

# Healthy Communities Strategy Active Transportation

## Strategy Purpose

In the United States, about one in two adults lives with a chronic disease, and approximately half of all adults do not get the physical activity they need to help reduce or limit chronic diseases<sup>1</sup>. One way to increase physical activity is to provide opportunities for active transportation. Active transportation is a means of getting to places that people travel to daily (i.e. everyday destinations) by human-powered energy, such as walking, bicycling, and rolling using other wheeled devices (e.g. wheelchairs, scooters).



Often called “non-motorized transportation”, it is the key connection between our transportation choices and maintaining a healthy and active lifestyle. Connecting non-motorized transportation systems (i.e. activity-friendly routes) to everyday destinations supports increased daily physical activity for all community members. Local or District Health Departments (LHDs) participating in this strategy focus on two primary objectives; (a) ensuring that active transportation goals or projects are incorporated into new or updated jurisdiction-wide transportation plans, and (b) implementing active transportation goals or projects in existing jurisdiction-wide transportation plans.

## What are Activity Friendly Routes and Everyday Destinations?

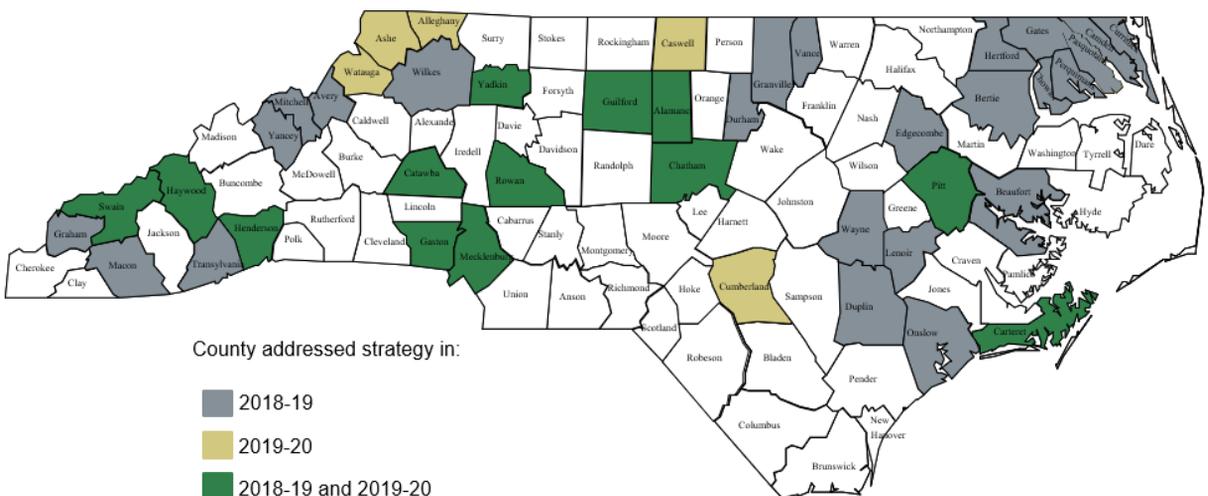
Everyday destinations are places that people visit on a regular basis. This can include grocery stores, schools, worksites, libraries, parks, restaurants, cultural and natural landmarks, or healthcare facilities.



**Activity friendly routes** provide direct and convenient connection to everyday destinations by walking, bicycling, rolling, and/or public transit<sup>2</sup>.

## Strategy Participation

LHDs covering 42 counties, including 4 multi-county districts have worked on this strategy from 2018 to 2020.



### References:

- <https://www.cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html>
- <https://www.cdc.gov/physicalactivity/community-strategies/beactive/index.html>

# Healthy Communities Strategy

## Active Transportation

### Statewide Results

#### 2018-19

In 2018-19 LHDs completed numerous active transportation (AT) activities to satisfy initial outcomes for this strategy, resulting in:

- 24** Completed walkability assessments
- 11** Educational/Media campaigns promoting AT
- 4** Community locations where [wayfinding signage](#) was placed
- 4** New or existing jurisdiction-wide plans with AT goals added or adopted

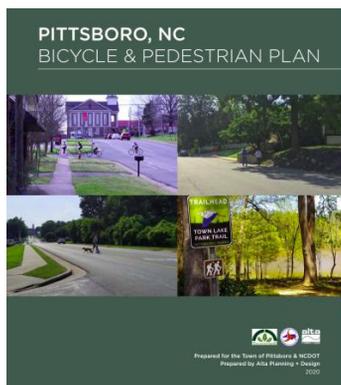


#### 2019-20

In 2019-20, strategy outcomes included the adoption of AT goals within new or existing jurisdiction-wide transportation plans, or implementation of AT goals within existing plans. Throughout 2019-20, LHDs have achieved:

- 6** New or existing jurisdiction-wide plans with AT goals added or adopted
- 2** AT goals within existing jurisdiction-wide plans implemented

### Local Spotlight:



The **Chatham County Public Health Department (CPHD)** made great strides over the last two years to address this strategy. Through partnership with both county and municipal planning departments, CPHD was able to incorporate public health priorities into multiple local parks and transportation plans. CPHD's willingness to actively participate in planning meetings, propose ideas, assist in developing grant applications, and even provide funding, made them a valued member of the planning team.

In June 2018, CPHD worked with the Siler City planning department to complete an NCDOT Sidewalk Feasibility study for the addition of a 1.5-mile section of sidewalk in a low-income, predominantly Hispanic neighborhood. This resulted in the sidewalk construction being added to the City's list of future projects. CPHD is currently assisting with the development of a Master Parks plan for a local park, and Siler City has agreed to include walkable/bikeable access and connectivity as park priorities. CPHD also partnered with Chatham Parks and Recreation to draft the health component of the County's overall Parks and Recreation master plan, which includes specific recommendations on how to prioritize health equity and continued collaboration beyond the planning process.

In partnership with the Town of Pittsboro, CPHD conducted various walkability assessments in town. Recommendations from the assessments were incorporated into the latest draft of the Town's Bike/Pedestrian plan. CPHD played a key role in ensuring community engagement in the prioritization process. Priorities identified include health equity for the Bike/Pedestrian Plan, establishing permanent booths to conduct outreach at a local YMCA, public library, and Council on Aging, and promoting the plan on social media.

