Forks & Feet Forward Old North!

Building a Healthy, Active & Vibrant Community in Old North St. Louis
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Where is Old North?

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Where is Old North St. Louis?

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Now a neighborhood within the City of St. Louis, Old North once was the Village of North St. Louis, established in 1816

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After nearly a century & half as a thriving, walkable & transit-friendly community...

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Old North experienced decades of population loss, disinvestment, & an exodus of business & services.

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Old North
St. Louis
circa 1990

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In 1981, residents of the community established the Old North St. Louis Restoration Group to “revitalize the physical & social dimensions of Old North in a manner that respects the community’s historic, cultural, & urban character”

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Over the past 30 years, ONSLRG has implemented a range of community building initiatives, including housing development (both historic rehab & new construction; single-family & multi-family; for-sale & rental; affordable & market rate)...

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1436 Monroe, 2005

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Over the past 30 years, ONSLRG has implemented a range of community building initiatives, including... large-scale redevelopment projects ($35 million, 27-building redevelopment of former 14th St. pedestrian mall)
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Building a Healthy, Active & Vibrant Community in Old North St. Louis
Old North’s Comprehensive Strategy

- Increase access to healthy & affordable foods
- Improve infrastructure for physical activity
- Engage the community in activities that promote healthy lifestyles

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ONSLRG has implemented a range of community building initiatives, including... public health programs (community gardens, North City Farmers’ Market, Old North Grocery Co-op)...

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13th Street Community Garden

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North City Farmers’ Market

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Primary geographic focus for Old North Grocery Co-op

1 – Old North St. Louis
2 – Hyde Park
3 – St. Louis Place
4 – Carr Square
5 – Columbus Square
6 – Near North Riverfront

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Opening day for the Old North Grocery Co-op, July 17, 2010

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How the Healthy, Active & Vibrant Communities Initiative has Plugged into & Played a Role in Old North’s Revitalization

With Old North St. Louis Restoration Group as the key local partner with an MOU with Trailnet, we set up a local organizing group, which calls itself Forks & Feet Forward Old North! - emphasizing the commitment to healthy eating and physical activity.

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Who is Forks & Feet Forward Old North?

Forks and Feet Forward Old North! is made up of residents and a variety of groups invested in the neighborhood:

- Old North St. Louis Restoration Group
- Grace Hill Settlement House
- 13th Street Garden
- Jackson Park Senior Apartments
- North City Farmers’ Market
- Urban Studio Café
- Regional Housing & Community Development Alliance
- Residents

Building a Healthy, Active & Vibrant Community in Old North St. Louis
How the Healthy, Active & Vibrant Communities Initiative has Plugged into & Played a Role in Old North’s Revitalization

The central focus revolves around building off of the positive development already under way to ensure that overall community health will be a part of the neighborhood’s ongoing transformation....
A cool neighborhood with a growing population & an increasing number of goods & services within walking distance is a great start, but safe and walkable sidewalks and streets are necessary to sustain it.
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How the Healthy, Active & Vibrant Communities Initiative has Plugged into & Played a Role in Old North’s Revitalization

A major piece involves the development of a Bicycle & Pedestrian Master Plan for the neighborhood, made possible because of support from 5th Ward Alderwoman April Ford Griffin, who secured city funding to cover some of the costs
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Improve infrastructure for physical activity: Bicycle and Pedestrian Master Plan

The plan - enhance bicycle and pedestrian facilities in Old North, including connections to surrounding neighborhoods

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Bicycle and Pedestrian Master Plan

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Improve connections to the Riverfront Trail

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We also will be envisioning ways to enhance Branch Street as a connector from Old North to the river.

Improved landscaping and enhancements for biking and walking have already been identified as important elements.

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Branch Street: Broadway to the Riverfront Trail
Old North St. Louis Walkable Bikeable Community Plan
Draft: September 2010

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Community-wide Biking/Walking Events

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Complete Streets City Ordinance

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Jackson Park Improvements

**Recommended Changes**

- Remove berm to maximize site lines
- Maintain street for on-street parking, preserve the circle, & reallocate funds elsewhere within park
- Double tree line growing shade trees along circle in Jackson Park as a space - please re
- Proposed Circular Walking Track offset within circle to allow tree lawn, & track to remain relatively level
- Add sidewalks or signs

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For the past year we have worked with science teacher Debbie Granger and Clay staff to get their school garden up and running.

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Engage the community in activities that promote healthy lifestyles: Walking groups

We have just begun piloting walking groups that walk twice a week throughout the neighborhood

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CHALLENGES:
Old North is just 1 of 79 neighborhoods in the City of St. Louis... getting attention of and commitment of & resources from city government isn’t always easy

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CHALLENGES:
As the local partner, ONSLRG is a small CDC with a lot of other things on our plate

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CHALLENGES:

Staff turnover at ONSLRG -
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CHALLENGES:

The biggest challenge - So much going on and not enough people to go around... active residents already doing a lot

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For more information:
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Involving a lot of time in planning and discussing with the community

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