



Physical Activity Access Project 2019





24
HOUR

FITNESS

FITNESS
WOMEN'S FITNESS
GROUP CLASSES
KIDSCALE SAVE
PINK LIPS

EMERGENCY LOCK
OUT SERVICE
REPAIRS

FITNESS

24
HOUR

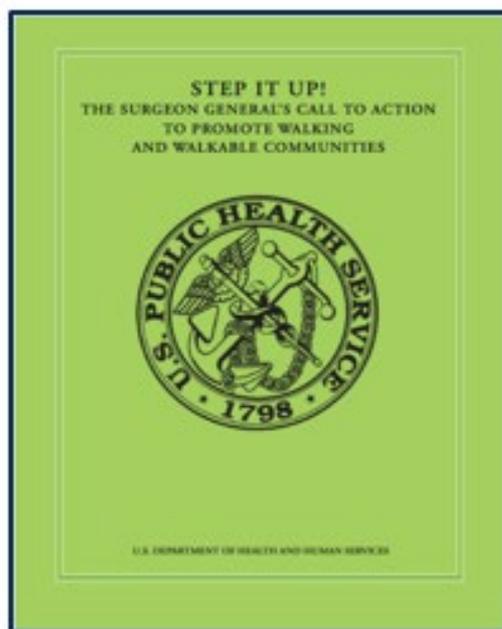
24
HOUR

POINT LO
HANDICAP
TO UPPE
LOCATED
24 HOUR

thisisbroken.com



A *Step it Up!* Goal



Released September 9, 2015

Design communities that make it safe and easy to walk for people of all ages and abilities

<https://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/call-to-action-walking-and-walkable-communities.pdf>



Increasing Physical Activity: Built Environment Approaches

Combine interventions from two major categories

Pedestrian or Bicycle Transportation Systems

- Street pattern and connectivity
- Pedestrian infrastructure
- Bicycle infrastructure
- Public transit infrastructure and access



Land Use and Environmental Design

- Proximity to destinations
- Mixed land use
- Residential density
- Parks and recreational facilities

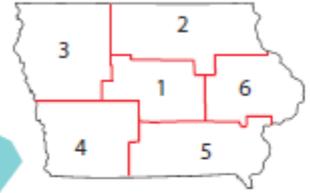


Guide to Community Preventive Services. Physical Activity: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design. <https://www.thecommunityguide.org/findings/physical-activity-built-environment-approaches>. Page last updated: May 01, 2017. Page accessed: May 4, 2017

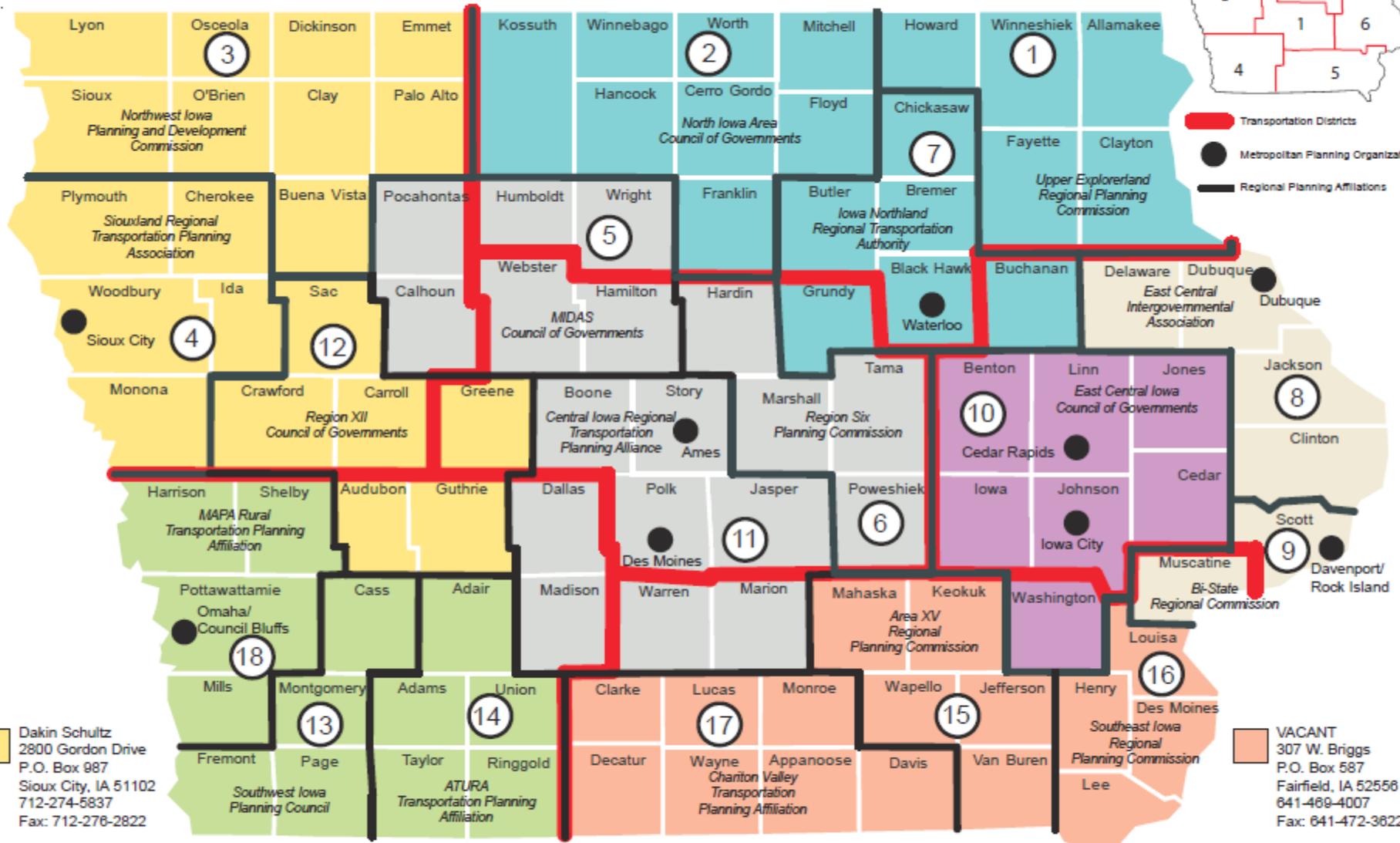


District Transportation Planners' Areas of Responsibility

Metropolitan Planning Organizations and Regional Planning Affiliations



- █ Transportation Districts
- Metropolitan Planning Organizations
- Regional Planning Affiliations



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MPO Complete Streets

- MPOs plan for the region and play a critical role in the allocation of transportation dollars
- Educate and provide assistance member municipalities



Physical Activity Access

- FY19 – Getting Organized
 - Identifying 2-3 areas to work – mapping needs
 - Beginning to form partnerships
- FY20 – Beginning Implementation



How can I get involved?

- Be friendly with the MPO/RPA and public health staff!
- Let them know where you think they could help
- Take a walk and look around
- Be an advocate and an ally
- Stay tuned!



Questions?

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