

ChangeLab Solutions

Activity!

WALKABILITY AUDIT



Take a walk and use this checklist to rate your neighborhood's walkability.
How walkable is your community?

Location of walk **Rating Scale:** 1 2 3 4 5 6
awful many problems problems good very good excellent

1. Did you have room to walk?
 Yes Some problems:
 Sidewalks or paths started and stopped
 Sidewalks were broken or cracked
 Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 No sidewalks, paths, or shoulders
 Too much traffic
 Something else _____

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

2. Was it easy to cross streets?
 Yes Some problems:
 Road was too wide
 Traffic signals made us wait too long or did not give us enough time to cross
 Needed striped crosswalks or traffic signals
 Parked cars blocked our view of traffic
 Trees or plants blocked our view of traffic
 Needed curb ramps or ramps needed repair
 Something else _____

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

3. Did drivers behave well?
 Yes Some problems: Drivers ...
 Backed out of driveways without looking
 Did not yield to people crossing the street
 Turned into people crossing the street
 Drove too fast
 Sped up to make it through traffic lights or drove through traffic lights?
 Something else _____

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

**4. Was it easy to follow safety rules?
Could you and your child...**
 Yes No Cross at crosswalks or where you could see and be seen by drivers?
 Yes No Stop and look left, right and then left again before crossing streets?
 Yes No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
 Yes No Cross with the light?

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

5. Was your walk pleasant?
 Yes Some problems:
 Needed more grass, flowers, or trees
 Scary dogs
 Scary people
 Not well lighted
 Dirty, lots of litter or trash
 Dirty air due to automobile exhaust
 Something else _____

Rating: (circle one) **Locations of problems:**
1 2 3 4 5 6 _____

**How does your neighborhood stack up?
Add up your ratings and decide.**

1. _____ 26-30 Celebrate! You have a great neighborhood for walking.
2. _____ 21-25 Celebrate a little. Your neighborhood is pretty good.
3. _____ 16-20 Okay, but it needs work.
4. _____ 11-15 It needs lots of work. You deserve better than that.
5. _____ 5-10 It's a disaster for walking!

Total: _____

Now that you've identified the problems,
go to the next page to find out how to fix them.

ELEMENTS OF AN *active* ENVIRONMENT

- Street Trees
- Benches
- Bike Racks
- Space to Walk – sidewalks, wide shoulders on rural roads
- Space to Bike – bike paths, bike lanes, wide shoulders on rural roads



N San Francisco



OPEN







WHAT MAKES A GREAT *walkable* PLACE?

- SAFE
- COMFORTABLE
- ENJOYABLE

... FOR PEOPLE OF ALL AGES AND ABILITIES

WALKABILITY CHECKLIST

Take a walk and use this checklist to rate your neighborhood's walkability. How walkable is your community?

Location of walk

Rating Scale:



1. Did you have room to walk?

- Yes Some problems:
- Sidewalks or paths started and stopped
 - Sidewalks were broken or cracked
 - Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 - No sidewalks, paths, or shoulders
 - Too much traffic
 - Something else _____

Rating: (circle one)

1 2 3 4 5 6

Locations of problems:

4. Was it easy to follow safety rules? Could you and your child...

- Yes No
- Cross at crosswalks or where you could see and be seen by drivers?
 - Stop and look left, right and then left again before crossing streets?
 - Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
 - Cross with the light?

Rating: (circle one)

1 2 3 4 5 6

Locations of problems:

2. Was it easy to cross streets?

- Yes Some problems:
- Road was too wide
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 - Something else _____

Rating: (circle one)

1 2 3 4 5 6

Locations of problems:

5. Was your walk pleasant?

- Yes Some problems:
- Needed more grass, flowers, or trees
 - Scary dogs
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 - Not well lighted
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Rating: (circle one)

1 2 3 4 5 6

Locations of problems:

3. Did drivers behave well?

- Yes Some problems: Drivers ...
- Backed out of driveways without looking
 - Did not yield to people crossing the street
 - Turned into people crossing the street
 - Drove too fast
 - Sped up to make it through traffic lights or drove through traffic lights?
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Rating: (circle one)

1 2 3 4 5 6

Locations of problems:

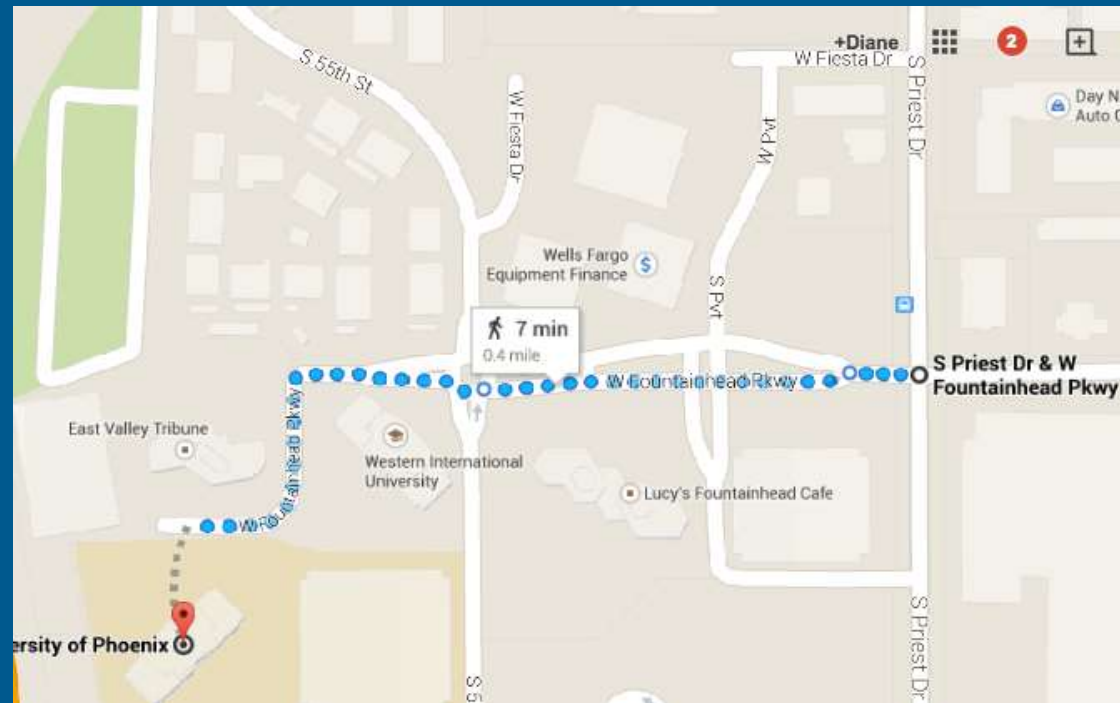
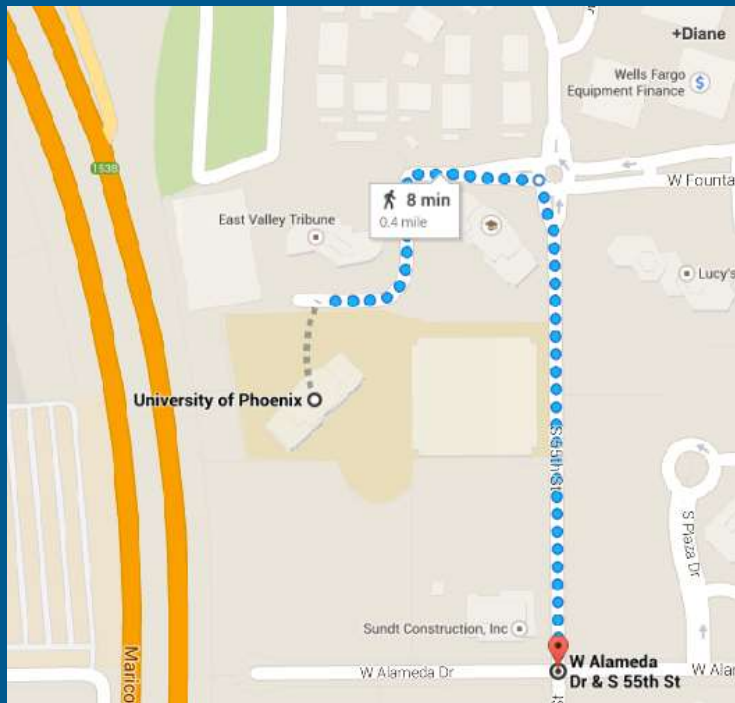
How does your neighborhood stack up? Add up your ratings and decide.

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- Total: _____

Now that you've identified the problems,
go to the next page to find out how to fix them.

Walking Routes

...to 55th & Alameda Dr or ...to Priest Dr & Fountainhead Pkwy

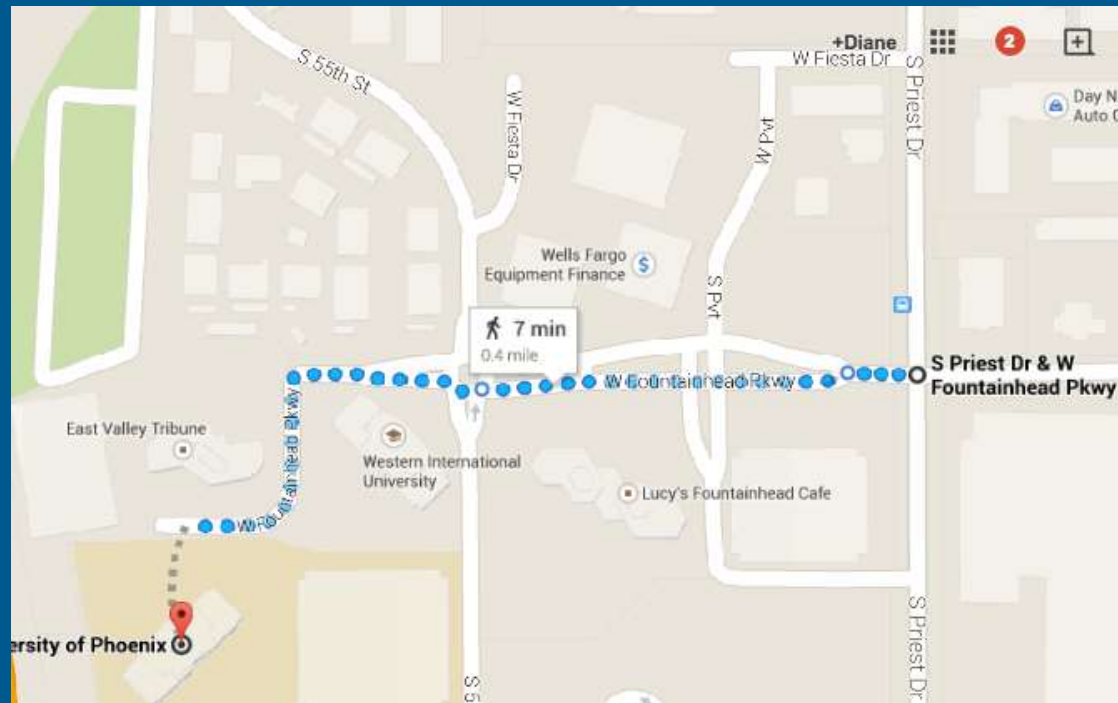
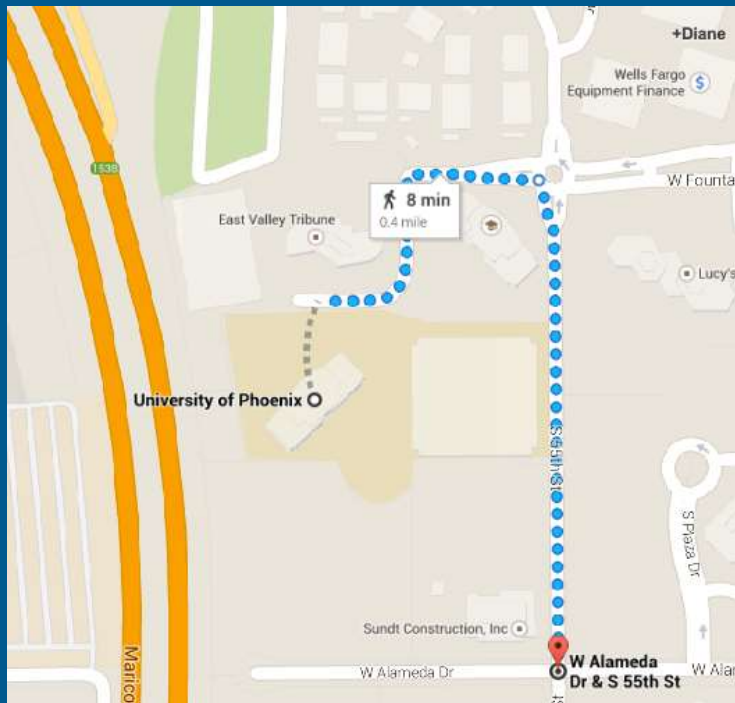


Choose a route and grab a partner!

Enjoy lunch and walk - Be back here by 1:45 and ready to talk about your walking experience.

Walking Routes

What did you experience?



Walking Routes

What did you experience?



Walking Routes

What did you experience?



Walking Routes

What did you experience?



Walking Routes

What did you experience?



Walking Routes

What did you experience?



Activity!

Create you own
Healthy Street



Elements of a healthy street



Access to Healthy Food



Connections to home and school



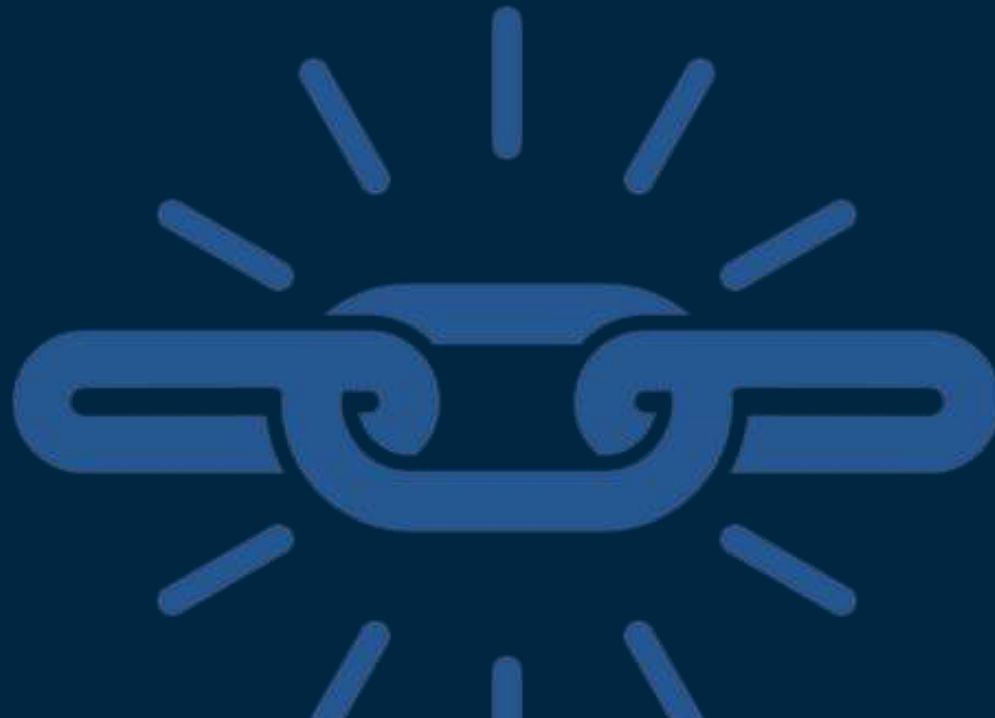
Safe streets and public spaces that encourage physical activity

Instructions

1. Create a map that illustrates your vision for a healthy street. Feel free to use the icons provided, or draw your own features!
2. Label the map to add further description of how your street is designed or particular events or features that are beneficial to the residents' health & wellbeing.
3. Tag each feature with policies and practices that support health in your street.

CONNECTING
a HEALTHY BUILT
ENVIRONMENT &

policies



ELEMENTS OF AN *active* ENVIRONMENT

- Street Trees
- Benches
- Bike Racks
- Restaurants, shops, cafes – a changing environment makes it interesting for people
- Space to Walk – sidewalks, wide shoulders on rural roads
- Space to Bike – bike paths, bike lanes, wide shoulders on rural roads

Example Policy Language

Good:

Policy 1.0: Promote opportunities for regular physical activity by locating residential developments near services

Example Policy Language

Good:

Policy 1.0: Promote opportunities for regular physical activity by locating residential developments near services

Better:

Policy 1.1: Set a walkability standard (for example, 1/4 to 1/2 mile) for residents' access to daily retail needs and nearest transit stops

Example Policy Language

Good:

Policy 1.0: Work with [School District(s)] to improve transportation safety and convenience on school grounds and in immediate vicinity of schools.

Example Policy Language

Good:

Policy 1.0: Work with [School District(s)] to improve transportation safety and convenience on school grounds and in immediate vicinity of schools.

Better:

Policy 1.1: Establish committee to improve transportation safety on school grounds and within 1 mile of all schools. Committee shall be comprised of school representatives, engineers, planners, police, community members and elected officials.

Example Policy Language

Good:

Policy 1.0: Complete sidewalks and Flagstaff Urban Trails System connections for all schools, community colleges, and university campuses.

Example Policy Language

Good:

Policy 1.0: Complete sidewalks and Flagstaff Urban Trails System connections for all schools, community colleges, and university campuses.

Better:

Policy 1.1: Require sidewalks on both sides of the street; prioritize completing sidewalks and paths within 2 miles of all schools, community colleges, and university campuses.

Example Policy Language

Good:

Policy 1.0: Encourage bikeways and bicycle infrastructure to serve the needs of a full range of bicyclist experience levels.

Example Policy Language

Good:

Policy 1.0: Encourage bikeways and bicycle infrastructure to serve the needs of a full range of bicyclist experience levels.

Better:

Policy 1.1: Require a network of bikeways that serve the needs of all bicyclist experience levels.

Example Policy Language

Good:

Policy 1.0: Provide short- and long-term bicycle parking where bicyclists want to travel.

Example Policy Language

Good:

Policy 1.0: Provide short- and long-term bicycle parking where bicyclists want to travel.

Better:

Policy 1.1: Require short- and long-term bicycle parking for all new development and redevelopment projects.

Example Policy Language

Good:

Policy 1.0: Ensure streets and paths provide shading, lighting and seating to support pedestrian and bicycle circulation.

Example Policy Language

Good:

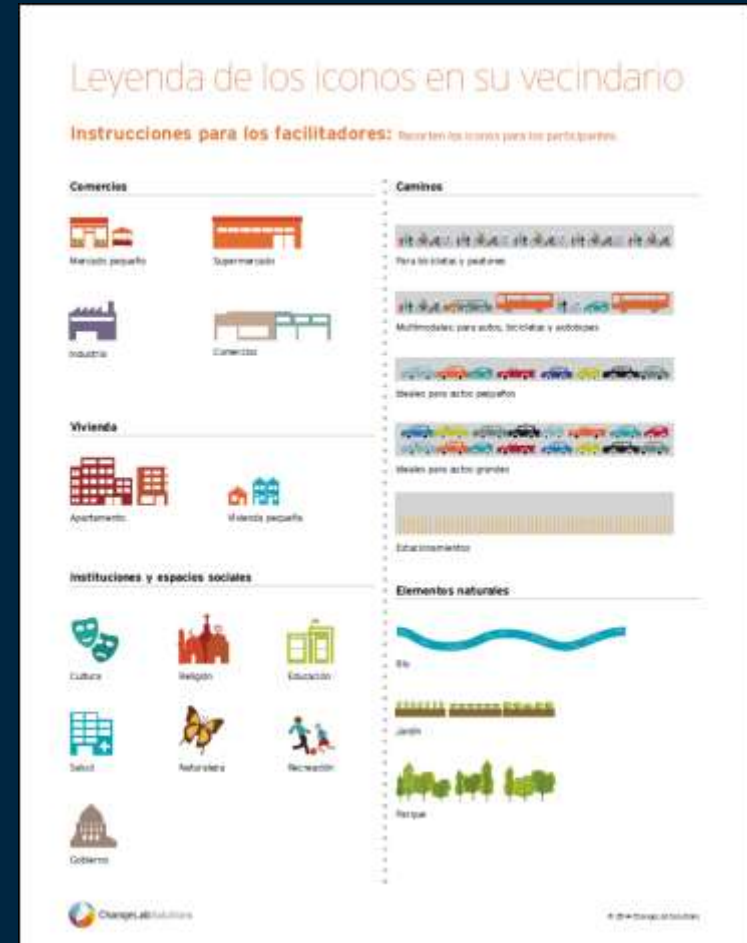
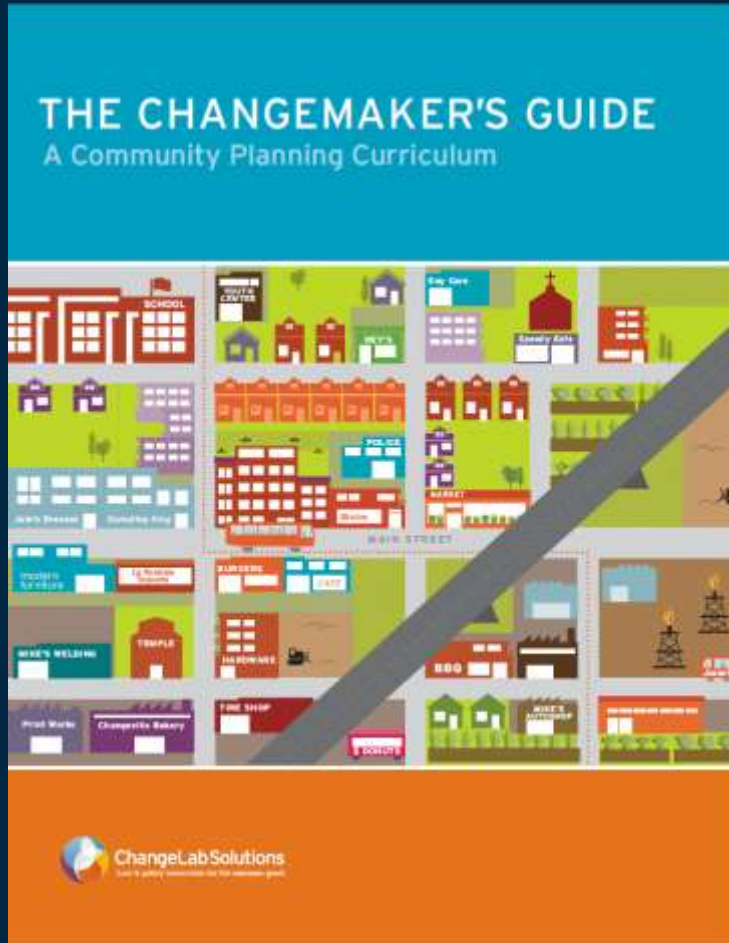
Policy 1.0: Ensure streets and paths provide shading, lighting and seating to support pedestrian and bicycle circulation.

Better:

Policy 1.1: Require all street projects to be reviewed by the Bicycle and Pedestrian Advisory Committee to ensure streets and paths provide shading, lighting and seating to support a safe and comfortable pedestrian and bicycle environment.

The Changemaker's Guide

English & Spanish!





www.eatwellbewell.org

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the Arizona Nutrition Network Hotline; in Maricopa County call 602-542-9935, outside of Maricopa County call 1-800-352-8401.

DISCLAIMER

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ChangeLab Solutions

Thank You!

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