Active Transportation

Bicycling, walking and other ways of getting around that involve being physically active

Chris Hawkins, Community Engagement
Public Health & Social Services Dept.
Active Transportation Co-Benefits

- Physical activity
- Affordability
- Lower health care costs (including emergency)
- Inclusiveness
- Social capital
- Livability
- Plus, the environmental benefits that go with cleaner air and prevention of climate change impacts (less disease, less flooding, fewer fires)

Photos from PedBikeImages.org / Dan Burden
Design for Daily Physical Activity

Photos from PedBikeImages.org

(Dan Burden, NYCDOT, Toole Design Group)
Evidence of Built Environment

• People who live in walkable neighborhoods are 2x as likely to get enough physical activity compared to those who don’t.

• People in mixed use neighborhoods are 33% more likely to meet physical activity guidelines.

• People who live near a trail are 50% more likely to meet guidelines for physical activity.

• Slowing down traffic reduces crashes that cause injuries by 25% in residential neighborhoods.

Source: Active Living Research: https://activelivingresearch.org/
Basics of Our Built Environment Matter to Health

Active Community Design consists of...

• Density
• Diversity
• Design

Even small features like end-of-trip bike racks and restrooms or water fountains matter.
Local Measures of Progress

- Proportion of housing in walking distance of activity centers
- Trail mileage
- Improvements: New connections, other improvements e.g., benches & wayfinding signs

Long-term Outcomes:
- Adult and youth physical activity levels
- Share of kids who walk/bicycle to school
2018 Community Design Action Plan - Priorities

Healthiest Cities & Counties Challenge –

- Trail Walkshed Project
- Connector Paths
- Benches and Wayfinding Signage
- Policy changes

Safe & Active Routes to School
2018 Community Design Action Priorities

**Active Community Design**

- HCCC Project – recognized with Spotlight award for progress going into Year 2, continue efforts to boost access for nearby residents, make improvements the enhance the trail use experience

- Engage local partners to figure out how we can achieve more and do things better...
Active Community Design Workshop

*provided forum local planners and practitioners to look at successes & challenges to achieve active community design
*developed ideas about how policies, codes or systems can be modified to make it easier to accomplish good design

“In our studies and project designs we need to ask ourselves not only if the corridors are complete and safe, but also whether the project will help meet livability, sustainability, and resilience needs of the community.”

▶ Attending:

- Cities of Lacey, Olympia, Tumwater and Yelm
- Intercity Transit
- Economic Development Council, PARC Foundation, Thurston County, TRPC
Policy Changes:

• City of Lacey...

• Thurston County Comprehensive Plan Update

• Regional Trails Plan
Safe & Active Routes to School

education – encouragement – engineering – enforcement
Safe & Active Routes to School

education – encouragement – **engineering** – enforcement
Continued progress, expanded engagement...

in support of active communities.

Contact: Chris Hawkins, (360) 867-2513 or hawkinc@co.thurston.wa.us
Questions?

Activity:

• Using the problem scenario and your own experience coordinating employee transportation, please address these questions...

What ways can you support active transportation more:

1) Through environmental changes at your worksite?
2) Through community changes?
3) Through education and incentives