

Healthy Communities in Pennsylvania



Healthy Community Design Defined

Fast Fun Fervent Session

APA Pennsylvania Conference, Erie, October 15, 2018

Justin Dula, AICP

Delaware County Planning Department

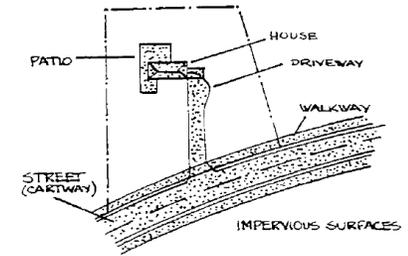


.build a healthy community.

Understanding Terminology and Jargon

- 149) **OPEN SPACE** – A parcel of land, an area of water, or a combination of both within a development not including streets, off-street parking areas, private yard space, and area set aside for nonresidential and public facilities. Common or public open space shall be substantially free of structures but may contain such improvements as are appropriate for recreational use.
- 150) **PARKING SPACE** – A reasonably level space available for the temporary parking of one (1) motor vehicle, exclusive of passageways, driveways, or other means of circulation or access. A parking space shall include either covered garage spaces or uncovered parking lot space located off of the street right-of-way.
- 151) **PEDESTRIAN SPACE** – An improved or unimproved area reserved for foot traffic.
- 152) **PENNSYLVANIA MUNICIPALITIES PLANNING CODE** – Pennsylvania Act 247 of 1968, P.L. 805, as amended.
- 153) **PHASE** – A section or sections for which an applicant proposes to commence development at the same time, as part of a timetable for development of any development over a period of years.
- 154) **PLAN** – A draft, diagram, drawing, or set thereof showing the present and proposed physical features of and improvements to land and the proposed development thereto; see also [Article III](#) of this Ordinance for classification and requirements of plans. The term “plan” includes profiles, cross-sections, and the like.
- 155) **PLANNED RESIDENTIAL DEVELOPMENT** – An area of land controlled by a landowner to be developed as a single entity for a number of dwelling units or a combination of

- 106) **HORIZONTAL CURVE** – A geometric design feature of a roadway – provides a smooth change in direction to the left or right.
- 107) **IMPACT** – The power of an event to produce changes in a condition.
- 108) **IMPERVIOUS SURFACE** – A surface that prevents the infiltration of water into the ground. Impervious surfaces include, but are not limited to, streets, sidewalks, pavements, driveway areas, or roofs. Any surface areas designed to be gravel or crushed stone shall be regarded as impervious surfaces.
- 109) **IMPROVEMENTS AGREEMENT** – A list of improvements approved by the municipality that the applicant agrees to install as a prerequisite to final plan approval.
- 110) **INFRASTRUCTURE** – The basic installations and facilities on which the continuance and growth of a community depend, such as streets, sewers, electrical transmission facilities, transportation, and communication systems.
- 111) **INGRESS** – An entrance.
- 112) **INTERIOR LOT**– See Flag Lot.
- 113) **INVERT** – The lowest visible surface of a drainage conduit or channel.
- 114) **LAKES AND PONDS** – Natural or artificial bodies of water that retain water year round. Artificial ponds may be created by dams or result from excavation. Lakes are bodies of water of two (2) or more acres. Ponds are any water body less than two (2) acres. The shoreline of such water bodies shall be measured from the spillway crest elevation rather than the permanent pool, if there is a difference.
- 115) **LAND DEVELOPMENT** –
- The improvement of one (1) lot or two (2) or more contiguous lots, tracts, or parcels of land for any purpose involving:
 - A group of two (2) or more residential or nonresidential buildings, whether proposed initially or cumulatively, or a single nonresidential building on a lot or lots, regardless of the number of occupants or tenure.
 - The division or allocation of land or space, whether initially or cumulatively, between or among two (2) or more existing or prospective occupants by means of or for the purpose of streets, common areas, leaseholds, condominiums, building groups, or other features.
 - A subdivision of land.
 - Land developments do not include:
 - The conversion of an existing single-family detached dwelling or single-family semi-detached dwelling into not more than three (3) residential units.
 - The addition of an accessory building, including farm buildings, on a lot or lots subordinate to an existing principal building.
 - The addition or conversion of buildings or rides within the confines of an enterprise that would be considered an amusement park. For this purpose, an amusement park is defined as a tract or area used principally as a location for permanent amusement structures or rides. This exclusion shall not apply to newly acquired acreage by an amusement park until initial plans for the expanded area have been approved by proper authorities.



What is Health?

Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

- World Health Organization



What Factors Determine Our Health?

Family Health History



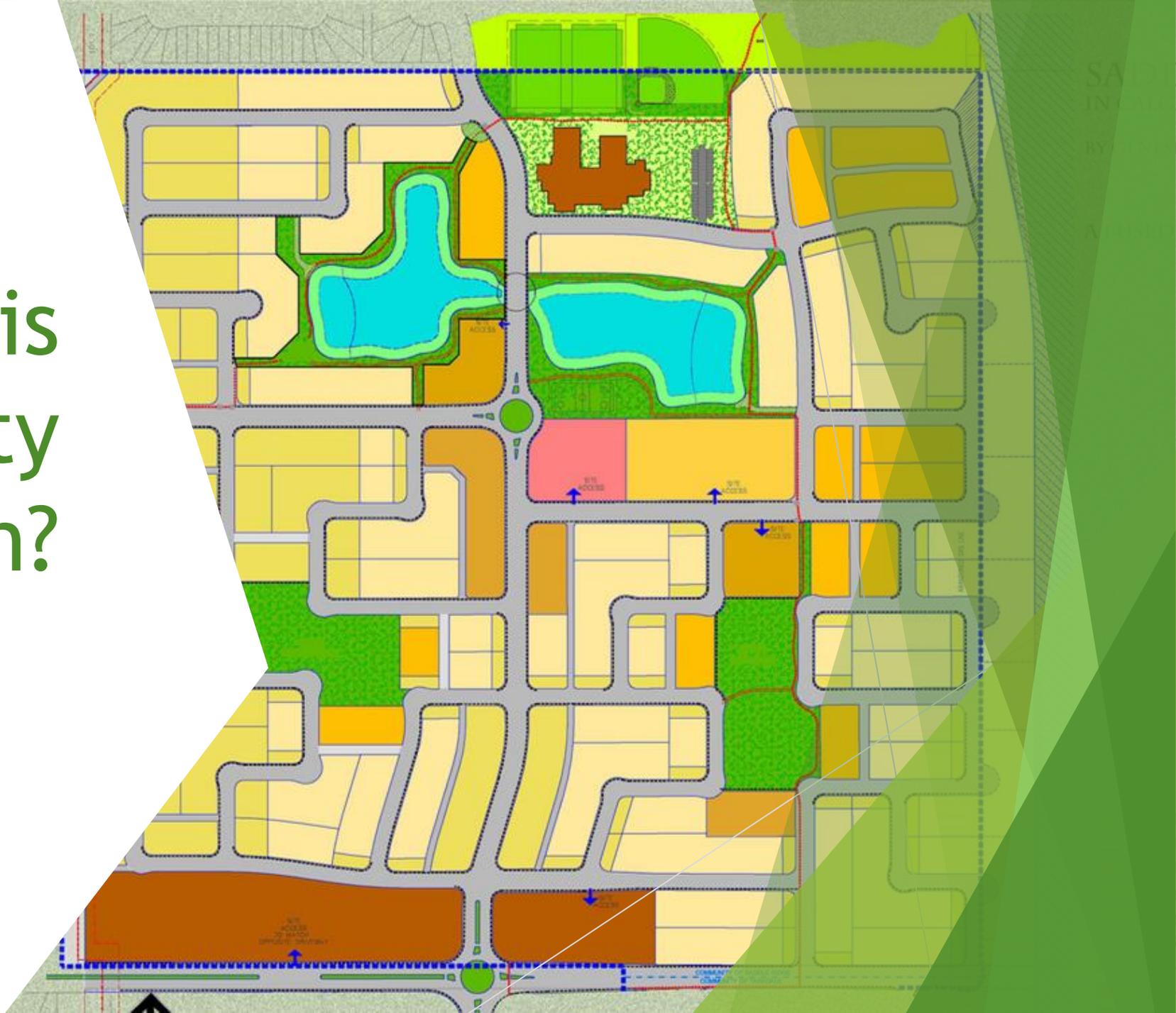
Environment



Behaviors/Lifestyles



What is
community
design?





What is
community
design?

Built Environment

vision for 2050

built environ



live in 2050?

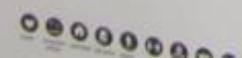
our water supply?

waste become a resource?

Change is a method of...

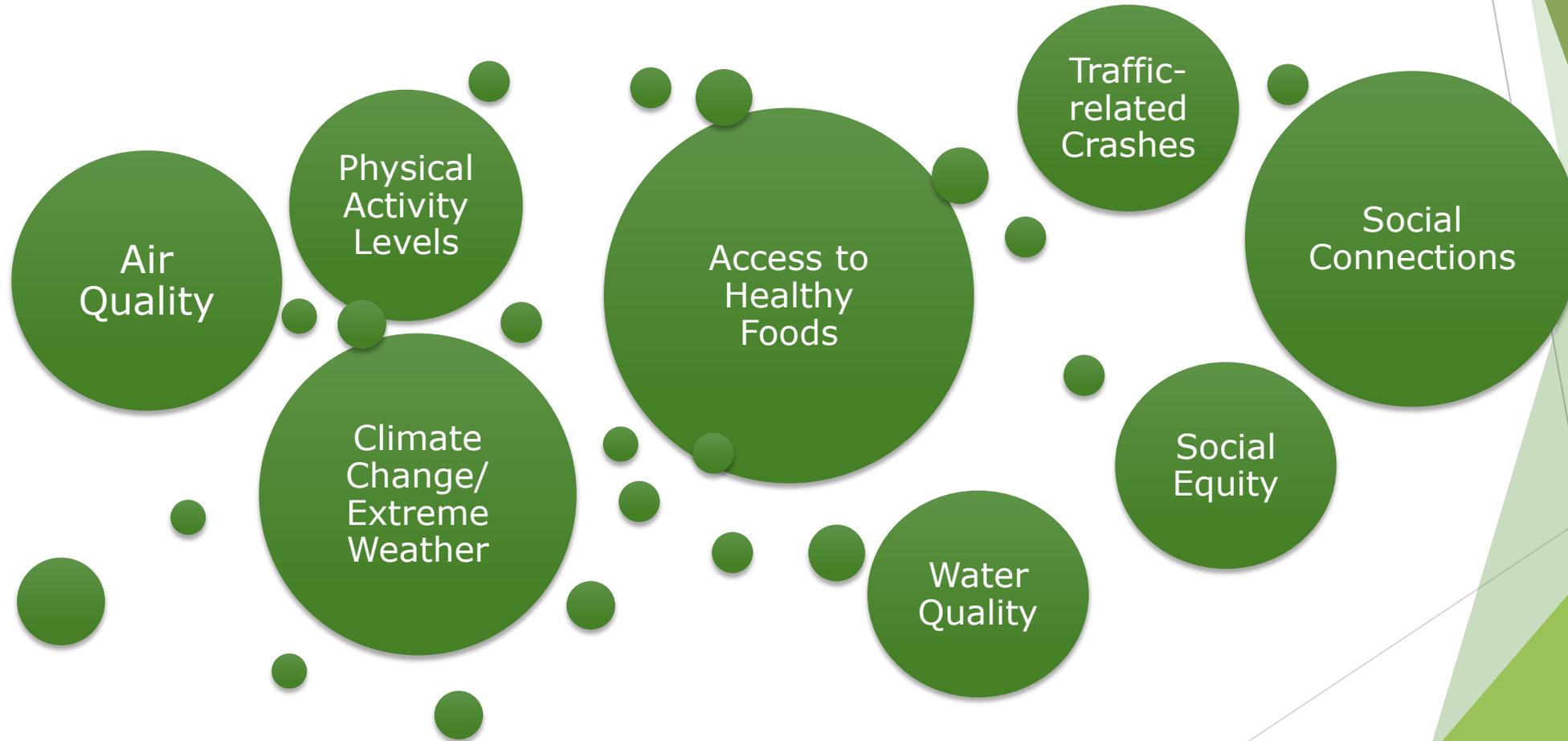
"Steep" Indicators:

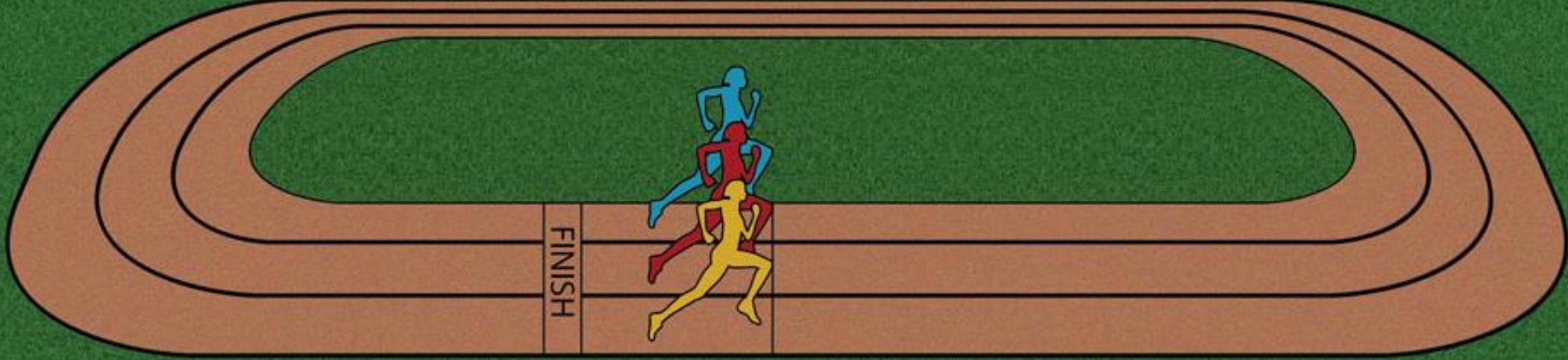
Social



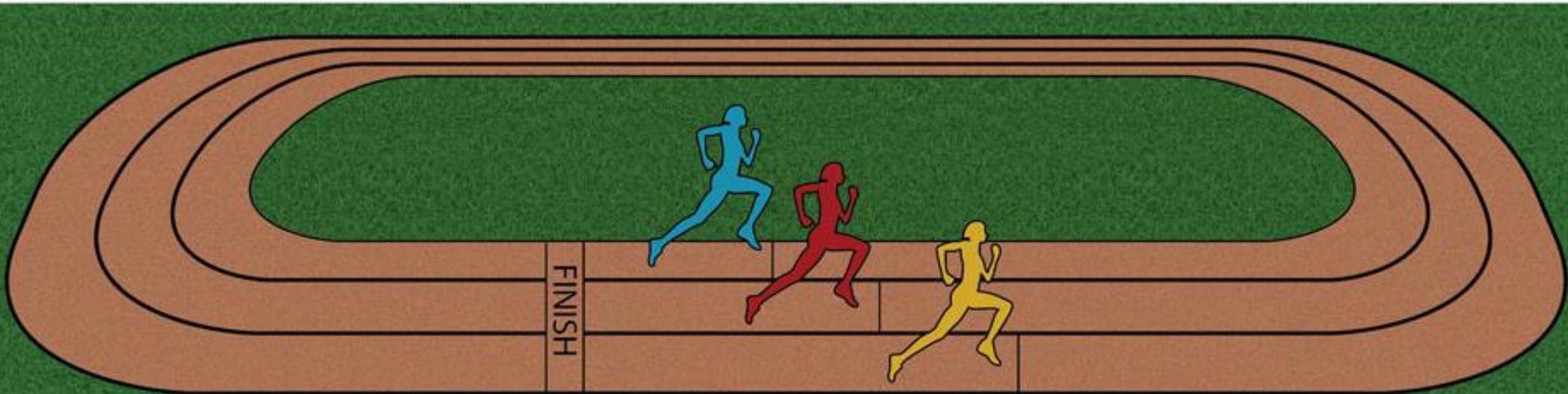
The Developing C...

How Can Community Design Affect Our Health?

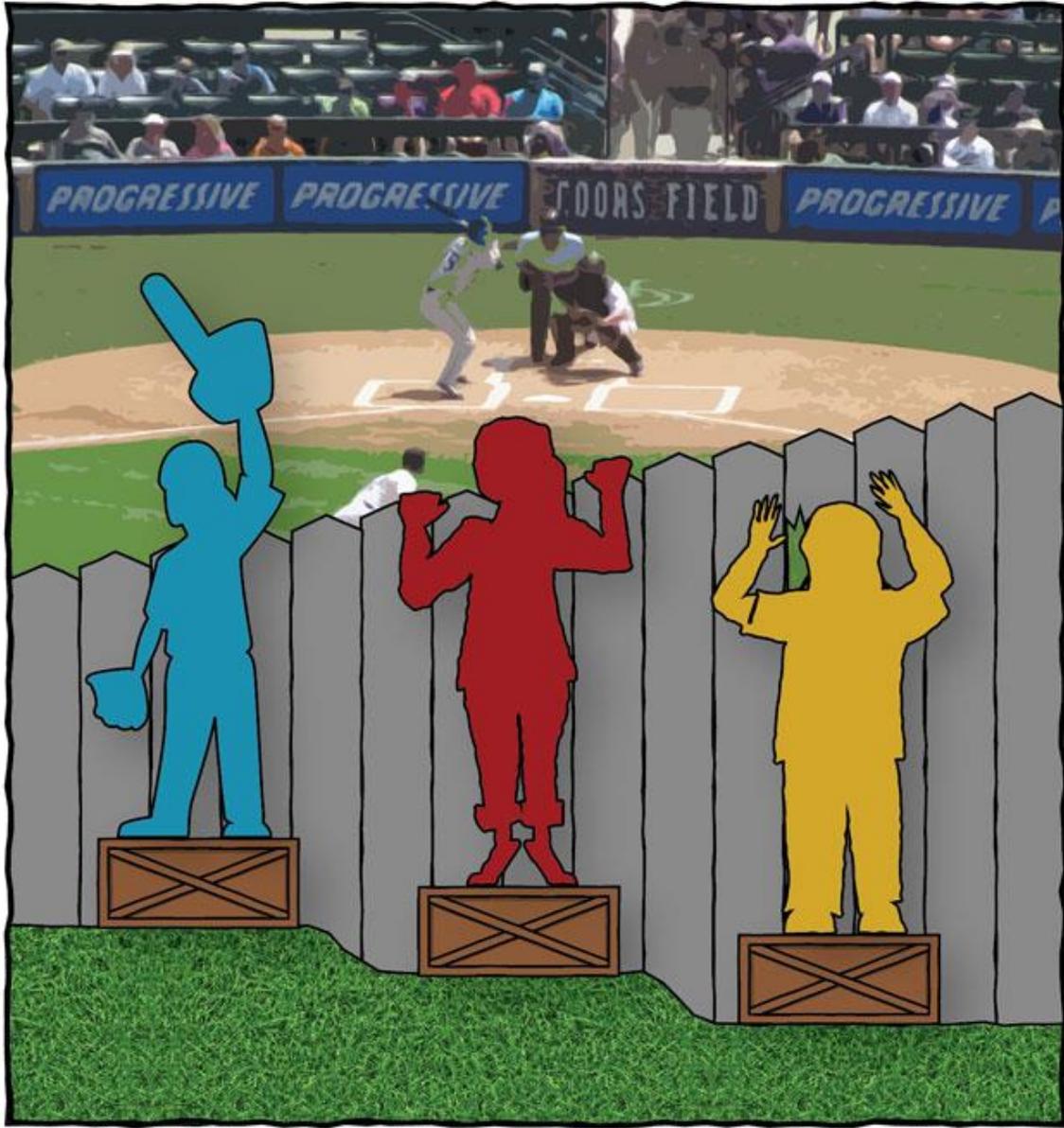




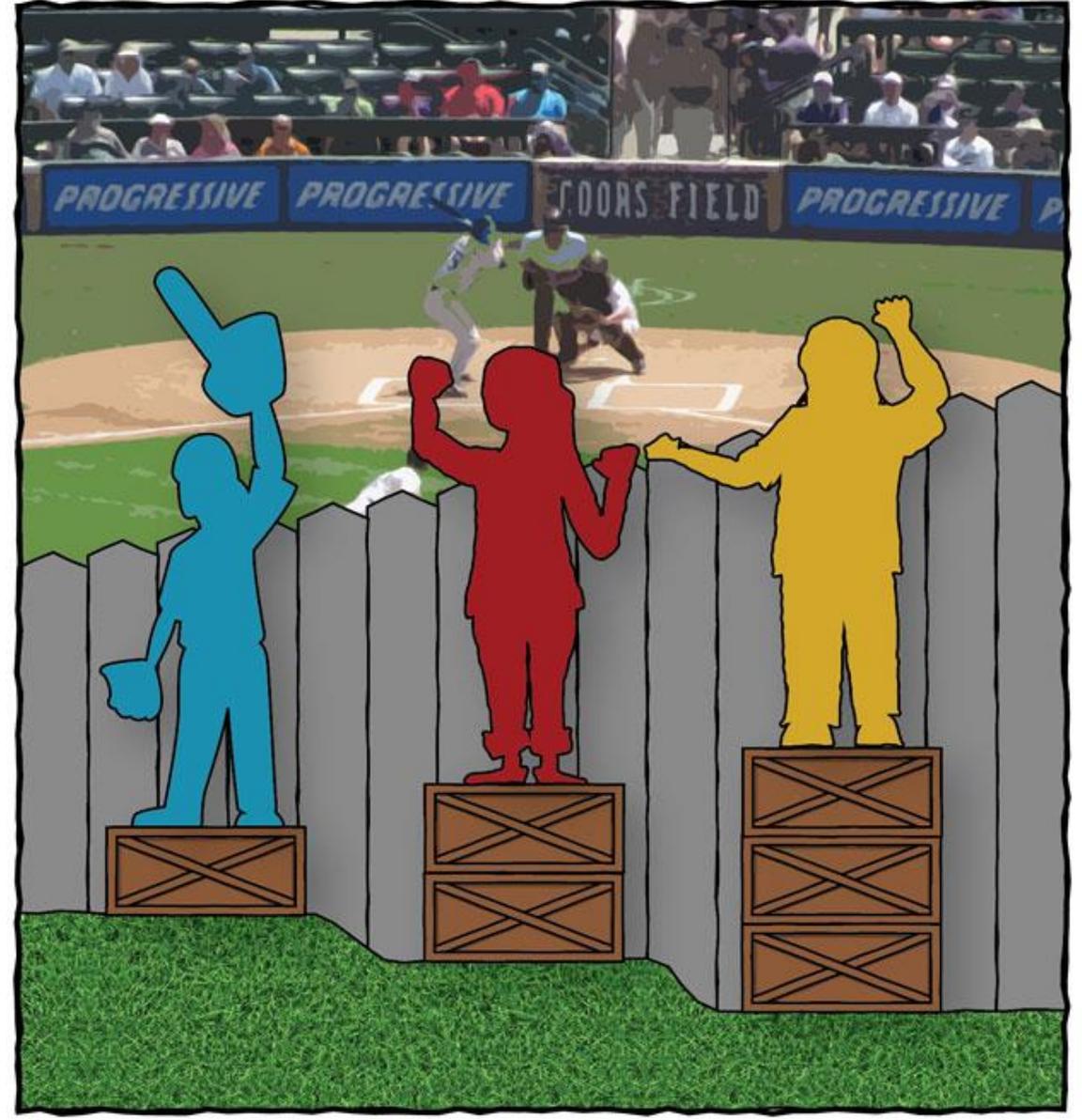
EQUALITY



EQUITY



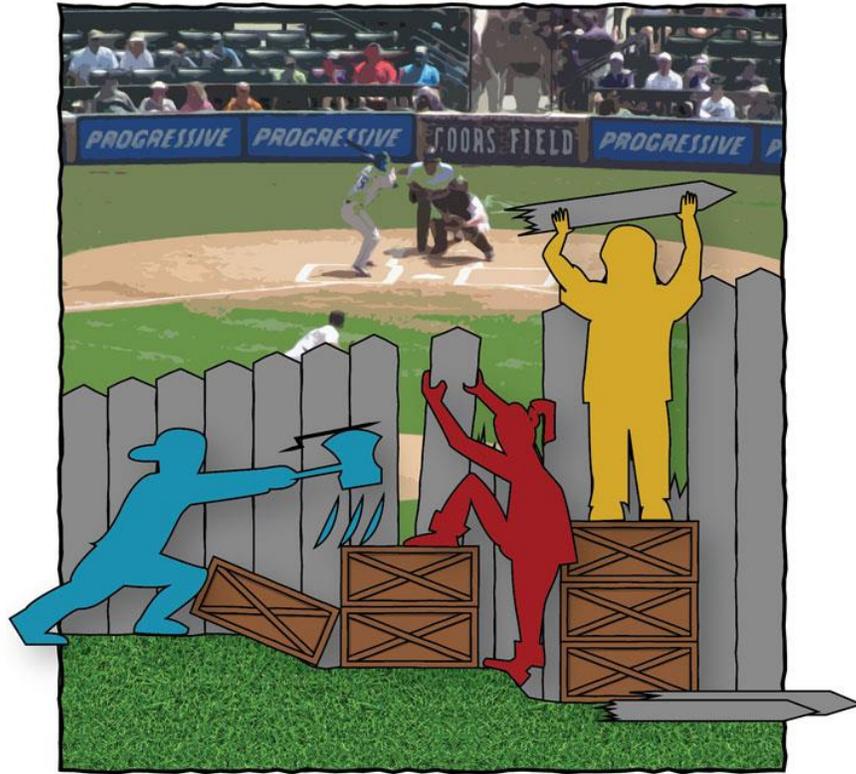
EQUALITY



EQUITY

Source: [Cultural Organizing](#)

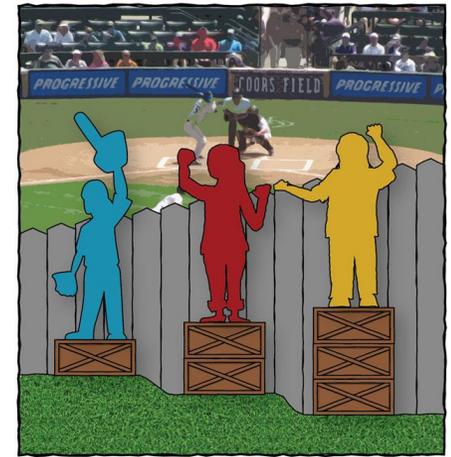




JUSTICE



EQUALITY



EQUITY

FINANCIAL PLANNER



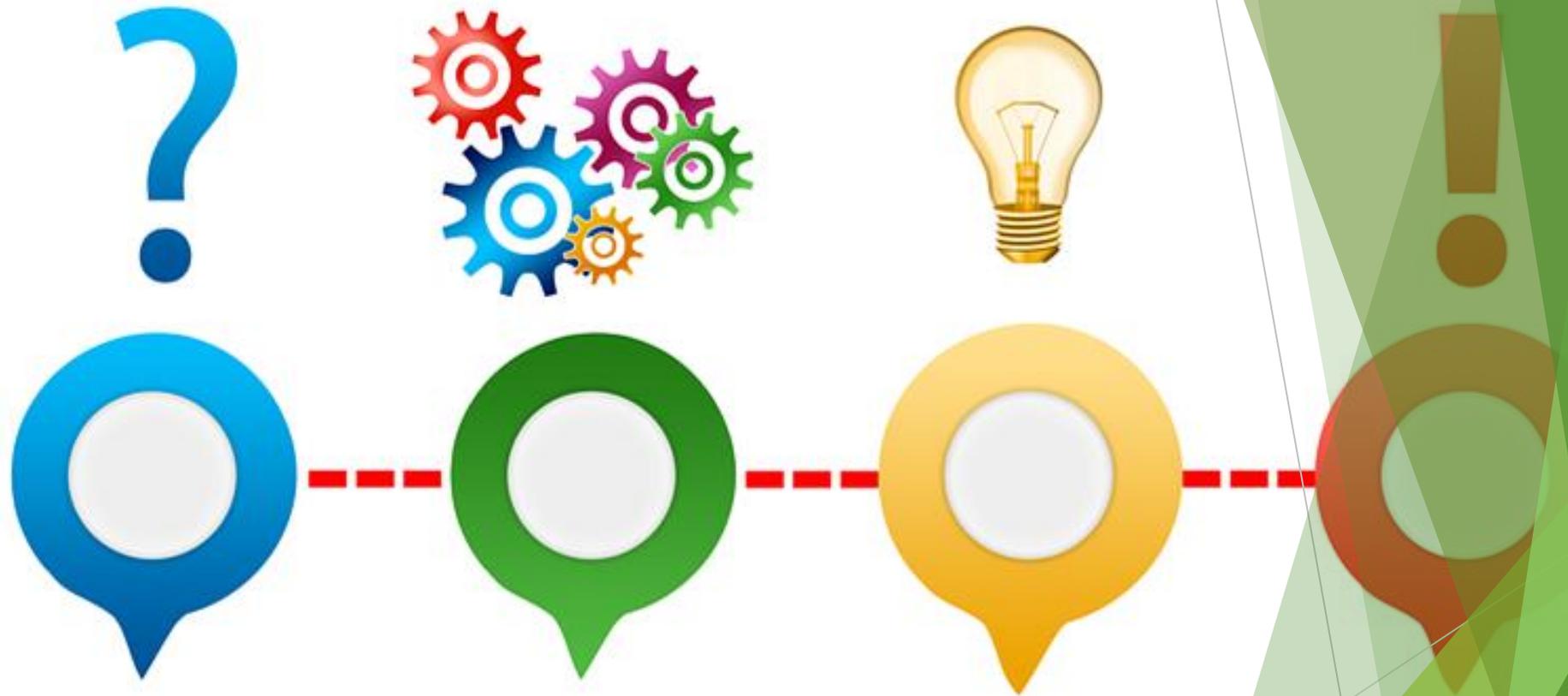


Passion and Motivation

If you love your work,
you'll be out there every day
trying to do it the best you possibly can.
Sooner, everybody around will catch
the passion from you ---
like a fever.

Unknown

Shared
Problem
and
potential
solution



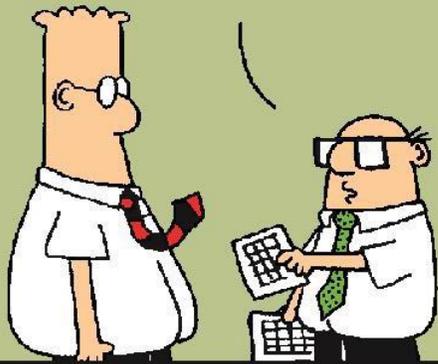
Discuss and Listen



ACTION



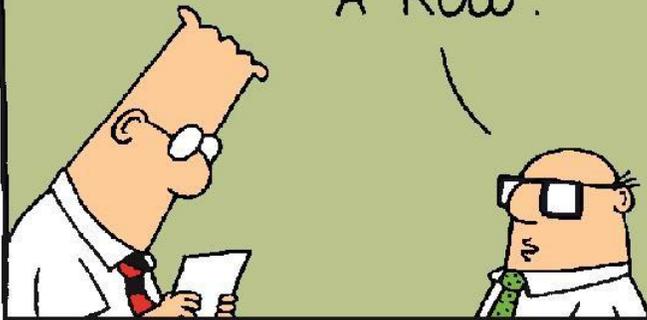
HERE'S YOUR
"BUZZWORD BINGO"
CARD FOR THE
MEETING .



2-22

S. Adams E-Mail: SCOTTADAMS@AOL.COM

IF THE BOSS USES
A BUZZWORD ON
YOUR CARD, YOU
CHECK IT OFF. THE
OBJECTIVE IS TO FILL
A ROW.



YOU'RE ALL VERY
ATTENTIVE TODAY.
MY PROACTIVE
LEADERSHIP
MUST BE
WORKING!



BINGO,
SIR.

© 1994 United Feature Syndicate, Inc.

Healthy Community Design Defined

Justin Dula, AICP

Delaware County Planning Department

DulaJ@co.Delaware.pa.us

610-891-5219

Having Fun with Cereal: Health Equity in a Bowl

David Saunders

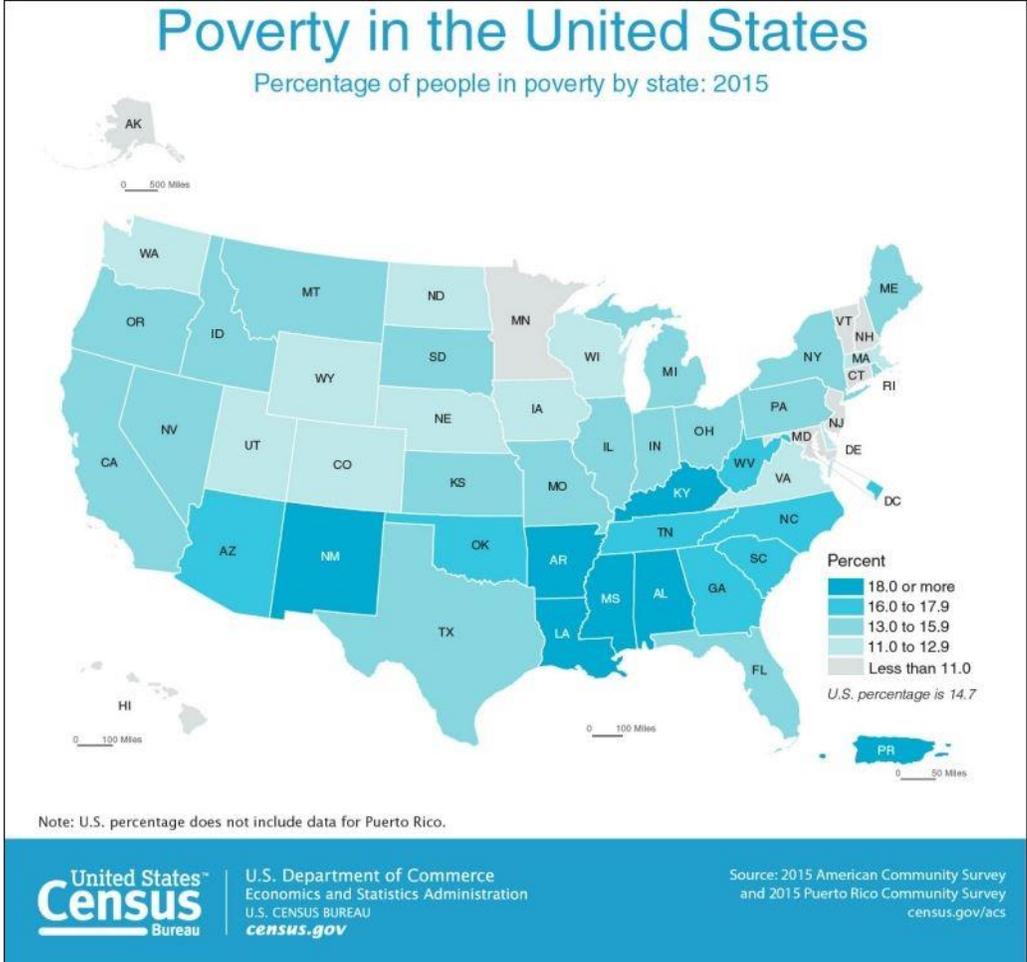
Director, Office of Health Equity

davidsaund@pa.gov

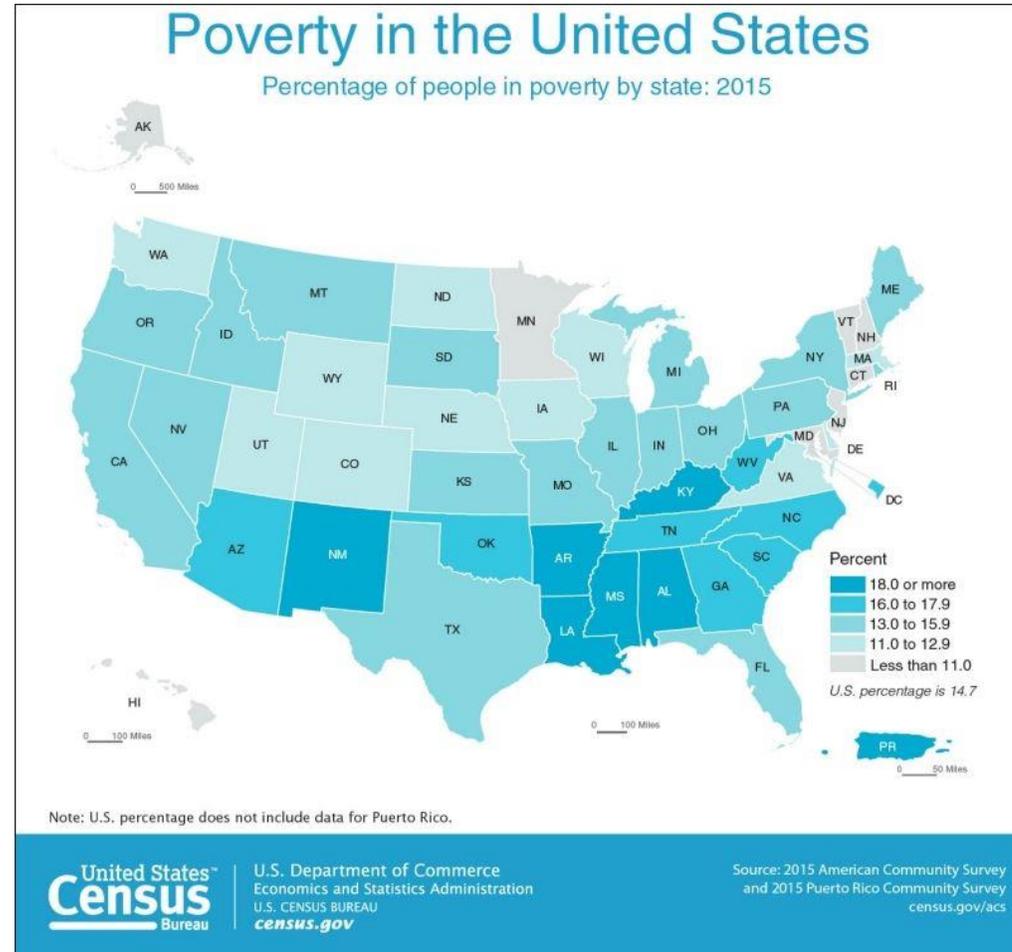
717-547-3315



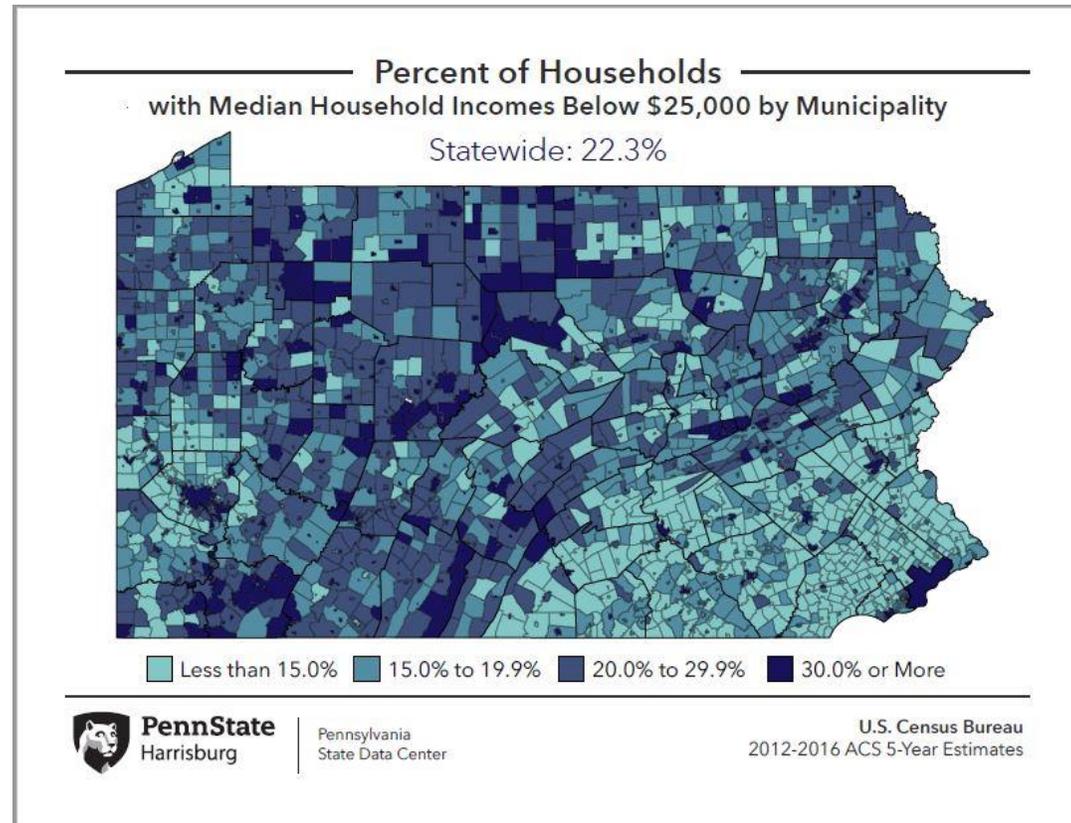
Nationally 41 million people living in poverty



Statewide poverty rate 13-15.9



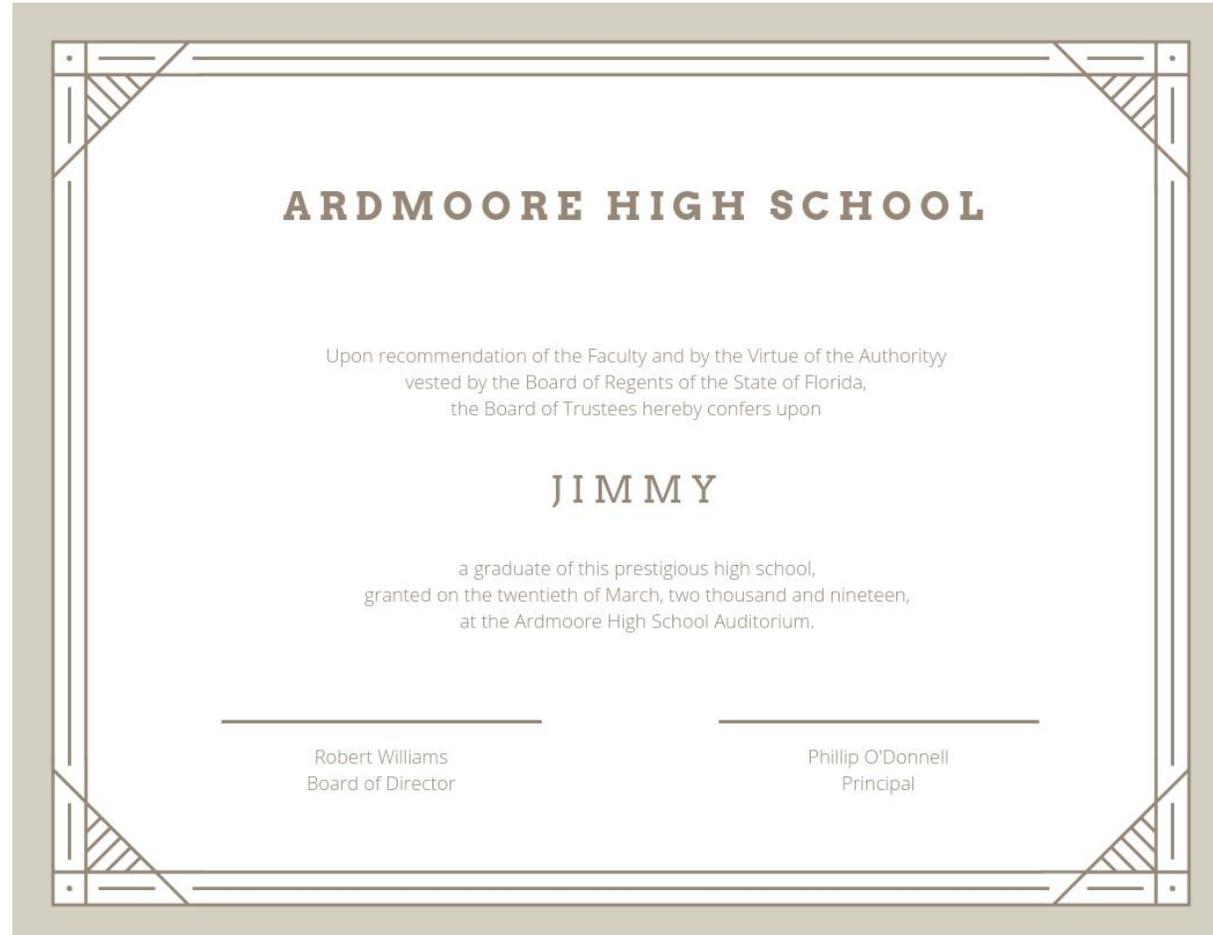
Poverty in PA:
22% of the
population is living
below \$25,000
median household
income.



Jimmy, age 35



Only earned a high school diploma



Custodian



Earnings per hour



\$8.75



\$8.75 per hour

=

\$18,200 ANNUALLY

\$700 for Monthly Rent

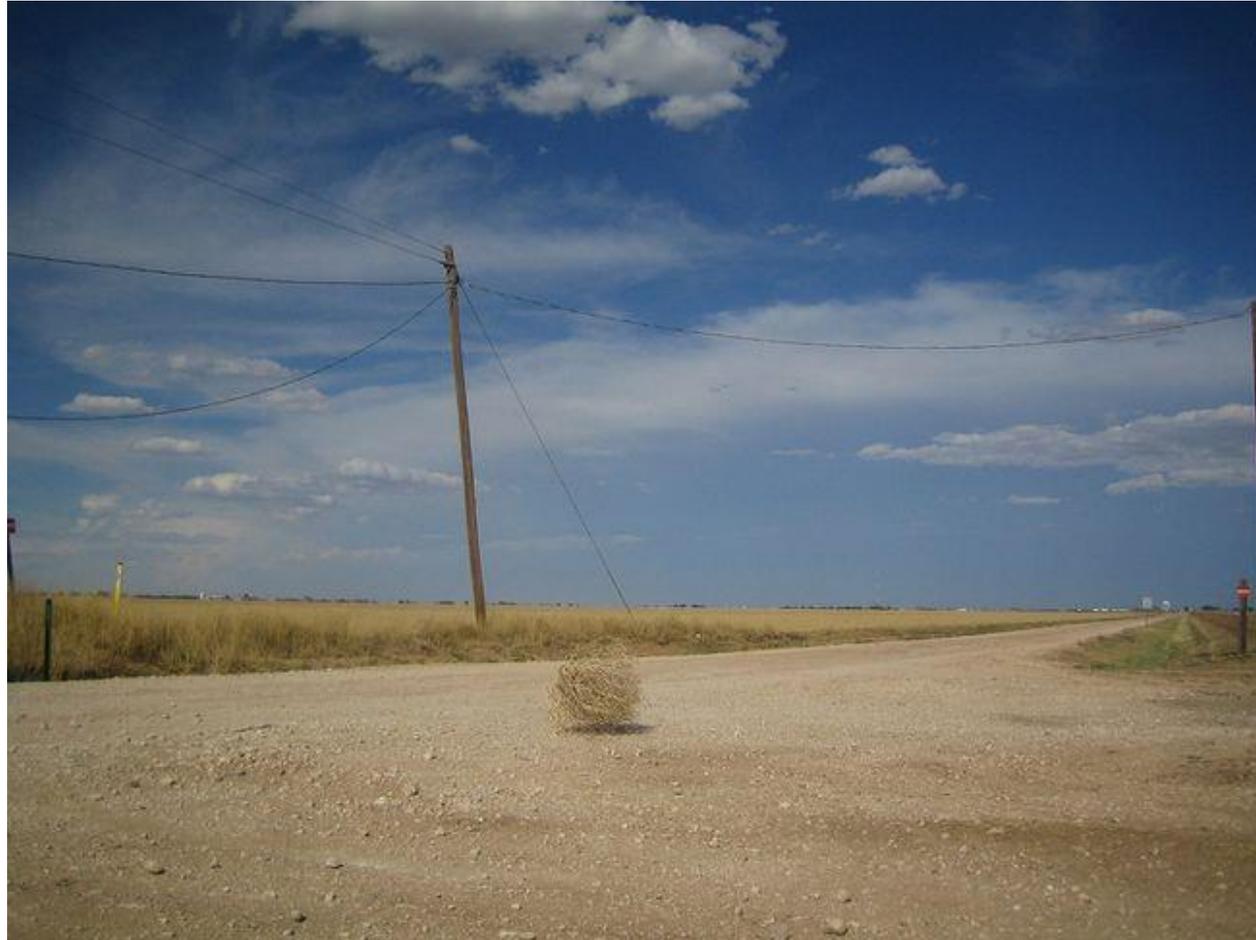
- $\$18,200 / 12 \text{ months} = \sim \1500 per month
- $\$1500 - \$700 \text{ rent} = \$800 \text{ leftover}$
- $\$800 - \$42 \text{ for cigarettes} = \758



Physically demanding job



No grocery stores



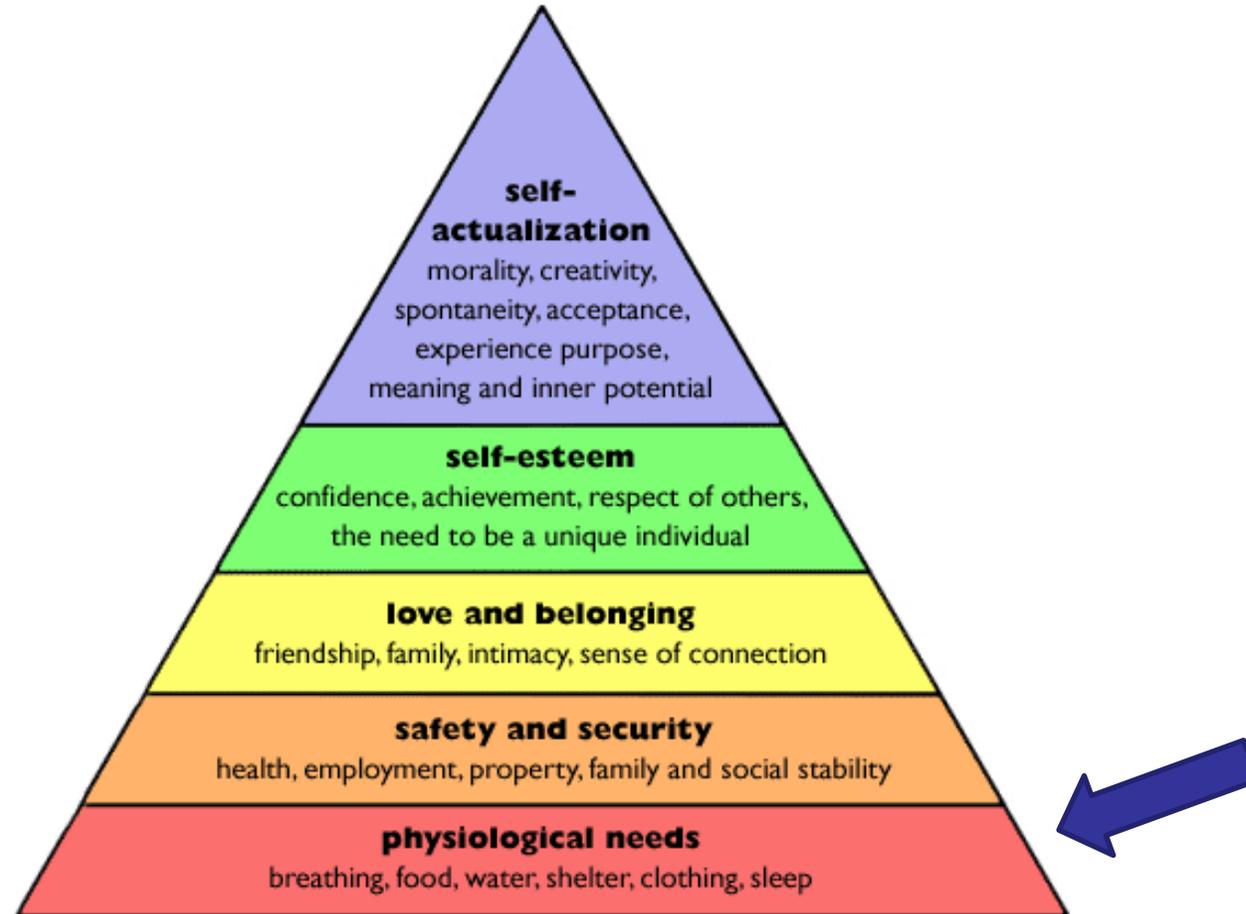
Fast food abounds



Stress reduces motivation



Maslow's Hierarchy of Needs



What can Planners do?



Design for safe walking and biking



Increase access to higher paying jobs

**NOW
HIRING**

Pre packaged ready to go



Having Fun with Cereal: Health Equity in a Bowl

David Saunders

Director, Office of Health Equity

davidsaund@pa.gov

717-547-3315





HEALTHY COMMUNITIES TASK FORCE

LESSONS LEARNED IN HEALTHY COMMUNITY PLANNING

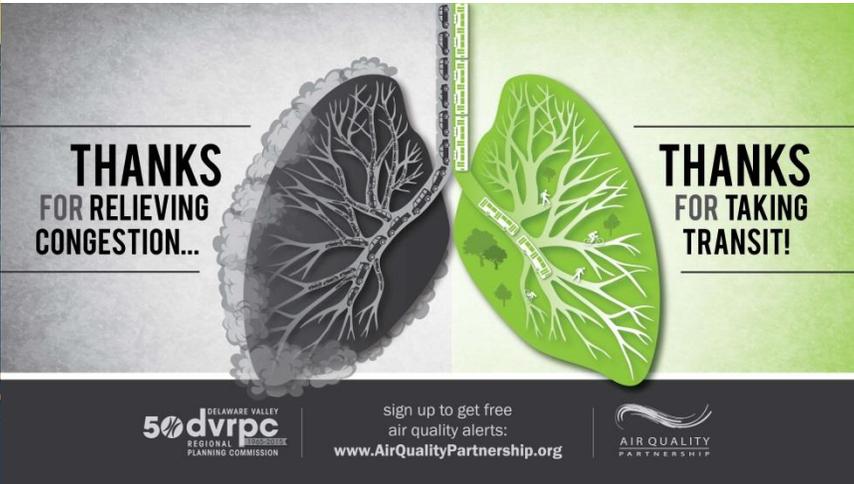
Patty Elkis, PP, AICP
Director of Planning
215-238-2838
pelkis@dvrpc.org



Why Should An MPO Talk About Health?

- According to the CDC, chronic disease is the leading cause of death and disability in the U.S., and is often related to the built environment
- Poor health affects well-being, learning, job functioning - prosperity of region
- Many health outcomes due more to zip code than genetic code
- As the regional planning agency, **we can impact these trends!**

Healthy Community Related Planning at DVRPC



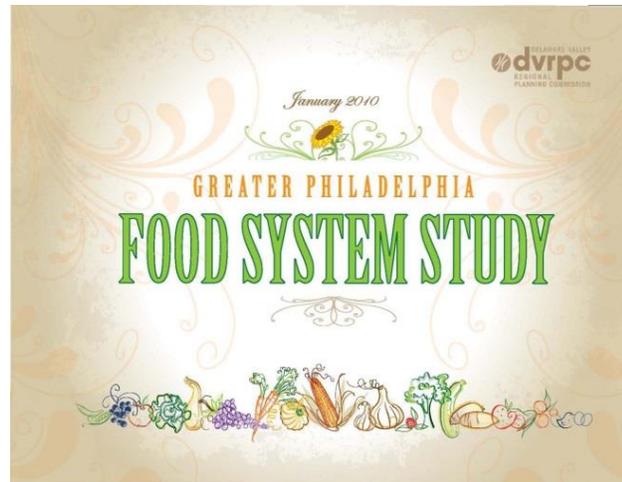
Traditional planning work always supported public health:

- Air Quality
- Safety
- Bike, Ped and Transit
- Environmental Protection

Healthy Community Related Planning at DVRPC

Less traditional planning work led to even more connections with public health:

- Food System Planning
- Health Benefits of Open Space and Trails



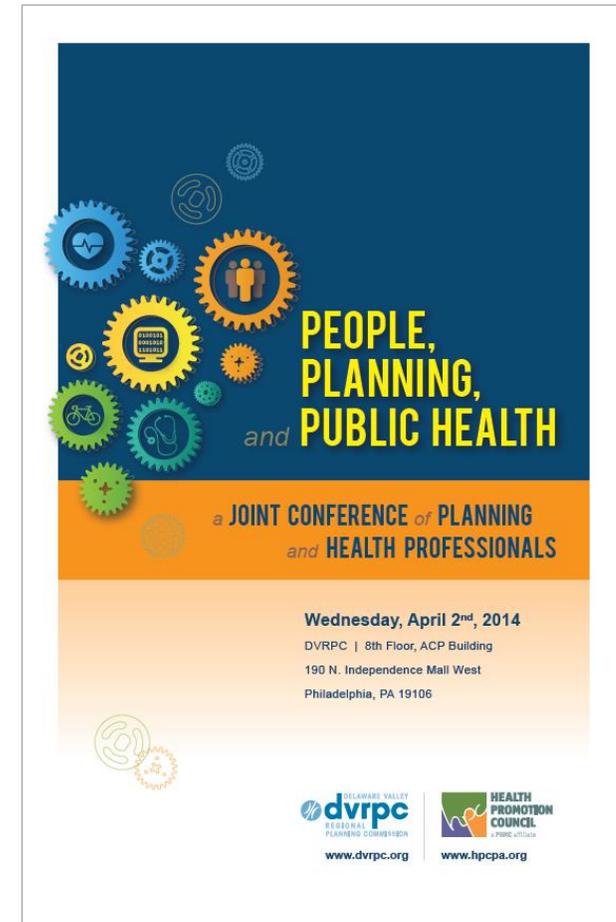
Quantifying the Economic Value of Protected Open Space in Southeastern Pennsylvania



People, Planning and Public Health

Joint Conference of Planning and Health Professionals - April 2014

- Partnered with Health Promotion Council
- Featured inside and outside experts
- Over 100 planners, public health, government, nonprofit, philanthropic, and community attendees
- Desire to keep on meeting, led to birth of
- First Healthy Communities Task Force in May 2014



Healthy Community Task Force (HCTF) Selecting Co-Chairs



Healthy Community Task Force (HCTF) 11 Meetings Since Inaugural Forum

Sampling of Topics

- *Air Quality and Port Communities*
- *Civic Spaces and Mental Health*
- *Equity and Active Transportation*
- *Aging Friendly Communities*
- *Health and Housing*
- *Health and Climate Change*
- *Examples of Health and Planning Working Together*



Training Workshop Summer 2016

“Integrating Health into Comprehensive Planning” trained how to:

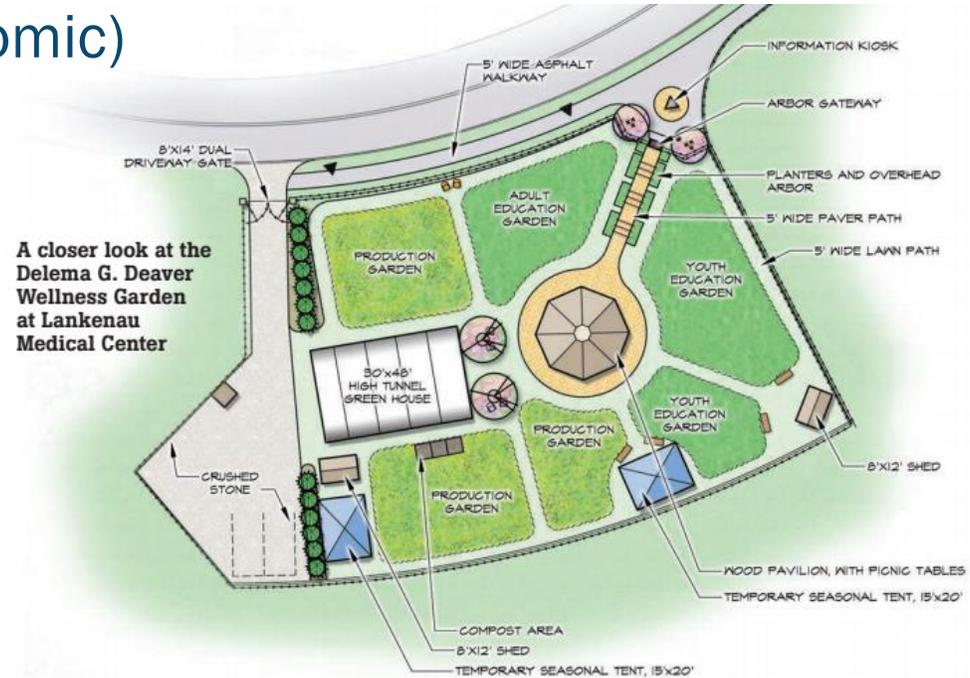
- Integrate health into plans, codes
- Articulate health concerns as related to built environment
- Access and analyze health data
- Engage and communicate with different stakeholders about healthy community planning

Seven Lessons Learned



#1 We Can't Do It Alone

- We need partners
- Must build on each others' expertise
- Impacts to Health can be complex, requiring multi-faceted solutions (built environment, social, legal, economic)



#2 Programming as Important as Planning and Building

- If you build it, will they come?
- Not without good programming!
- Programming = outreach, education, demonstration, events, engagement



#3 Data, Data, Data

- We need it, we love it
- Health Data exists, but not always at geography or timeframe we want
- Data is starting point, and can be ending point, for evaluation
- Partnerships with local medical, nursing and public health departments can help in collecting local data
- But don't let absence of good data create inertia

#4 Pick the Right Tool(s)

- Tools on Incorporating Health into Planning Are Out There – Choose Right One(s)
- HIA/Community Health Assessments
- Audits (walkability, bikeability, parks, billboard/signage)
- Qualitative Research
- Plans
- Policies
- Health Impact as Criteria in Grants

#5 Small Steps Can Lead to Huge Payoffs



- Most lasting changes are not dramatic but gradual
- 6 flights of steps/day = no annual weight gain
- Safe sidewalks = more walking
- More trails/bike lanes/bike shares – more active transportation
- Improved access to fresh foods = better eating
- Deliberate physical activity and eating changes can provide long term benefits

#6 Incorporate as Standard Practice



- Idea is to make health considerations conventional practice, not exceptional practice
- Incorporate healthy patterns into everyday operations
 - Take the Stairs
 - Exercise Breaks
 - Healthy Meals
 - Mentoring
- Incorporate wherever possible: Vision statement, UPWP, LRP, plans and policies

DVRPC Vision Statement

DVRPC's vision for the Greater Philadelphia Region is a prosperous, innovative, equitable, resilient, and sustainable region that increases mobility choices by investing in a safe and modern transportation system; that protects and preserves our natural resources while **creating healthy communities;** and that fosters greater opportunities for all.



#7 Don't be Afraid to Experiment



- Tactical urbanism projects
- Insert a movement break at meetings:

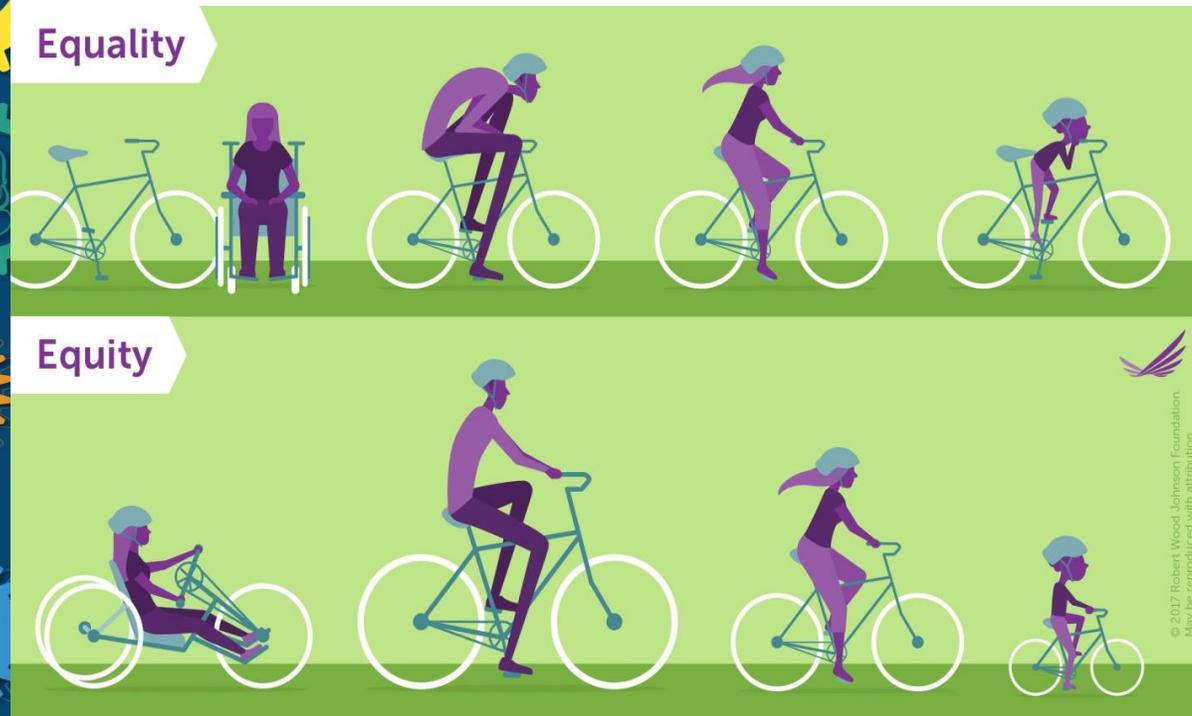
<http://phillypowered.org/mover/philly-movement-break/>

HCTF Looking Forward

- Questions We Ask Ourselves

- Who might be missing from the table?
- Should we do more than info sharing and training?
- Is there a regional goal we should all work toward?
- Should we become more action-oriented?
- How do we maximize the impact of our efforts?

2018: Year of Social Equity and Health



- **January:** Residential Segregation & Health
- **May:** Racism, Trauma & Child Health
- **September:** Just Streets: Intersection of Crashes, Equity & Health (with RSTF)
- **November:** 1st Training Workshop on Racial Equity and Health



Patty Elkis

pelkis@dvrpc.org | 215-238-2838

www.dvrpc.org/Health

THANK YOU!

Thank You to DVRPC:

Barry Seymour
Alison Hastings
Amy Verbofsky
Many Others!

HCTF Co-Chairs:

Dr. Val Arkoosh
Christina Miller
Justin Dula (ex-co-chair)





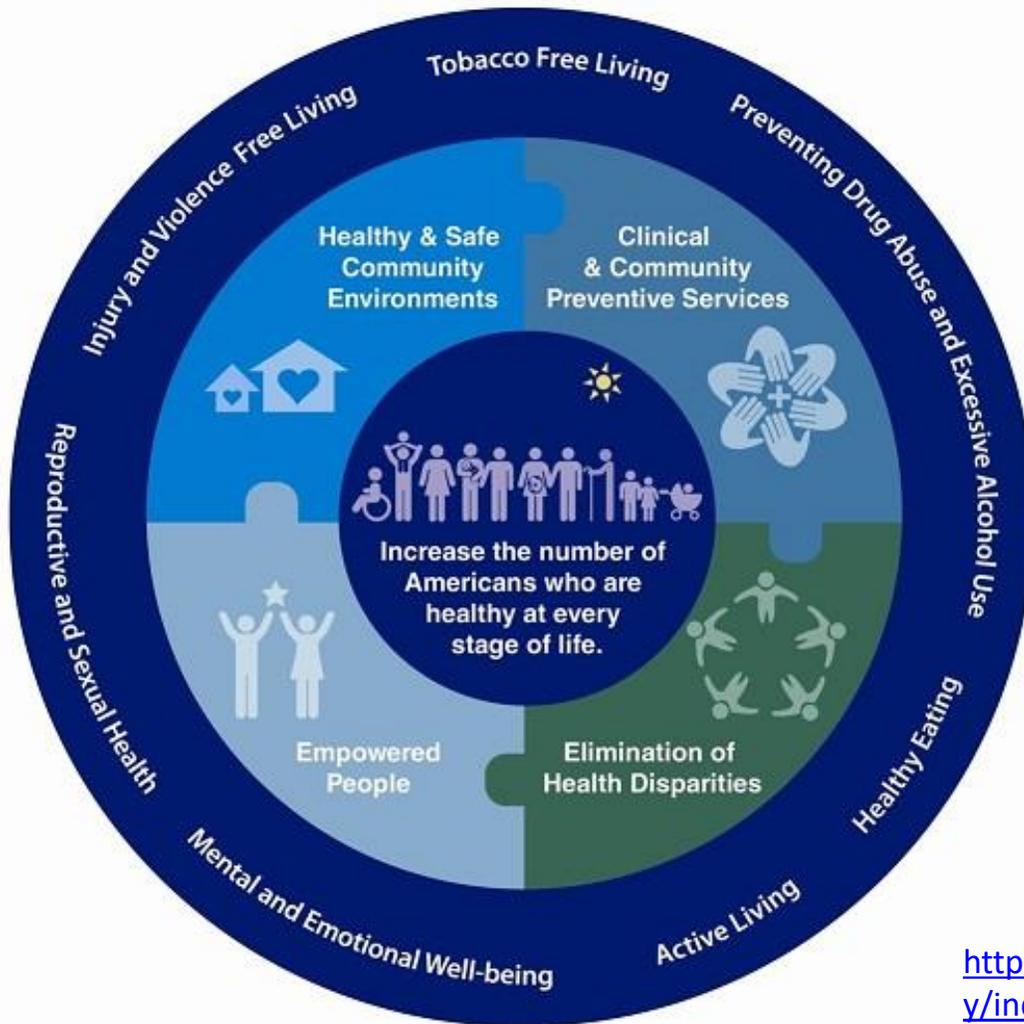
Health in Every Space: Health in All Policies as a way to Achieve Equity

Hannah E. Hardy

Allegheny County Health Department

412-247-7946, Hannah.hardy@alleghenycounty.us





National Prevention Strategy ~ U.S. Surgeon General

<https://www.surgeongeneral.gov/priorities/prevention/strategy/index.html>

What is the connection between planning & health?





What can we do to impact these behaviors?

- Poor Nutrition
- Lack of Physical Activity
- Tobacco Use

*There are other factors at work with these diseases such as genetic risk, environmental or chemical exposures, viruses, etc.

- Diabetes
- Cancer
- Lung Disease
- Heart Disease & Stroke



What can you do?

Start with simple things like increasing your physical activity, eat more fruits and vegetables and take the stairs instead of the elevator. With a few easy steps, you, your family, and friends can live healthier and happier lives.



Creating Health in Every Space



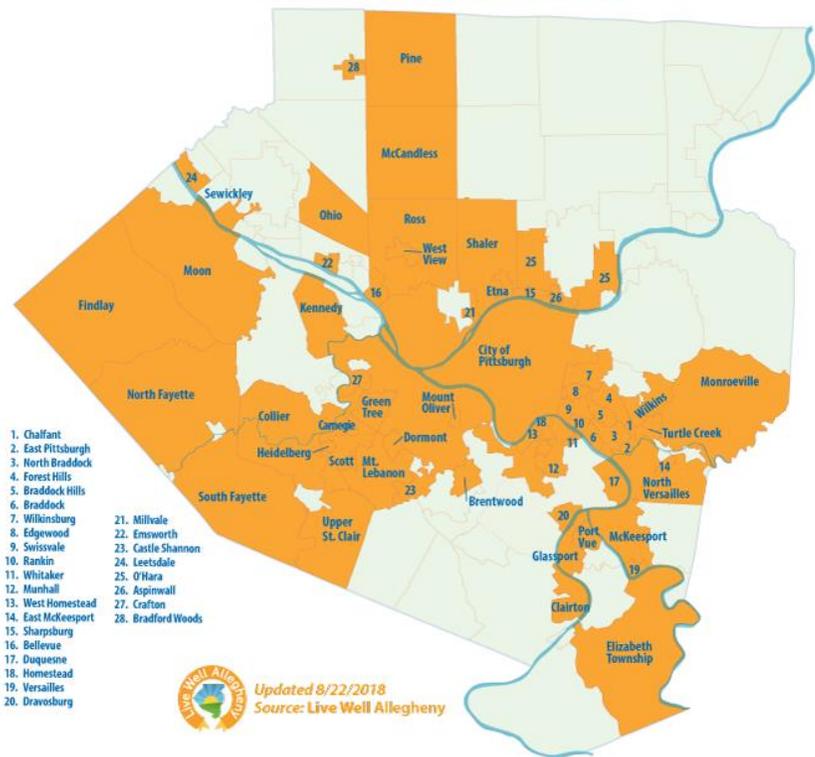
Community Impact Report

JUNE 2018





Live Well Allegheny Communities



Live Well Allegheny School Districts





<https://www.cdc.gov/policy/hiap/index.html>

Health in All Policies is a collaborative approach to improving the health of all people by incorporating health considerations into **decision-making across sectors and policy areas.**

~Public Health Institute

https://www.phi.org/uploads/files/Four_Pager_Health_in_All_Policies-A_Guide_for_State_and_Local_Governments.pdf

Nuts and Bolts of HiAP

HiAP initiatives require that people across different sectors work together as a group, but the membership, level of formality, and activities will vary.

Windows of Opportunity for HiAP in Government

Data Permitting & Licensing

Direct service provision Procurement & Contracts

Education & Information Regulation

Employer Research & Evaluation

Funding Legislation & ordinances

Guidance & Best Practices Taxes & Fees

Training & TA

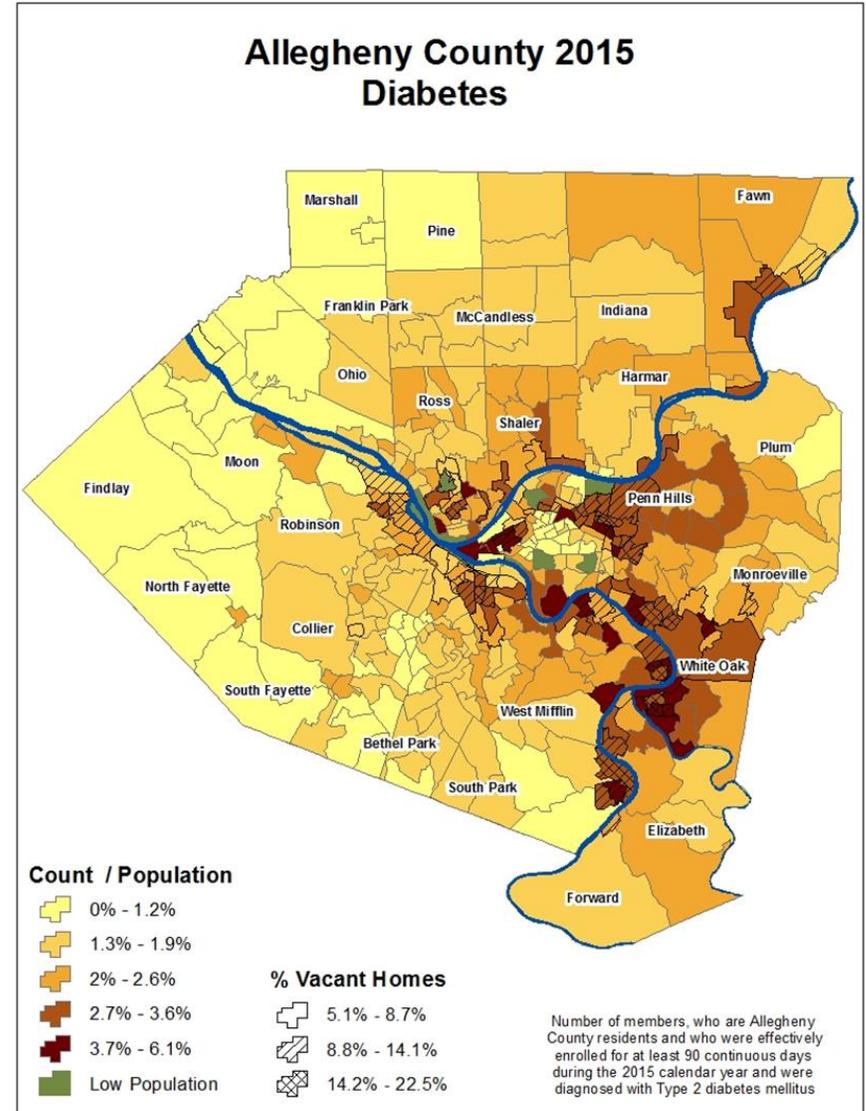
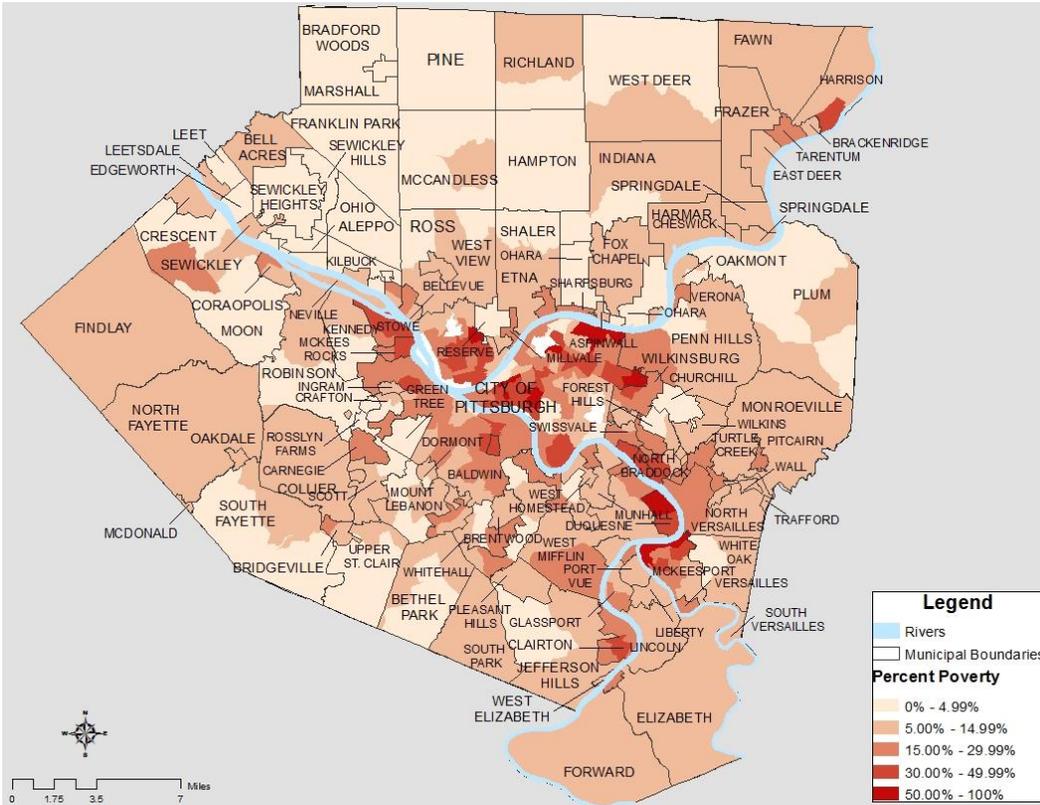


Health in All Policies Strategies

- Train staff at different agencies on health issues and how public health is related to their discipline
- Collaborate with economic development to incentivize “active transportation” through grant program to low-income municipalities
- Provided recommendations for incorporating health into comprehensive planning at County and City level
- Work with food sector to eliminate food deserts and improve food offerings
- Support smoke-free housing and healthy homes models
- Work with Human Services to improve data sharing



Allegheny County Health Department





Health Equity Brief Chronic Disease and Risk Behaviors in Allegheny County



Issue 1, May 2018

All data for this brief come from Allegheny County Survey data: <http://www.achd.net/biostats/brfss.html>

What Influences Chronic Diseases?

The onset and severity of chronic diseases, such as diabetes, heart disease, or cancer are complex. Having a family history of a disease plays a role, but social factors such as employment, education, access to health care services, safe and inexpensive places for physical activity, and the ability to shop for healthier foods (like fruits and vegetables) are also important determinants of health. These social and economic factors may also influence personal behaviors that add to the risk for chronic diseases, such as tobacco use, a diet high in fat and sodium, and little to no physical activity (sometimes because of very limited free time).



Factors Impacting
Chronic Disease



Risk Factors

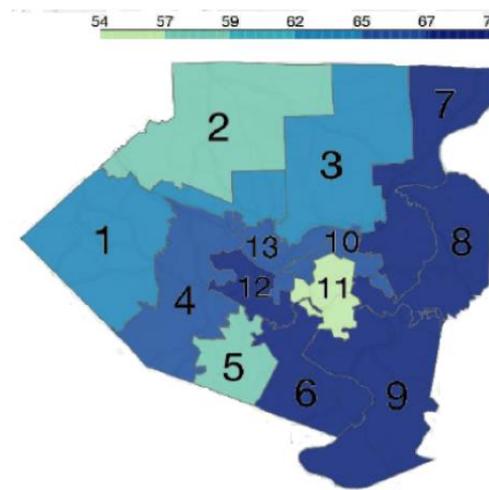


Chronic Diseases

Disparities in Clinical Risk Factors

Overweight & Obesity

The data show that the percentage of overweight and obese adults in Allegheny County is high in all council districts, with areas in the east and south of the county having the highest rates.



High Blood Pressure

In Allegheny County, **35%** of adults ages 18-64 have high blood pressure.



Disparities

48% of individuals without a high school degree have high blood pressure, versus **28%** of individuals with a college degree.

High Cholesterol

In Allegheny County, **35%** of adults ages 18-64 who were tested, reported that they were told they had high cholesterol.



Disparities

41% of individuals making <\$15,000 had high cholesterol versus **30%** of individuals making >\$75,000.



Health Equity

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. To achieve this, we must remove obstacles to health – such as poverty, discrimination, and deep power imbalances – and their consequences, including lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

<https://www.rwjf.org/en/library/research/2017/05/what-is-health-equity-.html>

A screenshot of a U.S. News article page. The page has a dark header with the U.S. News logo and navigation links: CIVIC » Best Countries Best States Healthiest Communities The Report Photos News. A "COMMENTARY" tag is centered above the main title. The title is "Health Equity, Race and Place" in large white font. Below it is a subtitle: "A new analysis from U.S. News shows that where some minorities live puts them on unequal footing when it comes to their health." The author information reads "By Georges Benjamin Contributor Sept. 25, 2018, at 6:00 a.m." The main image shows a row of mailboxes on a dirt road under a cloudy sky, with a street sign for "Old 86" on the left.

U.S. News CIVIC » Best Countries Best States Healthiest Communities The Report Photos News

COMMENTARY

Health Equity, Race and Place

A new analysis from U.S. News shows that where some minorities live puts them on unequal footing when it comes to their health.

By Georges Benjamin Contributor Sept. 25, 2018, at 6:00 a.m.

<https://www.usnews.com/news/healthiest-communities/articles/2018-09-25/health-equity-not-just-about-race-its-also-about-place>



Health Equity Guide: Strategies for A Healthy Community



Source: Montefiore Healthy Community Mural Projects



1. Build Internal Infrastructure

Partners Include

Allegheny County Department of Human Services; Allegheny County Economic Development; UPMC Health Plan; Jewish Healthcare Foundation; Carnegie Mellon Traffic21 Institute; University of Pittsburgh Graduate School of Public Health; Rand Corporation; Gateway Health Plan Inc; Highmark Health; Allegheny County CountyStat; University of Pittsburgh Center for Social and Urban Research ; American Heart Association

**Data Across
Sectors for Health**



Data Guide

A Guide for Data Related to Cardiovascular
Disease Risk in Allegheny County



2. Work Across Government



3. Foster Community Partnerships

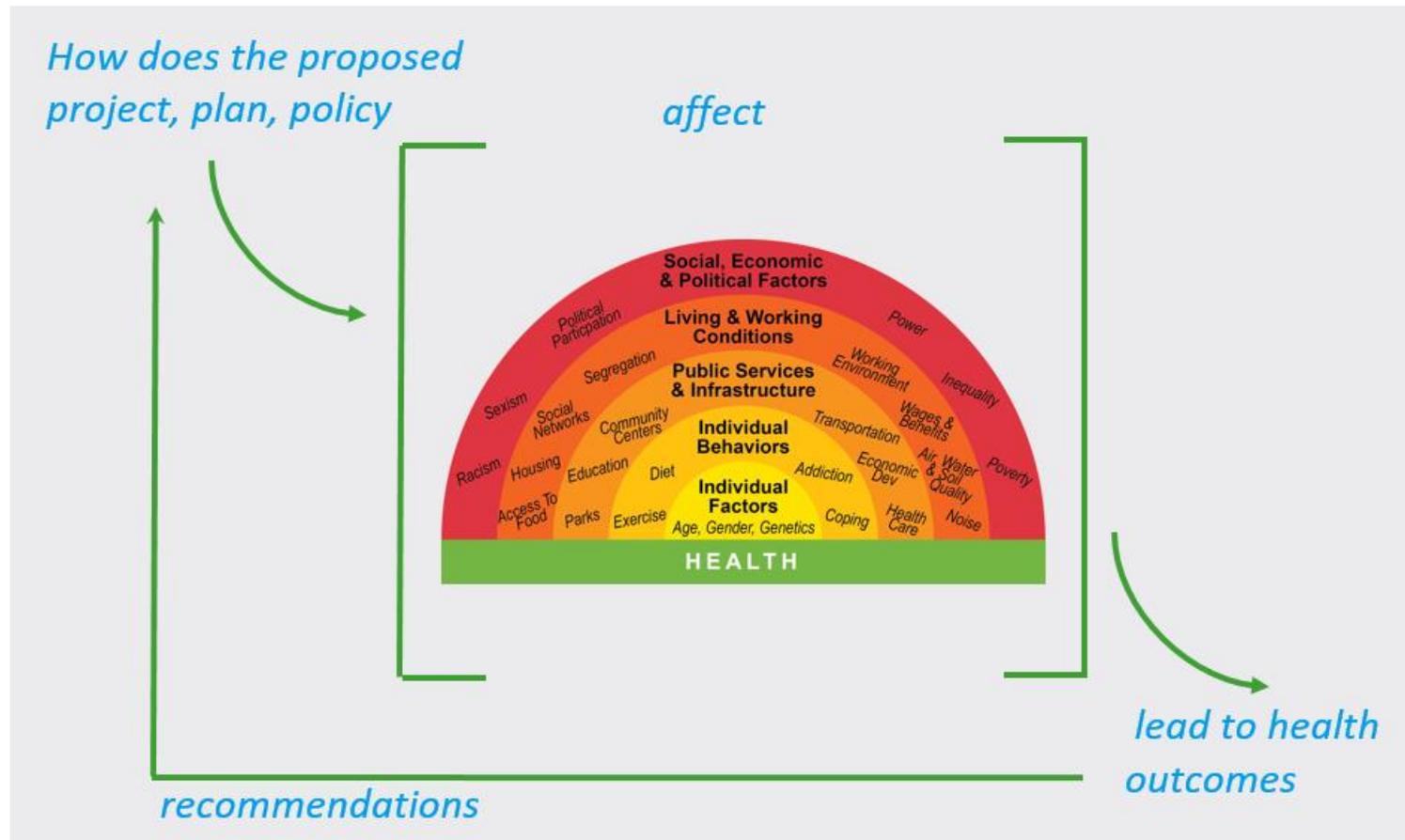
Adopting Health Equity Lens

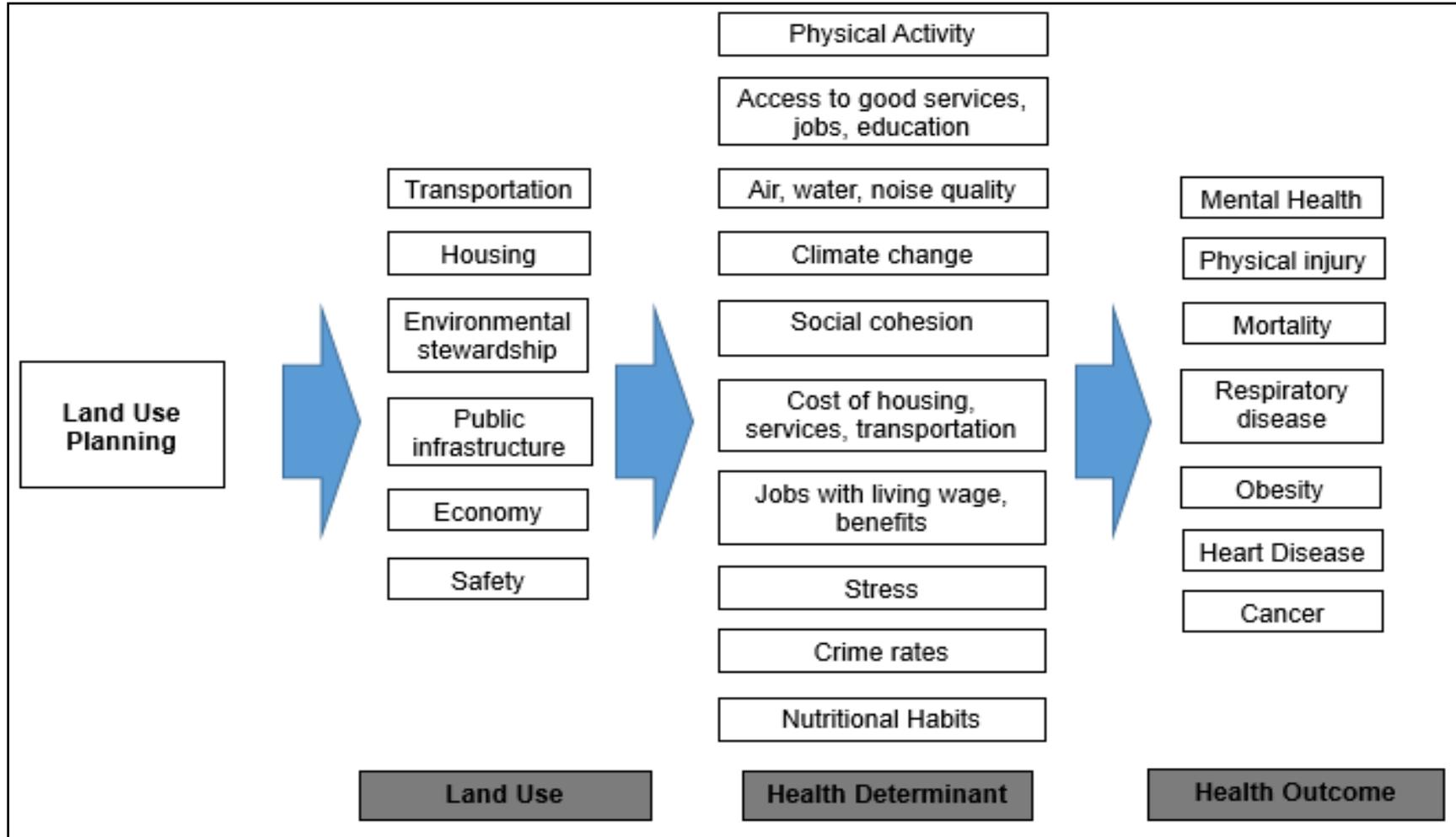
- Live Well Mon Valley Coordinator
- Learning Collaborative
- Increasing access to healthy food and physical activity





4. Champion Transformative Change





(Adapted from Humboldt County, 2008)



Creating Health in Every Space



Community Impact Report

JUNE 2018





Thank you!

Hannah E Hardy: 412-247-7946

Hannah.Hardy@AlleghenyCounty.Us

- Human Impact Partners: <https://humanimpact.org/>
- NACCHO: <https://www.naccho.org/programs/community-health/healthy-community-design/health-in-all-policies>
- Work in Progress/Local Resources:
<http://www.livewellallegheny.com/resources-health-in-all-policies/>



Steps to Health

David W. McFarland, III, AICP, Director
dmcfarland@blairplanning.org

Blair Planning
814-693-2080 x5





Steps to Health

An all-too familiar condition in Blair County

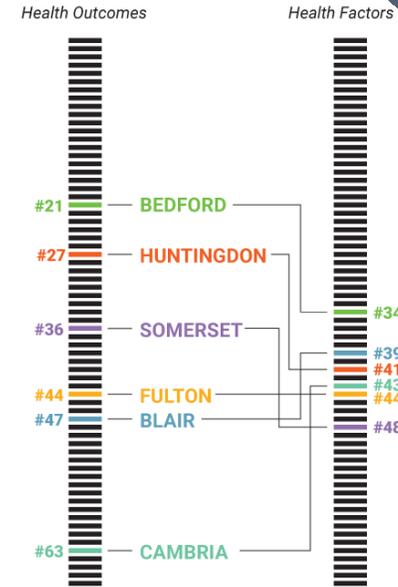
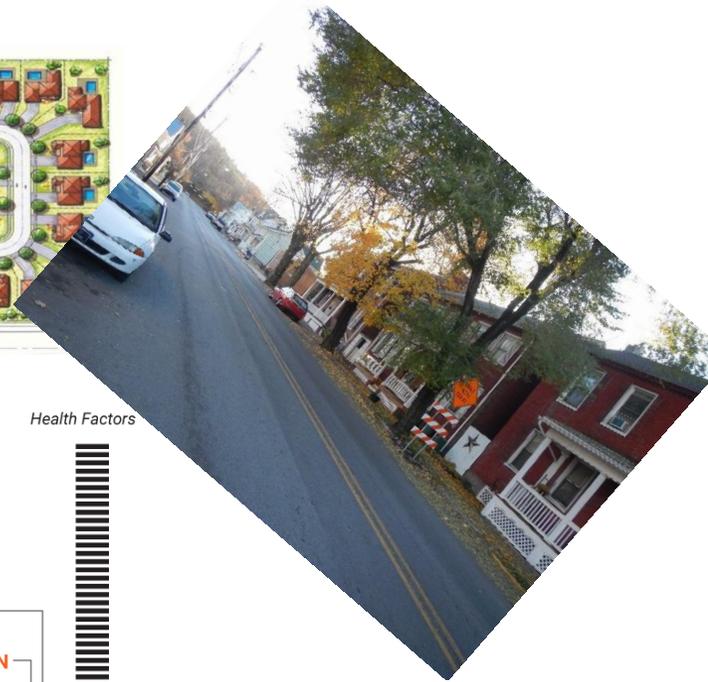


2012



Steps to Health

Chronic disease is frequently related to our built environment . . .



. . . we're a planning office and are well-positioned to impact the built environment

Steps to Health



PA WalkWorks: Our ~~Catalyst~~ Catapult to Health

Concept

Cash

Credibility

Comfort

Community

Steps to Health



Where to start???

New, young city council

Fresh perspectives

Walkable infrastructure

Neighborhood identities

Planning Department support

Altoona



2014



Downtown Altoona

Juniata

Mansion

Steps to Health





Where Next? Hollidaysburg



- Built out community
- Walking group interest
- PennState Altoona Project



Gaysport

Historic Hollidaysburg

Steps to Health



Health Interest Expansion



- We need housing choice!
- There's no workforce available!
- I *hate* being a car slave!
- Half this grocery is junk food!
- We left the area for lack of _____



Steps to Health





Catalysts

Blair County
Community Health
Needs Assessment



2016



Steps to Health



Antis Township Recreation Plan



Community initiated strategic plan

Focused on parks and recreation

Developed over two years

Implementation underway



Steps to Health





Where's *Our* Route?!?

Williamsburg

Newry

Martinsburg

Tyrone

Roaring Spring

Duncansville

Claysburg

Lakemont

Tunnelhill

Greenwood

Steps to Health





Walkability assessments

Walking group formation

Individual interest



Twelve completed routes

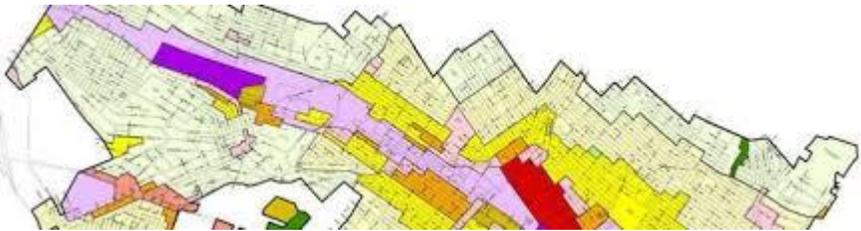
Four more in planning

WalkWorks to TrailTales

Steps to Health

Health in All Policies

All: a small word with a BIG punch



Steps to Health

Health in All Policies

“The morning and afternoon breaks and the lunch break are mandated by law for the well-being of the employee. The practice of working through them should be minimized. We encourage employees to leave the office during their breaks and get some physical exercise.”



Blair County Planning Commission

Employee Handbook

October 1, 2016

... in accordance with its 'Family First' position, allows a flexible workday ...

“Paid sick leave can be used in increments of one hour. Full-time employees may use sick leave benefits for an absence due to their own illness or injury or that of a near family member.”

“Employees may take up to five days of paid bereavement leave to attend the funeral of a deceased parent, spouse, or child; or to administer the affairs of a deceased person when so designated by the deceased or other authority. In these cases of administration or near family members, the employee may request the Director allow the use of other paid time off as may be necessary.

“Employees may take up to three days of paid bereavement leave to attend the funeral of a deceased sibling, sibling-in-law, grandparent, grandparent-in-law, parent-in-law, uncle, aunt, or any member of the employee’s household.”

Steps to Health

Health in All Policies



Blair County Planning Commission
Employee Handbook
October 1, 2016

“... accommodate different lifestyles and employees who live somewhat distant, ... allows for an alternate workweek schedule ...”

“In recognition of the diversity of the population of the nation, we allow employees to utilize alternate holidays to observe significant religious and/or cultural days throughout the year. “

“Telecommuting is an option to employees who cannot make it in to work due to sickness, family care, weather, or other constraining event, but are able to work that day via computer.”

| Day | Religion | Day | Religion |
|-----------------|-----------|-----------------|-------------|
| Laba | Buddhist | Tisha B'Av | Jewish |
| Ash Wednesday | Christian | Eid al-Adha | Islam |
| Orthodox Lent | Christian | Shuubun no Hi | Shinto |
| Shunbun no Hi | Shinto | Rosh Hashana | Jewish |
| Purim | Jewish | Cheung Yung | Buddhist |
| Maundy Thursday | Christian | Yom Kippur | Jewish |
| Qing Ming | Buddhist | Sukkot | Jewish |
| Passover | Jewish | Shemini Atzeret | Jewish |
| Kodomo no Hi | Shinto | All Saints' Day | Christian |
| Ascension Day | Christian | Chanukah | Jewish |
| Ramadan | Islam | Kwanzaa | African |
| Shavuot | Jewish | Patron Saint | Christian |
| Eid al-Fitr | Islam | Other | As Approved |

“Employees with drug or alcohol problems that have not resulted in, and are not the immediate subject of, disciplinary action may request approval to take unpaid leave time off to participate in a rehabilitation or treatment program. Leave may be granted if the employee agrees to abstain from use of the problem substance.”

Steps to Health

ALLEGHENIES AHEAD

OPEN HOUSES SCHEDULED JUNE 28TH

ROARING SPRING

10:00AM - 12:00PM
FAITH ASSEMBLY OF GOD
4851 CREEK MOUNTAIN ROAD

TYRONE

2:00PM - 4:00PM
TYRONE-SNYDER LIBRARY
1000 PENNSYLVANIA AVENUE

LOGAN TOWNSHIP

7:00PM - 9:00PM
LOGAN TOWNSHIP MUNICIPAL
100 CHIEF LOGAN CIRCLE

PRIORITY



Public Health and Safety

2018

OUTCOMES SOUGHT

County health rankings improve; rate of drug-related deaths falls; labor force participation improves; disability rates fall for working age residents; and physical activity continues to improve.

The Link to Demographic Disadvantages

As the region's health care and emergency services workforce ages, attracting and retaining personnel to fill critical roles will be a challenge – and an indication of how well the region is competing for younger households generally.

The Link to Varying Implementation Capacity

Changes in rural health care delivery, combined with rapidly aging populations, may require adaptations that most communities are ill-prepared for.

Steps to Health

ALLEGHENIES AHEAD

OPEN HOUSES SCHEDULED JUNE 28TH

ROARING SPRING

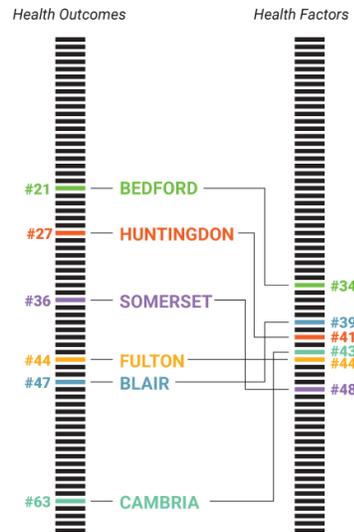
10:00AM - 12:00PM
FAITH ASSEMBLY OF GOD
4851 COVE MOUNTAIN ROAD

TYRONE

2:00PM - 4:00PM
TYRONE-SNYDER LIBRARY
1000 PENNSYLVANIA AVENUE

LOGAN TOWNSHIP

7:00PM - 9:00PM
LOGAN TOWNSHIP MUNICIPAL
100 CHIEF LOGAN CIRCLE



OUTPUTS

Development of a stable public health framework.

Increased access to local healthy food in public places (workplaces, hospitals, nursing homes, grocery stores)

Establishment of a framework to decrease automobile dependency, integrate public health into the social fabric of the community as a priority and mindset, and increase the activity of walking, biking, and water trails to improve connectivity of non-auto paths and trails in Blair County.

Recognition that public, private and not-for-profit sectors all play a role in developing healthy communities.

Steps to Health



What's Next?

Maintain existing walking groups

Cultivate route ownership

Implement the final routes where possible

Maintain the Momentum

Steps to Health





What's Next?



Strengthen grassroots community participation

Ensure sustainability of the Coalition

Move into TrailTales as a logical step from WalkWorks

Increase visibility of Let's Move Blair County

Steps to Health





Active Transportation Resolution

Vision Zero Resolution

Commitment to Health

What's Next?

Active Transportation Plan
(Bikes, Pedestrians, Buggies)

Assist municipalities with complete streets policies

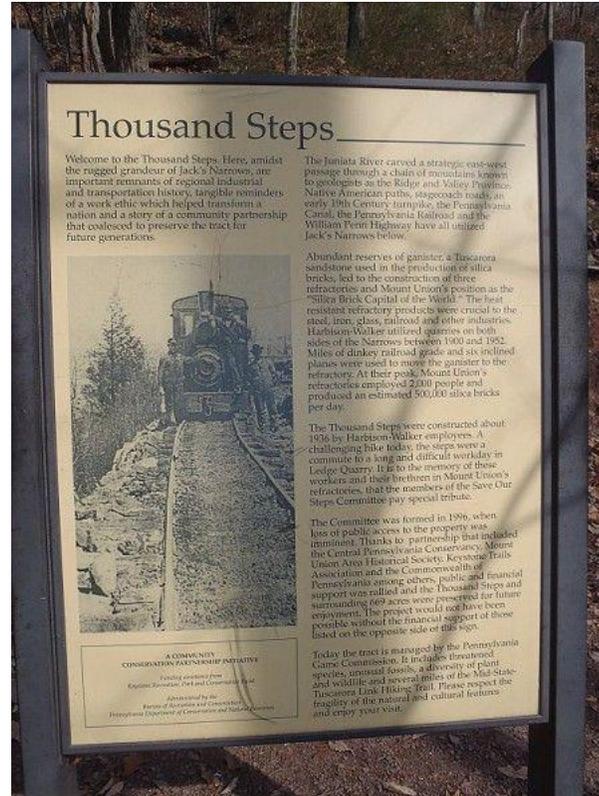
Model ordinances to promote healthy development

Agriculture support for healthy eating

Increase capacity for health-related activities/programs

Steps to Health





Steps to Health





Thank You!

David W. McFarland, III, AICP, Director
dmcfarland@blairplanning.org

Blair Planning
814-693-2080 x5





My Community Loves Me!

Carol L. Reichbaum

Program Manager

carolr@pitt.edu | 412.383.2801



pennsylvania
DEPARTMENT OF HEALTH

What makes a community a walkable community?

- Most destinations within 5-10 minute walk from home and work
- Streets designed to enable and encourage walking
 - ✓ Pedestrian-friendly design for safety's sake
 - ✓ Well-lit streets
 - ✓ Pedestrian-friendly design to make walking pleasant
- Access to public transit



Steps to a Healthier You

Benefits of Walkable Communities

- Improved safety
- Better health
- Equity
- Economic development
- Accessibility
- Environment
- Improved community connectivity
- Alternatives to motor vehicles





pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me



Doesn't he want to
take a load off his feet?

Seriously, if this was
really along my route,
the sofa would be
black and gold!

Steps to a Healthier You



My Community Loves Me Not





pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me



Thanks to those who plowed!
I can walk AND ride my bicycle.

Again, not really on my walking
route, though I would love to
know who does this!

Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me Not



No thanks to the owner of this property!

Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me



Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me Not



BLAH! That is all I have to say...and fortunately, this is NOT on my route.

Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me



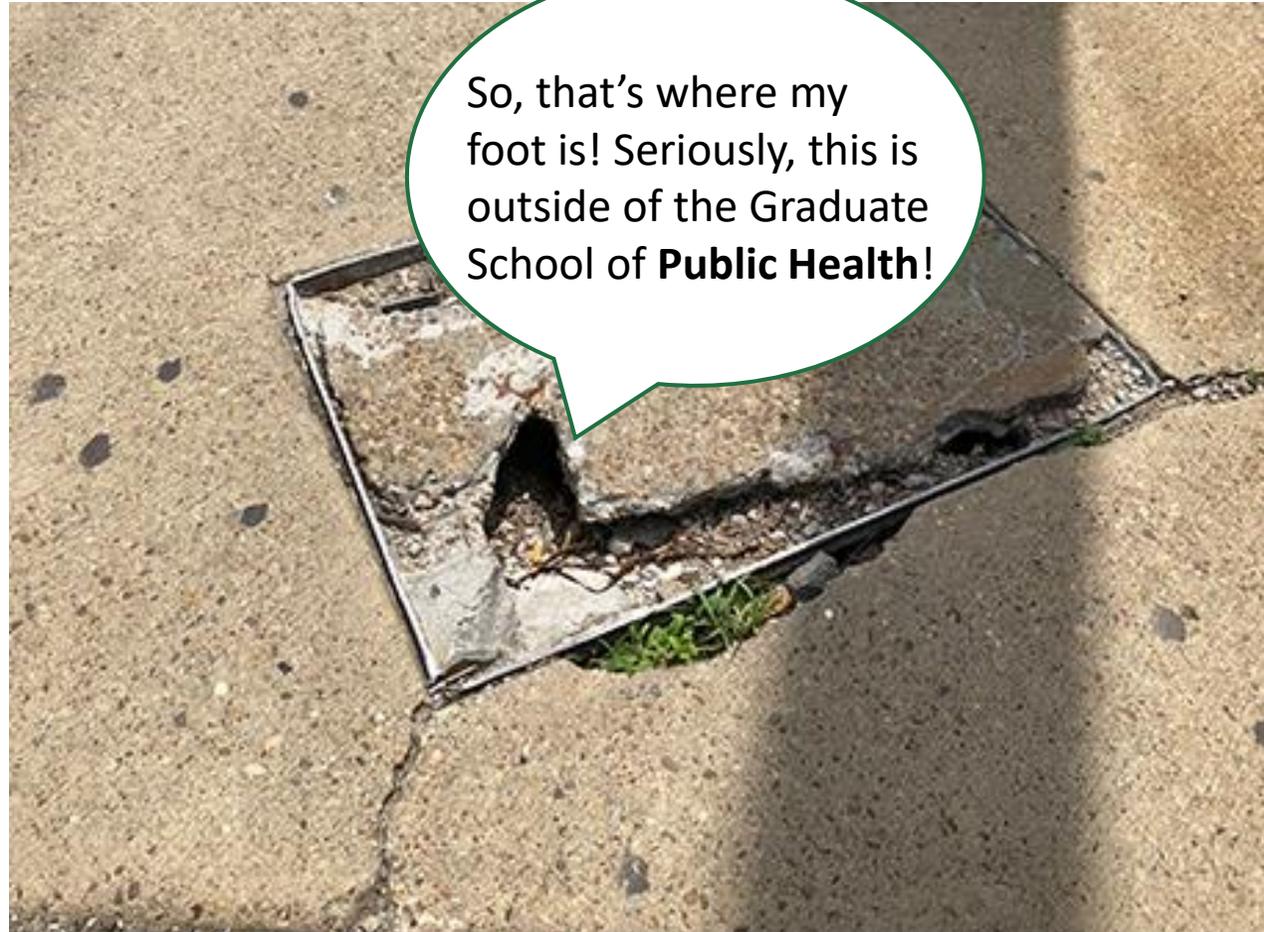
Flowers AND benches! I promise, I do not stop to sit, though isn't it lovely!

Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me Not



Steps to a Healthier You



My Community Loves Me



Downtown
Pittsburgh
DEFINITELY loves
me and I love it!



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me Not



Okay. I am relatively thin, however, is my walking partner expected to walk in the street? Truth be told: This is so Pittsburgh!

Steps to a Healthier You



My Community Loves Me



Alright -- not on my route in Pittsburgh. I had to go to Amsterdam -- the most walkable, bikeable community -- ever! This is one of many bicycle garages; in fact, I passed construction for an underground garage!



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me Not



There I was...walking down the street. I mean "*sidewalk*" and a TRACTOR was idling with no operator in sight – on the sidewalk!, in front of the School of Engineering – no less!

Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me



Missed your bus?
Don't just stand
there. Let the bus
shelter be your
stair master.

Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me Not



Please tell me why this sign is on the sidewalk and prohibiting me from walking. It's a **road** closure – not a sidewalk closure!

Steps to a Healthier You



My Community Loves Me



Another workout possibility – not along my walking route or at my bus stop.





pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me Not



This is what I call an incomplete street OR the title of the source document in which I found this poor woman: Dangerous by Design!

Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

My Community Loves Me



Steps to a Healthier You



pennsylvania
DEPARTMENT OF HEALTH

WalkWorks Loves Walkable Communities!



Steps to a Healthier You



Thank You!

Carol L. Reichbaum

Program Manager

carolr@pitt.edu | 412.383.2801

Steps to a Healthier You

Healthy Communities in Pennsylvania

