Building Healthy Communities through Safe Routes to School

Toolbox Tuesdays
SRTS and Bike/Ped Planning
June 26, 2012
Commitment to Community Health

- Rancho Cucamonga population: ~170,000 (grown 350% since incorporation in 1977)
- 40.2 square miles
- Health indicators parallel those of San Bernardino County
  - 4th most obese
  - 9th highest death rate from heart disease
  - 2 out of 3 residents are obese or overweight
  - 2 out of 4 students do not meet fitness standards
- Public health under City purview
  - City Council goal & formal adoption of resolution
The Road to Healthy RC

- City-wide initiative to encourage healthy and sustainable lifestyles
  - Comprehensive and integrated approach
  - Multi-departmental effort
- Broad definition of health
  - Impacted by how we develop our communities

*Healthy RC inspires a lifestyle that embraces a Healthy Mind, Body, and Earth, through lifelong learning and enrichment, active and healthy living and environmental sustainability.*
Healthy RC Strategies

- Lead by Example
- Comprehensive Approach to Health
- Mobilize Public-Private Resources
- Empower Resident Leaders
- Advance Policies and Programs that Support Healthy & Sustainable Lifestyles
Healthy RC Integration

- Minimize reliance on General Fund
  - Integrate into existing and new programming
  - Leverage resources
    - > $6.5 million in grant funds

- Identify **policy opportunities** to increase healthy lifestyles
  - Long-term sustainability
  - City is in an excellent position to **modify environments** that directly affect health
  - General Plan theme

- **Institutionalization**...*just the way we do things*
## Integrating Healthy RC in General Plan

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Example Policies

- Policy CS-7.2: Provide all Rancho Cucamonga residents with convenient access to healthy, locally grown fresh foods.

- Priority ED-3.4: Improve internal circulation for all modes of transportation, consistent with the concept of “Complete Streets.”
Making the Healthy Choice, the Easy Choice

- Increase opportunities for healthy eating & active living throughout the city

- Emphasis on areas at highest risk for obesity and least amount of resources to address the problem

- Identify strategies to overcome barriers to HE/AL in neighborhoods
  - Lack of curbs, sidewalks, bike lanes
  - Lack of green space
  - No large grocery stores
  - Public safety concerns
Mobilizing Public/Private Resources

- Optimize community resources
- Healthy RC Collaborative:
  - Residents (youth & adults)
  - City staff
  - Public health professionals
  - Community organizations
  - Faith-based institutions
  - Hospitals
  - Schools
  - Local businesses
  - Universities
  (Randall Lewis Health Policy Fellow)
Community Engagement

- Community Forums for youth and adults
- Identify barriers and challenges to healthy eating and active living in southwest Rancho Cucamonga; i.e., lack of curbs and sidewalks, no bike lanes
- Propose strategies to mitigate challenges, i.e., SRTS
- Formed Subcommittees made up of City staff, community organizations, and residents
Empowering Community Leaders

- Community-based Participatory Approach
- Building “Community Champions”
- Recognizes that EVERYONE has something to contribute to the process
- Participate in decisions that affect their community
- Meaningful participation
- Sense of ownership
- Increases trust and bridges cultural gaps
- Long-term sustainability
Empowering Youth Leaders

• Modeled after “Community Champions”
• Competitive process: application, interview, critical thinking exercise
• Branding Workshops
• Youth empowerment workshops conducted by CANFIT
• Active Living Activities:
  • Walkability audits
  • Video development (PSA’s)
Active Living: Safe Routes to School (SRTS)

- Improving health, safety, and transportation
- Implemented at 8 schools in the city with 5 more planned for next school year
- 5 “E’s”
  - Education, Encouragement, Enforcement, Engineering, Evaluation
- Stakeholder Workshops, Bicycle/Pedestrian Safety Education, Bicycle Safety Rodeos
- National Center for SRTS grant recipient
- City management tool – creating safer, more accessible settings for walking and bicycling
Stakeholder Workshops
GIS Interactive Web-based SRTS Map

SRTS Map - RC
RC SRTS Locations
Walkability Assessments
Trail Accessibility
Mobile Application
Sidewalk Inventory

- Ramp
- Grind
- Removals & Replacements
- Ramp Completed
- Grind Completed
- Removal & Replacement...

Grid #: 24
Infrastructure Project
Upgrade maintenance access road to Class 1 bike trail
Infrastructure Project
Sidewalk Improvements
Bicycle Safety Education
Poster Contest

Be Cool, Walk to School!
Encouragement Activities
Students ditch rides to school

Hundreds unite for walk to cut pollution

By Wesley Long, Voit Victor

Residents in Savannah have signed a petition, demanding a public transportation system that would allow them to walk to work. The city of Savannah is currently planning a new transit system, which is expected to be in operation by 2023. The petition, which was signed by over 1,000 residents, calls for the city to invest in a comprehensive public transportation system that would include buses, trains, and bike paths.

The petition was initiated by a group of citizens who are concerned about the high cost of gas and the environmental impact of personal vehicles. They believe that a well-designed public transportation system would not only save money for residents but also reduce air pollution.

The city of Savannah has already started planning for the new transit system, and the residents who signed the petition are hopeful that the city will take their concerns seriously.

“We support the city’s efforts to improve public transportation in Savannah,” said John Johnson, one of the petition signers. “We believe that a comprehensive public transportation system is essential for the city’s sustainable development.”

The city of Savannah is expected to finalize the details of the new transit system in the coming months, and the residents who signed the petition are looking forward to seeing the benefits of their efforts.

“Using public transportation not only helps the environment but also makes our daily commute more enjoyable,” said Sarah Brown, another petition signer. “We are excited to see the new transit system in operation.”

The city of Savannah has already received approval from the state for the new transit system, and the residents are optimistic about the future of public transportation in Savannah.
Pedestrian Safety Campaign

- Increase in pedestrian collisions
- Multi-departmental team
- Workshop conducted by Pedsafe
- Declared March Pedestrian Safety Month
- Sidewalk stencils & pole wraps
- Schools - banners
- Social Media campaign
Pedestrian Safety Campaign
See & Be Seen

See and Be Seen
Stop, Look, Listen

Safety Tips
For Pedestrians:
- Cross only at intersections and marked crosswalks.
- Before crossing, LOOK left, right, then left again.
- Use pedestrian push buttons.
- Begin crossing on “walk” signal.
- Make sure you are visible after dark, and in bad weather.
- Watch out for vehicles backing out of parking spaces and driveways.
- Be alert while crossing. Look up from phones or other devices, remove headphones.

For Bicyclists:
- Obey all traffic signs and lights.
- Never ride against traffic. Ride with traffic to avoid potential accidents.
- Use hand signals to let motorists to you intend to do.
- Walk your bike at crossings.
- Always wear a helmet. Helmets dramatically reduce the risk of head injury in a bicycle accident. Anyone under age 18 must wear a helmet by law.
- Kids under age 10 should ride on sidewalks and paths (not roads).
- Be visible. Wear bright clothing and use reflectors.
Basic Framework for Establishing a SRTS Program in Your City

- Bring together the right people
- Hold a kick-off meeting
- Gather information & identify issues
- Identify solutions
- Make a plan
- Act on the plan
- Evaluate, make improvements and keep moving!
Other Healthy Living Initiatives

- Complete Streets
- Joint-use Agreements
- Community Gardens
- Farmers’ Markets
- Nutrition Standards
- Healthy RC Dining Program
- Smoke-free Recognition Program
- Fun on the Run Mobile Recreation Program
For More Information about Healthy RC and SRTS

Visit the Healthy RC Website:
www.HealthyRC.info

Contact:
Erika.Lewis-Huntley@CityofRC.us
(909) 477-2700 ext.2008