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

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 are 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 recreational use.

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.

PEDESTRIAN SPACE – An improved or unimproved area reserved for foot traffic.


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.

PLAN – A draft, diagram, drawing, or set thereof showing the present and proposed physical features of the improvements to land and the proposed development thereon; see also Article III of this Ordinance for classification and requirements of plans. The term “plan” includes profiles, cross-sections, and the like.

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

HORIZONTAL CURVE – A geometric design feature of a roadway – provides a smooth change in direction to the left or right.

IMPACT – The power of an event to produce changes in a condition.

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.

IMPROVEMENT AGREEMENT – A list of improvements approved by the municipality that the applicant agrees to install as a prerequisite to final plan approval.

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.

INGRESS – An entrance.

INTERIOR LOT – See Flag Lot.

INVERT – The lowest visible surface of a drainage conduit or channel.

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.

LAND DEVELOPMENT –

a. The improvement of one (1) lot or two (2) or more contiguous lots, tracts, or parcels of land for any purpose involving:
   i. A group of two (2) or more residential or nonresidential buildings, whether provided initially or cumulatively, or a single nonresidential building on a lot or lots, regardless of the number of occupants or tenure.
   ii. 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, leasesholds, condominiums, building groups, or other features.

b. A subdivision of land.

c. Land developments do not include:
   i. The conversion of an existing single-family detached dwelling or single-family semi-detached dwelling into not more than three (3) residential units.
   ii. The addition of an accessory building, including farm buildings, on a lot or lots subordinate to an existing principal building.
   iii. 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

Source: Matt Brown
How Can Community Design Affect Our Health?

- Access to Healthy Foods
- Traffic-related Crashes
- Social Connections
- Social Equity
- Water Quality
- Climate Change/Extreme Weather
- Physical Activity Levels
- Air Quality
EQUALITY

EQUITY

Source: Cultural Organizing
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
HERE'S YOUR "BUZZWORD BINGO" CARD FOR THE MEETING.

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.
Healthy Community Design Defined

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Having Fun with Cereal: Health Equity in a Bowl

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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
Attained a high school diploma
Custodian
Earnings per hour

$8.75
$8.75 per hour

= 

$18,200 ANNUALLY
$700 for Monthly Rent

• $18,200 / 12 months = ~$1500 per month

• $1500 - $700 rent = $800 leftover

• $800-$42 for cigarettes = $758
Physically demanding job
No grocery stores
Fast food abounds
Stress reduces motivation
Maslow’s Hierarchy of Needs

- **physiological needs**: breathing, food, water, shelter, clothing, sleep
- **safety and security**: health, employment, property, family and social stability
- **love and belonging**: friendship, family, intimacy, sense of connection
- **self-esteem**: confidence, achievement, respect of others, the need to be a unique individual
- **self-actualization**: morality, creativity, spontaneity, acceptance, experience purpose, meaning and inner potential
What can Planners do?
Design for safe walking and biking
Increase access to higher paying jobs

NOW HIRING
Plan for increased access: fresh fruits/vegetables, physical activity, and less fast food
Pre packaged ready to go
Having Fun with Cereal: Health Equity in a Bowl

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HEALTHY COMMUNITIES TASK FORCE

LESSONS LEARNED IN HEALTHY COMMUNITY PLANNING

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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!
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
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
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
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National Prevention Strategy ~ U.S. Surgeon General

https://www.surgeongeneral.gov/priorities/prevention/strategy/index.html
What is the connection between planning & health?

1. Access to Recreation and Open Space
2. Access to Healthy Foods
3. Access to Medical Services
4. Access to Public Transit and Active Transportation
5. Access to Quality Affordable Housing
6. Access to Economic Opportunity
7. Completeness of Neighborhoods
8. Safe Neighborhoods and Public Spaces
9. Environmental Quality
10. Green and Sustainable Development and Practices

Community Health and Wellness
What can we do to impact these behaviors?

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
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


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**
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/bioe/data/brfs.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).

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
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 8:09 a.m.

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 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
Land Use Planning

- Transportation
- Housing
- Environmental stewardship
- Public infrastructure
- Economy
- Safety

Land Use

- Physical Activity
- Access to good services, jobs, education
- Air, water, noise quality
- Climate change
- Social cohesion
- Cost of housing, services, transportation
- Jobs with living wage, benefits
- Stress
- Crime rates
- Nutritional Habits

Health Determinant

- Mental Health
- Physical injury
- Mortality
- Respiratory disease
- Obesity
- Heart Disease
- Cancer

Health Outcome

(Adapted from Humboldt County, 2008)
Creating Health in Every Space

Community Impact Report
JUNE 2018
Thank you!

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- 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

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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

Downtown Altoona
Juniata
Mansion

2014

Steps to Health
Where Next?

Hollidaysburg

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

Steps to Health

Gaysport

Historic Hollidaysburg
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

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?!?

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<th>Williamsburg</th>
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<td>Tunnelhill</td>
<td>Greenwood</td>
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Steps to Health

Walkability assessments
Walking group formation
Individual interest

Twelve completed routes
Four more in planning
WalkWorks to TrailTales
Health in All Policies

All: a small word with a BIG punch

Steps to Health
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.

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

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

“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.”

“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.”

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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.
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.
What’s Next?

- Maintain existing walking groups
- Cultivate route ownership
- Implement the final routes where possible
- Maintain the Momentum
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
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
Thank You!

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My Community Loves Me!

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Program Manager

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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
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!
My Community Loves Me Not

Really? I need to climb over the guard rail to get to the bus stop?

I guess it's somewhat protected from the sun – ‘not so sure about the rain or bugs.

No crosswalk.

No sidewalk.

Looks hazardous all the way around!

Steps to a Healthier You
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!
My Community Loves Me Not

No thanks to the owner of this property!
Yes, I pass a Diplodocus on my walk! Notice his black and gold scarf.
My Community Loves Me Not

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

Flowers AND benches! I promise, I do not stop to sit, though isn’t it lovely!
My Community Loves Me Not

So, that’s where my foot is! Seriously, this is outside of the Graduate School of Public Health!
My Community Loves Me

Downtown Pittsburgh DEFINITELY loves me and I love it!
Okay. I am relatively thin, however, is my walking partner expected to walk in the street? Truth be told: This is so Pittsburgh!
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!
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!
My Community Loves Me

Missed your bus? Don’t just stand there. Let the bus shelter be your stair master.
Please tell me why this sign is on the sidewalk and prohibiting me from walking. It’s a road closure – not a sidewalk closure!
My Community Loves Me

Another workout possibility – not along my walking route or at my bus stop.
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
My Community Loves Me
WalkWorks Loves Walkable Communities!
Thank You!

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Steps to a Healthier You
Healthy Communities in Pennsylvania