Active Living Workshops 101
Health by Design is a coalition of diverse partners working to ensure that communities throughout Indiana have neighborhoods, public spaces and transportation infrastructure that promote physical activity and healthy living.
Health by Design
creating built environments to foster healthy living

PHYSICAL ACTIVITY
- Protected natural environments
- Strengthened economic development
- Reduced auto dependency
- Prevented criminal activity

TRANSPORTATION
- Less traffic congestion
- Enhanced community interaction

AIR QUALITY
- Greater mobility and connectivity

LAND USE
- Access

SAFETY
- Public Health
The Division of Nutrition and Physical Activity (DNPA) provides statewide leadership for healthy eating and active living strategies that works to reduce the burden of overweight, obesity, and related chronic diseases. The DNPA, in partnership with organizations statewide, works to create healthier environments in schools, communities, worksites, and healthcare settings.
ACTIVE LIVING WORKSHOPS

- 43 to date
  - 23 through ISDH
  - 20 through Purdue Extension
- Call for applications for up to three additional through ISDH
  - Stellar Communities
ALW OBJECTIVES

• Describe how community planning and design influences and supports active living.
• Identify practical tools and ideas for building healthier neighborhoods.
• Recognize how transportation and land use patterns can work together to form safer, healthier and more accessible communities.
• Name and discuss Complete Streets principles and illustrate how they can be applied locally in a variety of contexts.
City of Bedford
Active Living Workshop
Planning for a Healthy Community

Wednesday, September 21, 2016
9:00 a.m. – 4:00 p.m.
Bedford Chamber of Commerce
1116 16th Ave., Bedford, IN 47421

9:00 – 9:30 a.m. Welcome and Introductions
Shawn Girgis, Mayor, City of Bedford
Barry Jeskewich, Parks Director, City of Bedford
Rachel Beyer, Community Wellness Coordinator, Purdue Extension

9:30 – 10:45 a.m. Active Living – What It Is and Why It Is Important
• Our Challenge
• Our Charge
• Our Opportunity
• Our Direction
  Kate Riordan, MUP, Health by Design
  Joey Vraziel, PhD, MA, Leverage Points Consulting

10:45 a.m. –
12:00 p.m. Walk Audit
• The Keys to a Walkable Community
  Pete Fritz, AICP, RLA, Indiana State Department of Health

12:00 – 12:30 p.m. Lunch

12:30 – 1:15 p.m. Walking and Bicycling Suitability Mapping Exercise

1:15 – 2:00 p.m. Best Practices in Planning and Designing for Active Living
  Pete Fritz, AICP, RLA, Indiana State Department of Health

2:00 – 3:45 p.m. Active Living Priorities: Group Brainstorming and Action Planning

3:45 – 4:00 p.m. Wrap-up

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Active Living
What is it and why is it important?
ACTIVE LIVING

A way of life that integrates physical activity into daily routines.

- Walkable
- Bikeable
- Transit-oriented
- Universally accessible
- Streets are places
- All settings provide safe & easy opportunities for being active
“Physical activity offers many benefits to health, whether it be preventing disease, contributing to emotional and cognitive health, or helping to maintain independence later in life.

Many consider it the ‘wonder drug’ of health promotion.”

WALKING AND BICYCLING TO SCHOOL

48 percentage of children who walked or bicycled to school in 1969

13 percentage of children who walked or bicycled to school in 2009

- 1969 Nationwide Personal Transportation Survey (USDOT, 1972)
- National Center for Safe Routes to School
## COUNTY HEALTH RANKINGS

<table>
<thead>
<tr>
<th></th>
<th>Indiana</th>
<th>Top US Performers</th>
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<tbody>
<tr>
<td>Obesity</td>
<td>31%</td>
<td>25%</td>
</tr>
<tr>
<td>Physical Inactivity</td>
<td>28%</td>
<td>20%</td>
</tr>
<tr>
<td>Access to Exercise</td>
<td>75%</td>
<td>91%</td>
</tr>
<tr>
<td>Driving alone to work</td>
<td>83%</td>
<td>71%</td>
</tr>
</tbody>
</table>

Source: [http://www.countyhealthrankings.org](http://www.countyhealthrankings.org)
How did we get here?
“One number may determine how healthy you are and how long you live. It isn’t your weight, cholesterol count, or any of those numbers that doctors look at. **It’s your address.**”

Policy Link
SOCIAL ECOLOGICAL MODEL

- Policy
- Organizational
- Community
- Interpersonal
- Individual

Physical Environment
The choices we make are driven by the choices we have.
Healthy policies → Healthy environment → Healthy behaviors → Healthy people

Create the conditions for active living!
Policy, Systems, and Environmental Change

**Policy**: Healthy lunch requirement; provide guidelines

**System**: Vendor choice or vendor’s food options

**Environment**: Healthy food is provided

Make the healthy choice the easy choice!
INTENTION
The Benefits of Active Living

Health

Economic

Environment
WALK AUDIT

5 Ways to improve walkability:

1. Make places for people, not just cars.
2. Create destinations and a sense of place.
3. Provide connections to nature.
4. Be authentic.
5. Encourage diversity and variety.

Source-AARP and Dan Burden
SUITABILITY MAPPING INSTRUCTIONS

*STAR* common destinations

CIRCLE challenging intersections

GREEN = very safe and comfortable

YELLOW = somewhat safe and comfortable for biking and walking

RED = very unsafe and uncomfortable for biking and walking (and should/could be improved)
SUITABILITY MAPPING
BEST PRACTICES

• **Policies**-that support and encourage active communities.

• **Plans**-that create a vision of what could be.

• **Programs**-that promote active living environments.

• **Projects**-that implement community change.

• **Performance measures**-to make sure it all works.
• Design streets for all ages and abilities

• Create incremental change

• 21 policies in Indiana
EVANSVILLE WALK TO SCHOOL DAY
JEFFERSONVILLE CROSSWALKS
SOUTH BEND BIKE AND PEDESTRIAN COUNTS
BEDFORD
JOHN WILLIAMS BLVD. & R STREET
HUNTINGTON
JEFFERSON, RIVERSIDE, & ETNA
HUNTINGTON
JEFFERSON, RIVERSIDE, & ETNA
CONNERSVILLE
PARK RD. & 27TH ST.
FOCUS AREAS

- Biking
- Walking
- Land Use & Public Spaces
- Parks & Greenspace
- Transit
- Schools
BRAINSTORMING

• Ideas and images that caught your attention

• Assets & barriers to Active Living in the community

• What are your top three “low hanging fruit” ideas to improve Active Living?

• What are your top three “most important” ideas to improve Active Living?
FOLLOW UP

• Notes & Priorities – one week

• Active Living Workshop Report – six weeks

• Active Living Action Plan – three months

• Progress Report – nine months

• Success Story – one year
FRANKFORT
ENCOURAGE BICYCLING

Source: Healthy Communities of Clinton County
MADISON
INCREASE CONNECTIVITY

Source: Valecia Crisafulli
KEYS TO SUCCESS

• Create a Sense of Urgency

• Political will to implement active living

• Bring community leaders to assist

• Recruit a team of doers to implement

• Involve the public throughout
Coming soon: Indiana Active Living Guidebook

• Planning and designing for Active Communities
• Using a Walk Audit to Increase Awareness
• Using a Mapping Exercise to Identify Opportunities
• Active Living Strategies for Indiana Communities: 5 Ps
• Making it work in Indiana
  – Share success stories
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