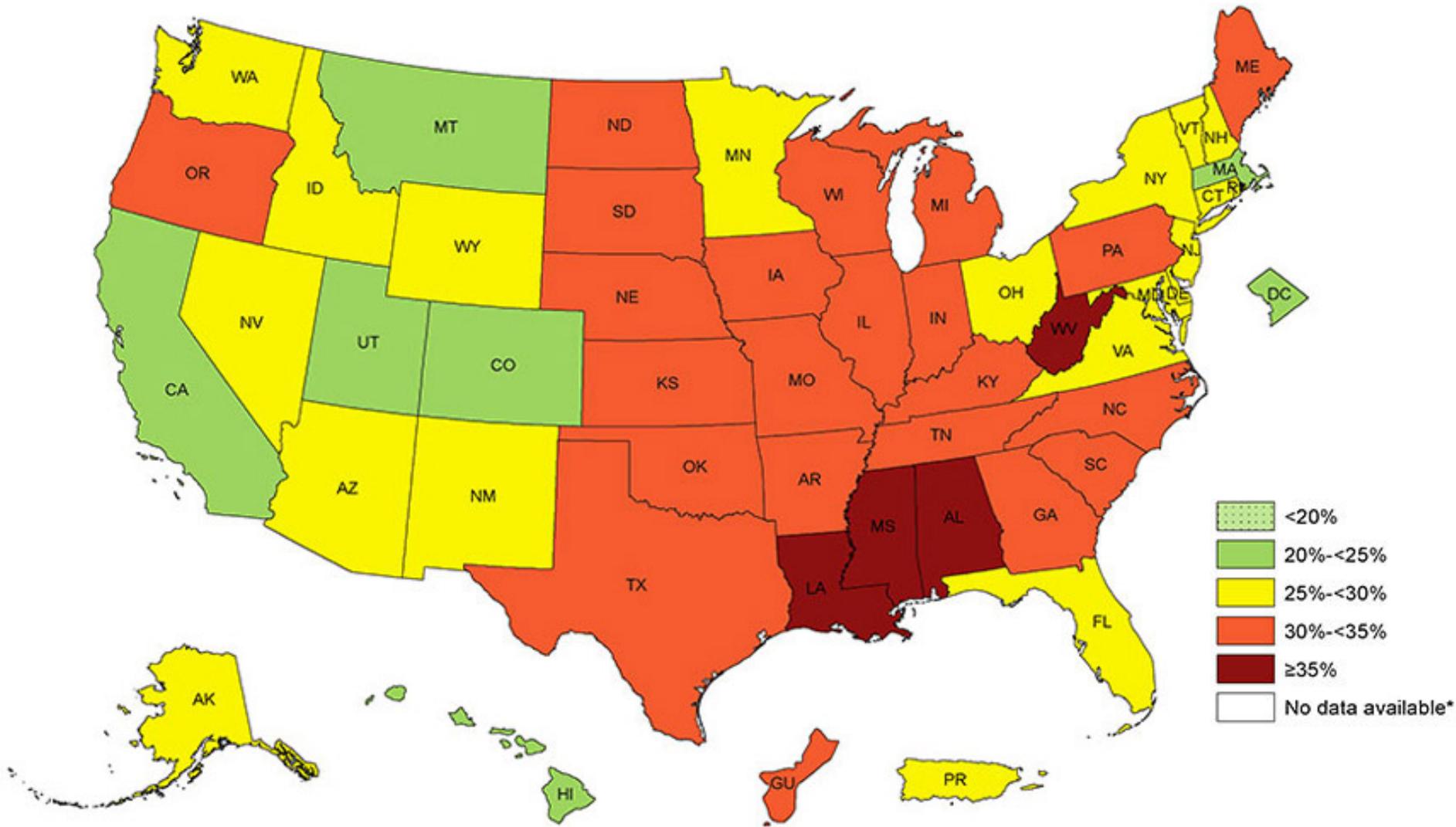


## WHY? The BAD News In Three Numbers:

- **30** minutes of daily physical activity recommended by national guidelines.
- **LESS than 20%** of American adults actually meet these recommendation (thru LTPA).
- Estimated **365,000** annual deaths in America due to physical inactivity & poor nutrition (2<sup>nd</sup> to tobacco).

# Tennessee – The State of Obesity

- Tennessee has the **9<sup>th</sup> highest obesity rate in the nation**, according to the “**The State of Obesity: Better Policies for Healthier America – Sept 2016**”
- **Childhood Obesity**
  - **2- 4 yrs = 2014 from WIC participants current rate is 14.9% Ranks at 19/ 51 among the states**
  - **10-17 yrs= 20.5 % from 2011 Data and rank 5 / 51 among the states**
  - **High School Students = 18.6 % from 2015 Data. Rank 2/43 among the states**



CDC Obesity Among the US- South Highest Prevalence



34%

# 2016 BRADLEY COUNTY ADULT OBESITY

BRADLEY COUNTY HEALTH RANKINGS





32%

# 2016 TENNESSEE ADULT OBESITY

BRADLEY COUNTY HEALTH RANKINGS



# OBESITY HAS A PRICE

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- \$147 MILLION 2008 ANNUAL MEDICAL COST OF OBESITY IN THE US (CDC)
- \$1,429 HIGHER MEDICAL COST FOR PEOPLE WHO WERE OBESE THAN THOSE OF NORMAL WEIGHT (CDC)



# THE OTHER COST



# INACTIVITY LEADS TO HEALTH CONSEQUENCES

## PHYSICAL INACTIVITY 2016

BRADLEY CO – 37%  
TENNESSEE – 32%

## PHYSICAL INACTIVITY 2015

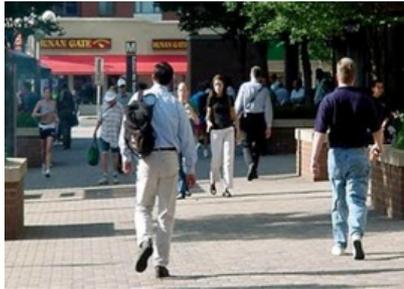
BRADLEY CO- 34%  
TENNESSEE – 30%

DATA FROM COUNTY HEALTH RANKINGS A ROBERT  
WOOD JOHNSON FOUNDATION PROGRAM

## **How?** The *GOOD* News In *Three* Points:

- **30 minutes of daily physical activity can be achieved in walking to routine activities.**
- **People will walk if we make an environment where walking is safe, easy, and enjoyable.**
- **Better Health and Highly desirable Walkable Neighborhoods Provide Economic Rewards**

# How ? Exercise through *Routine Activity*, in a More WALKABLE community



# How ? Planning and Advocacy to Achieve Bicycle and Pedestrian Improvements



# Connect Cleveland Walkability Action Plan Value:

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**EDUCATION** : SHARE KNOWLEDGE ABOUT HEALTH BENEFITS OF WALKING, AND ABOUT THE HEALTH, ECONOMIC, AND ENVIRONMENTAL BENEFITS OF BEING A WALKABLE COMMUNITY



# Connect Cleveland Walkability Action Plan Value:

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**SERVICE:** REDUCE BARRIERS TO WALKING USING VARIOUS APPROACHES WHERE APPROPRIATE: SIDEWALKS, WALKING PATHS, LOW-TRAFFIC STREETS, GREENWAYS, PEDESTRIAN CROSSINGS, TRAFFIC CALMING, ETC.....



# Connect Cleveland Walkability Action Plan Value:

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**EQUITY:** PROVIDE PEDESTRIAN IMPROVEMENTS FAIRLY AMONG NEIGHBORHOODS AND POLITICAL DISTRICTS WHILE MEETING THE NEEDS OF THOSE MOST VULNERABLE TO WALKABILITY BARRIERS



# Connect Cleveland Walkability Action Plan Value:

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**CONNECTIVITY:** CONNECT CLEVELAND NEIGHBORHOODS TO THE GREENWAY, TO DOWNTOWN, AND TO SCHOOLS. CONNECT OUTLYING AREAS TO SCHOOLS AND OTHER NEIGHBORHOOD CENTERS. WHERE POSSIBLE, SUPPORT CONNECTIVITY FOR TRANSIT AND BICYCLE USERS





**CONNECT CLEVELAND VISION:**

**MAKE WALKING AND WALKABILITY A  
PRIORITY IN OUR COMMUNITY**

**MAKE WALKING EASY, SAFE, AND  
ENJOYABLE**

## **MAKE WALKING AND WALKABILITY A PRIORITY:**

- **See “Bike – Walk Cleveland” successfully established as a citizen-led walkability partner and work with them throughout the process**
- Present walking and public health connections to various audiences.
- Describe the Walkability Action Plan planning process for decision makers.



## **MAKE WALKING AND WALKABILITY A PRIORITY:**

- Engage school officials and transit officials about improvements needed to walk to school and to walk to bus stops.
- Present walkability health, economic, and environmental benefits to private and non-profit sectors to gain support.
- Survey community on walking habits, attitudes about walking, and barriers to walking.



## **MAKE WALKING AND WALKABILITY A PRIORITY:**

- Conduct walkability audits (walking an area as a group to identify barriers) of neighborhoods, political districts, and corridors
- Present Connect Cleveland Walkability Action Plan findings to decision makers.



## **MAKE WALKING EASY, SAFE, AND ENJOYABLE:**

- Assess existing sidewalks, including state of repair and Americans with Disabilities Act (ADA) required improvements.
- Identify areas that could be made walkable with relatively minor improvements, e.g. short sections of sidewalk.
- List potential walkability improvements for neighborhoods, political districts, and corridors.



## MAKE WALKING EASY, SAFE, AND ENJOYABLE:

- Prioritize walkability improvements—focusing on walking trips of 20 minute or less, about one mile -- for each neighborhood, political district, and corridor based upon service, connectivity, and equity.
- Determine planning level costs for the highest-ranking walkability projects from each neighborhood, political district, and corridor.
- Identify schedules and budgets for ADA required improvements and Walkability Action Plan priority projects to be achieved over the following 10 years.

## **MAKE WALKING EASY, SAFE, AND ENJOYABLE:**

- Identify funding alternatives that will allow for the achievement of the 10-year schedules of ADA and Walkability Action Plan priority improvements.
- Seek adoption of policy changes, plans, and budgets to implement the ADA Transition Plan and Walkability Action Plan priority improvements.





# What can Bike-Walk Cleveland Do?

- \* Assist with Walking Survey
  - \* Leadership in Walkability Audits
  - \* Assist in Development of Walkability Priority Projects List
  - \* Advocate for Walkability with Public and Private Decision Makers
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