



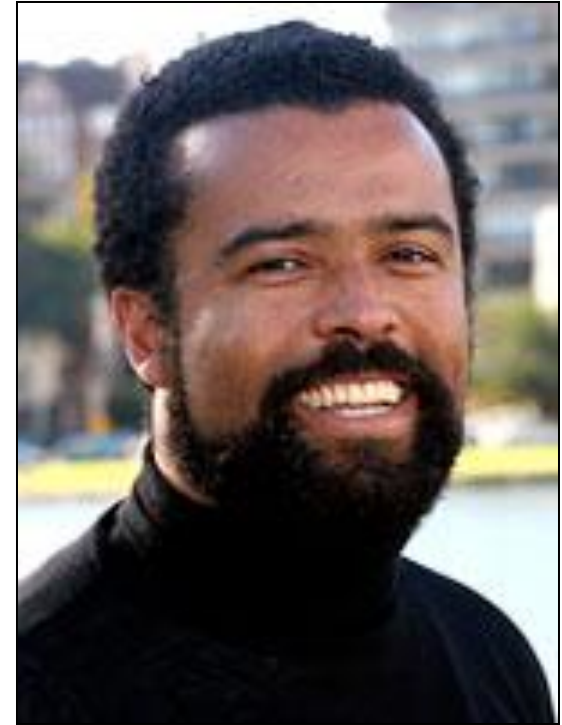
Comprehensive Planning for Safe and Active Communities

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*Tell us how it was in the
good ole days...*

***Back in the day...
Kids walked to school***



Adults walked to work

48106-21





Or just around town!

Towns were built around public transit



*City parks
were the
original
reality tv show*

(33)-10731-A summer Saturday afternoon in the people's playground, Central Park, N. Y. Copyright Underwood & Underwood, U-91671



Ye old mixed use



People walked to grocery stores...



NEW IDEAS FOR SUPERMARKETS

A supermarket building may look simple, but a great deal of study and planning has gone into it. It must look attractive, and be a pleasant and convenient place to shop. The owners want to sell as many things as possible, so they try to design the supermarket to make a person buy even more than he went in for!

For example, most shelves are arranged like



By looking at the signs above them, you can skip rows that have the items on your list, and skip the others. Now supermarket designers are experimenting with this kind of arrangement:



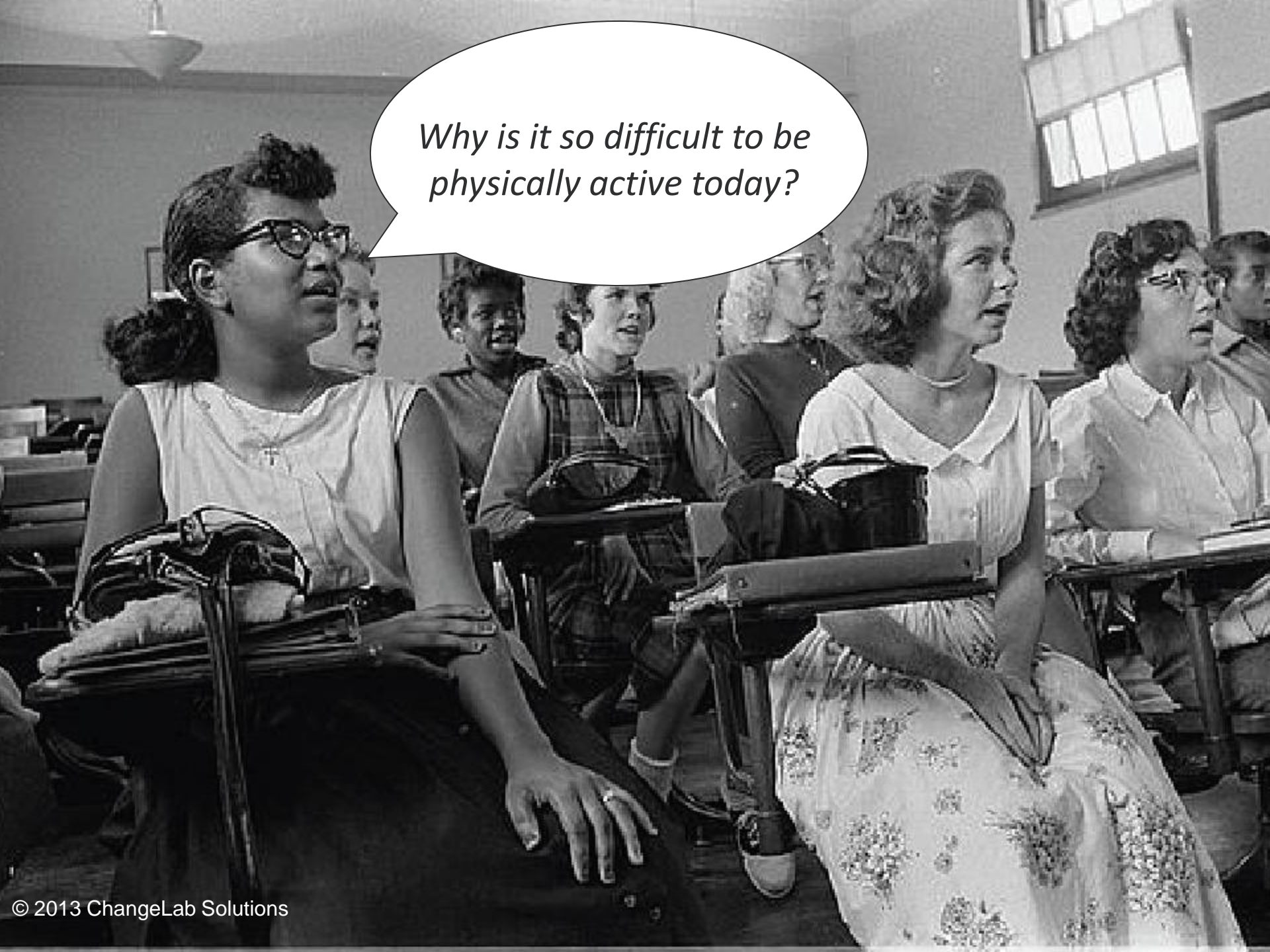
One row leads you right into another, and you can't skip any. They feel that if you *HAVE* to pass a row, you'll see something you want to add to your cart.

Shelves are also arranged in the store so that the hard and

Many city supermarkets don't have parking lots because people live just around the corner and walk over to do their shopping.

your shopping.

Many city supermarkets don't have parking lots because people live just around the corner and walk over to do their shopping. But most new supermarkets try to plan space for



Why is it so difficult to be physically active today?





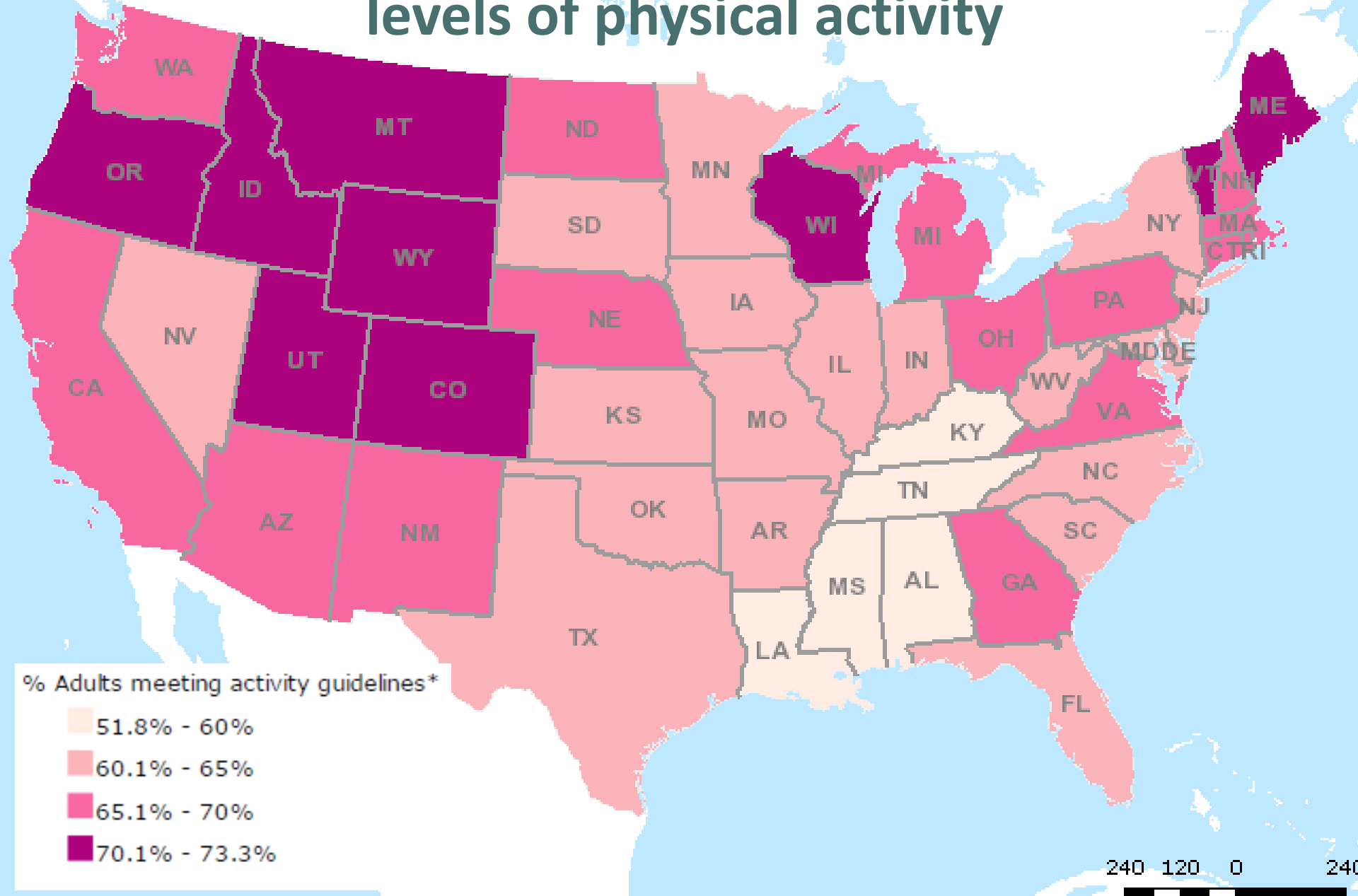
Anytown, USA





STOP

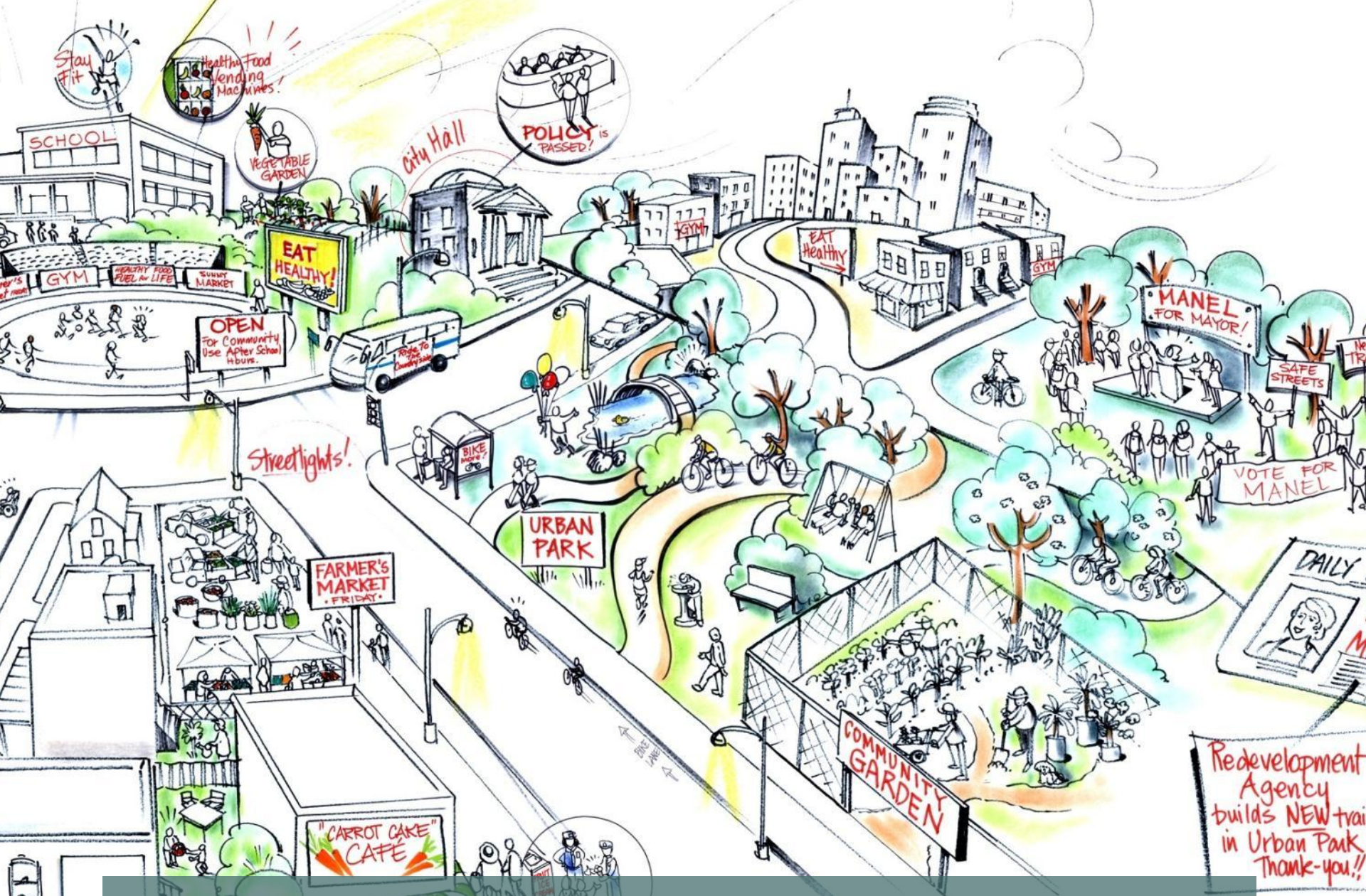
Percent of adults getting recommended levels of physical activity



Strategies:

Policies for Active Communities





The Goal: Complete Neighborhoods



Land Use

LAND USE STRATEGIES

- ✓ mix of housing types and affordability
- ✓ access to neighborhoods services
- ✓ access to public transportation

Mixed Use



STRATEGIES FOR MIXED-USE

- ✓ infill development
- ✓ urban design guidelines (pedestrian access and bicycle parking)
- ✓ density bonus



ST. LUCIE COUNTY, FL

“Each neighborhood must contain a mixture of lot types to provide a ***variety of uses and diverse housing options*** within the neighborhood.

Each neighborhood must contain at least one ***Mixed-Use or Retail Building*** Lot.”

Transportation



Almost **1/3** of Americans who commute to work via public transit meet their daily requirements for physical activity by **walking as part of their daily life**



STRATEGIES FOR TRANSPORTATION

- ✓ multi-modal infrastructure
- ✓ destination network
- ✓ equitable access



SAN DIEGO, CA

“Locate transit stops to ***maximize access and optimize transit service*** and pedestrian and bikeway connections. Where located near cross-roads and major activity centers, stops should be at one-quarter mile intervals.”

Road



Place



WARBURTON
VILLAGE

Living well
and being at
the center of
things.
Urban Homes



Leadership
EDGE
for Cities

Community



Child pedestrians
are **13 times** more
likely to be injured
on a street like this...



Source: danorth1 Flickr - Creative Commons License



Source: faceless b. Flickr. Jan.30, 2010.

...than on a street
like this



Local jobs created per \$1 million spent

Road-only projects – 7.8

Multi-use trails – 9.6

Pedestrian projects – 10

Cycling projects – 11.4

strategies for **complete streets**

- ✓ **multi modal transportation system**
- ✓ **design for comfort and safety**
- ✓ **incremental change**



ST. LOUIS, MO

“As a matter of standard practice the transportation system should be designed, built, and maintained in a manner that accommodates not only automobiles but ***transit vehicles and non-motorized modes of travel*** as well.”

A photograph of a playground during the day. In the foreground, a black plastic swing seat is suspended by a chain from a blue metal frame. The ground is covered in a layer of brown wood chips. In the background, there is a red and yellow slide structure. The scene is set against a backdrop of green trees and a clear blue sky. A purple rounded rectangle is overlaid on the upper right portion of the image, containing the text "Parks & Recreation" in a dark purple, italicized serif font.

Parks & Recreation

strategies for **PARKS AND RECREATION**

- ✓ **access and proximity**
- ✓ **plan for cultural / lifestyle preferences**
- ✓ **open space requirements**



MONTGOMERY, AL

“Within 1000 feet of every lot in residential use a Civic Space designed and equipped as a playground shall be provided.”



Shared Use

STRATEGIES FOR **SHARED USE**

- ✓ **simple – open the gates after school**
- ✓ **complex – design and construct shared-use spaces**
- ✓ **mutually beneficial partnerships**



PASCO, WA

“The city and School District shall jointly develop and operate school playground/park facilities in order to ***economically meet needs for neighborhood parks and improved school facilities.***”



Resources

ChangeLab Solutions

How to Create and Implement Healthy General Plans

A toolkit for building healthy, vibrant communities



AVAILABLE AT

www.changelabsolutions.org

COMMENT: In defining “Street Project,” a municipality can use the following clause to reference and include the terms and definitions that are used to describe local street projects (e.g. capital project, major maintenance project, annual maintenance projects): “as well as [insert local project terms].”

(d) “Users” mean individuals that use Streets, including pedestrians, bicyclists, motor vehicle drivers, public transportation riders and drivers, [insert other significant local users if desired, e.g. drivers of agricultural vehicles, emergency vehicles, or freight] and people of all ages and abilities, including children, youth, families, older adults, and individuals with disabilities.

Sec. [____ (*3)]. REQUIREMENT OF INFRASTRUCTURE ENSURING SAFE TRAVEL.

(a) [Insert appropriate agencies, such as Department of Transportation, Department

Every Street Project on public [or private] Streets shall incorporate Complete Streets Infrastructure sufficient to enable reasonably safe travel along and across the right of way for each category of Users

However, such a requirement may be more practical in certain jurisdictions than in others. For example, the requirement might be very important in a jurisdiction where there are many private streets in central business districts.

(b) Every Street Project on public [or private] Streets shall incorporate Complete Streets Infrastructure sufficient to enable reasonably safe travel along and across the right of way for each category of Users; provided, however, that such infrastructure may be excluded, upon written approval by [insert senior manager such as City Manager or the head of an appropriate agency], where documentation and data indicate that:

COMMENT: This provision, which requires that street projects on new or existing streets create Complete Streets, is a fundamental component of a commitment to Complete Streets. This clause provides crucial accountability in the exceptions process by requiring documentation, a transparent decision-making process, and written approval by a specified official.



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