Introducing

Connect Cleveland
Walkability Action Institute

- 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\textsuperscript{nd} to tobacco).
Tennessee – The State of Obesity

• Tennessee has the 9th 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

America’s Health and the Robert Wood Johnson Foundation
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

- $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? Planning and Advocacy to Achieve Bicycle and Pedestrian Improvements

- LISTEN
- LEARN
- ORGANIZE
- ACT

Bicycle and Pedestrian Improvement
Connect Cleveland Walkability Action Plan Value:

1. **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:

2

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

**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