

Collaboration for Community Health through Street Design

February 2, 2017



MISSION

Make walking and biking a way of life
in the St. Louis region.



trailnet
BIKE WALK LIVE

VISION

St. Louis is one of the best regions for walking and biking in the country.



trailnet
BIKE WALK LIVE



In the U.S. pedestrian fatalities went up by **9.5%** since 1996.

In the U.S. cyclist fatalities went up by **12.2%** since 1995.

In the U.S. **12%** of fatal traffic crashes involve people who were walking.



In the City of St. Louis that figure is **36%**.

27% of City of St. Louis residents report **NO** leisure time physical activity.



While **80%** of City residents live within a half mile of a public park.

PLAN4Health

An American Planning Association Project





SLOW YOUR STREET

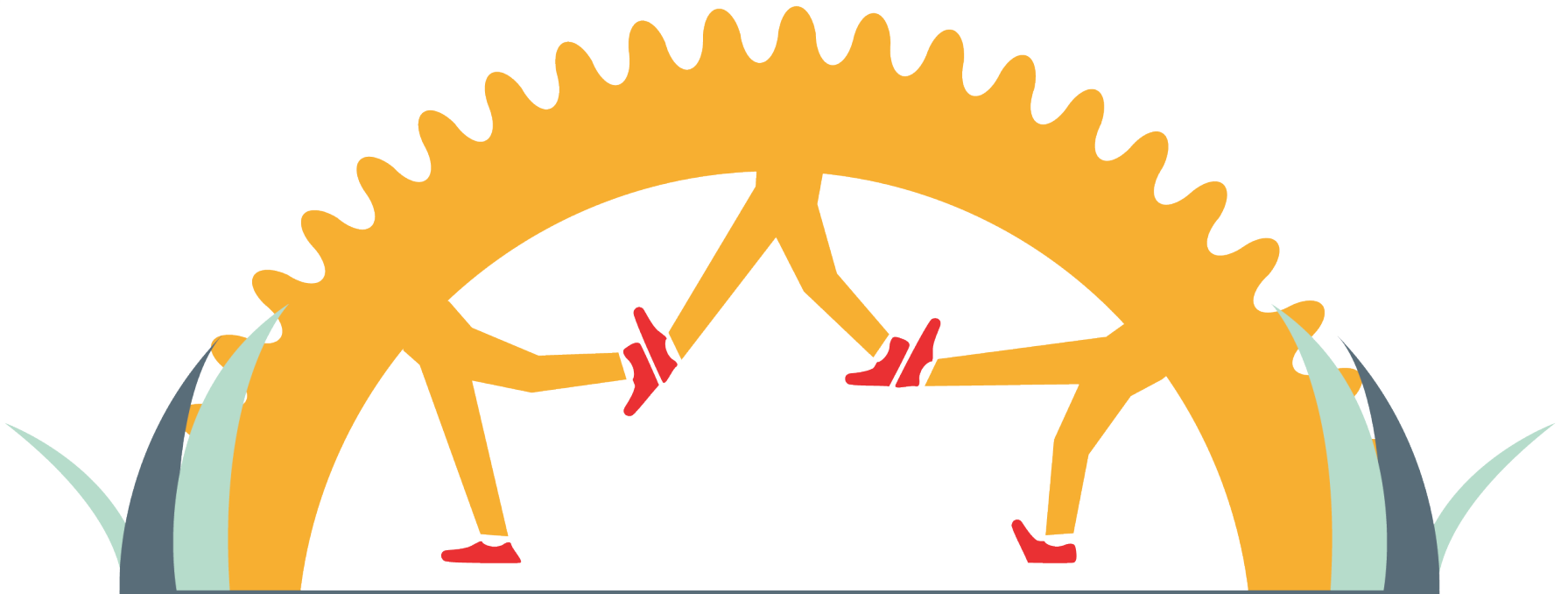
A HOW-TO GUIDE
FOR POP-UP TRAFFIC CALMING



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THE CALM STREETS PROJECT

A PARTNERSHIP LED BY TRAILNET AND THE CITY OF ST. LOUIS

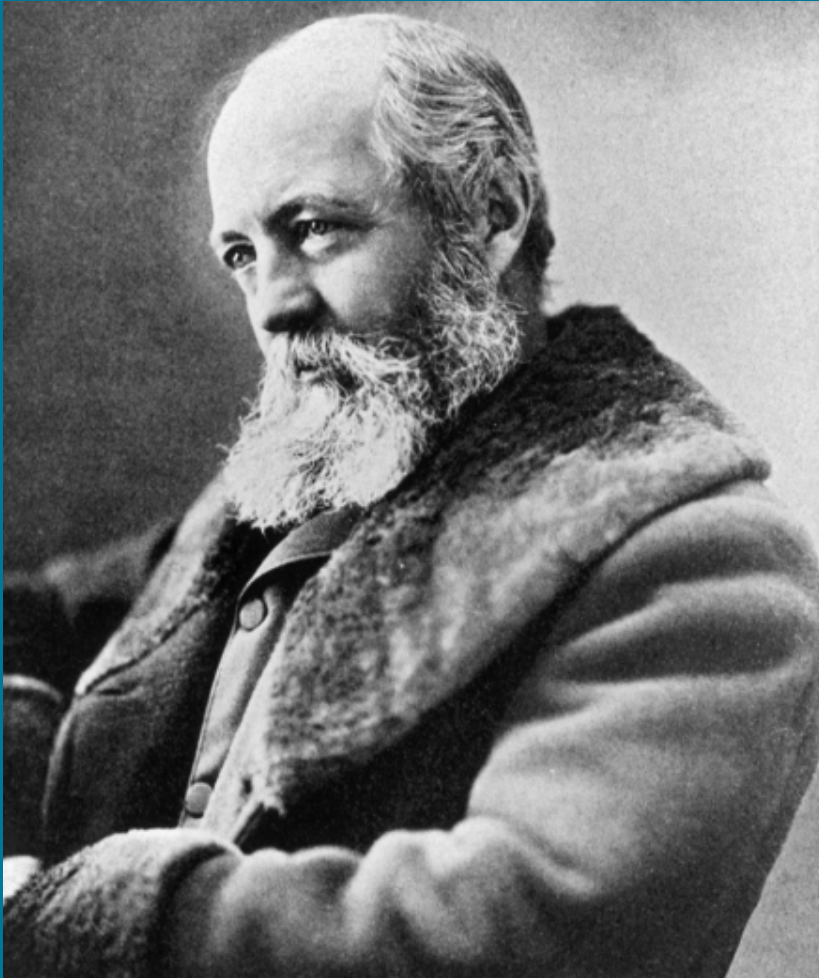


PLAN4Health



American Planning Association
Making Great Communities Happen

The Origins of Planning and Public Health



Frederick Law Olmsted



Jane Addams



American Planning Association

Making Great Communities Happen

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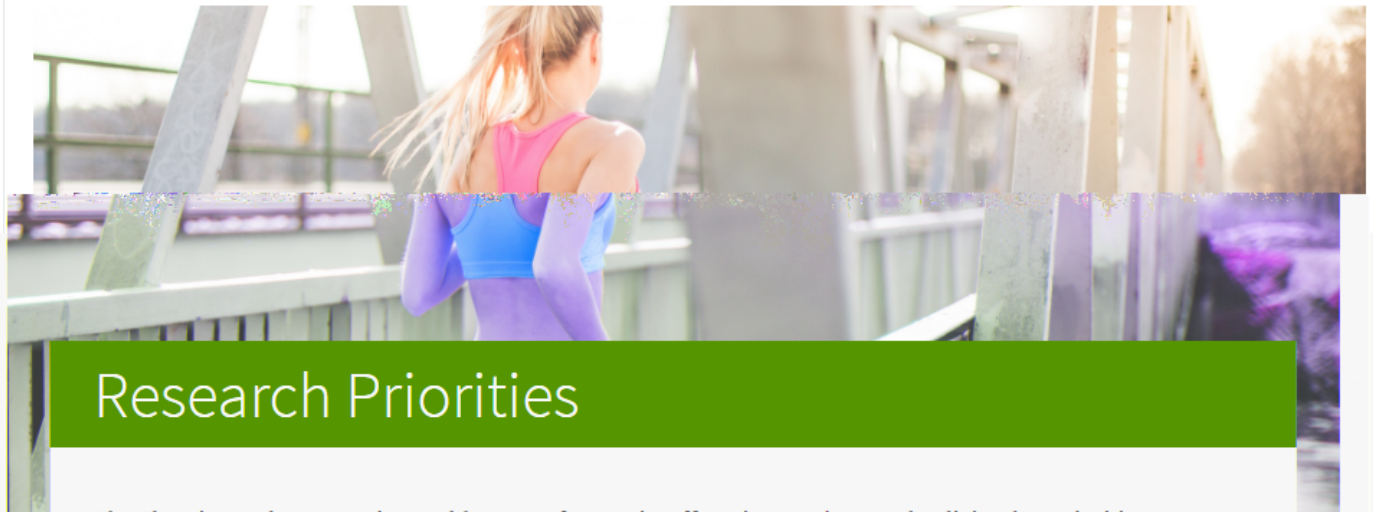
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Planning and Community Health Center



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Research Priorities

The Planning and Community Health Center focuses its efforts into [projects](#) and policies that prioritize active living, food systems, and health in all planning policies.

[Learn More](#)

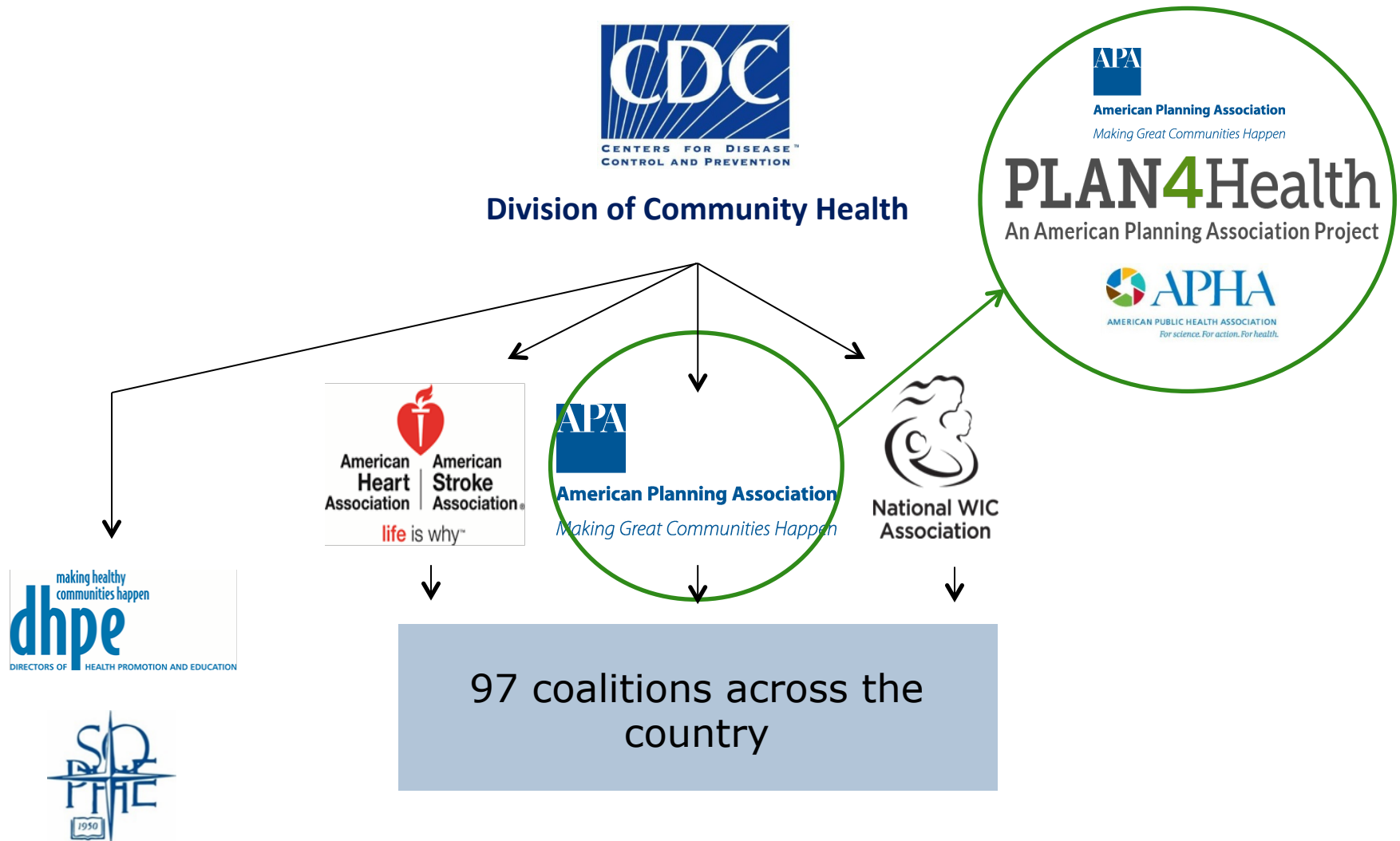
www.planning.org/nationalcenters/health/

Healthy Planning Tools

<https://planning.org/nationalcenters/health/>

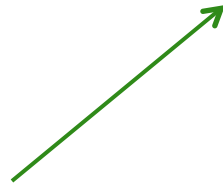


Partnering4Health





Division of Community Health



Cohort One



Cohort Two



Planners4Health

Plan4Health

Cohorts One and Two

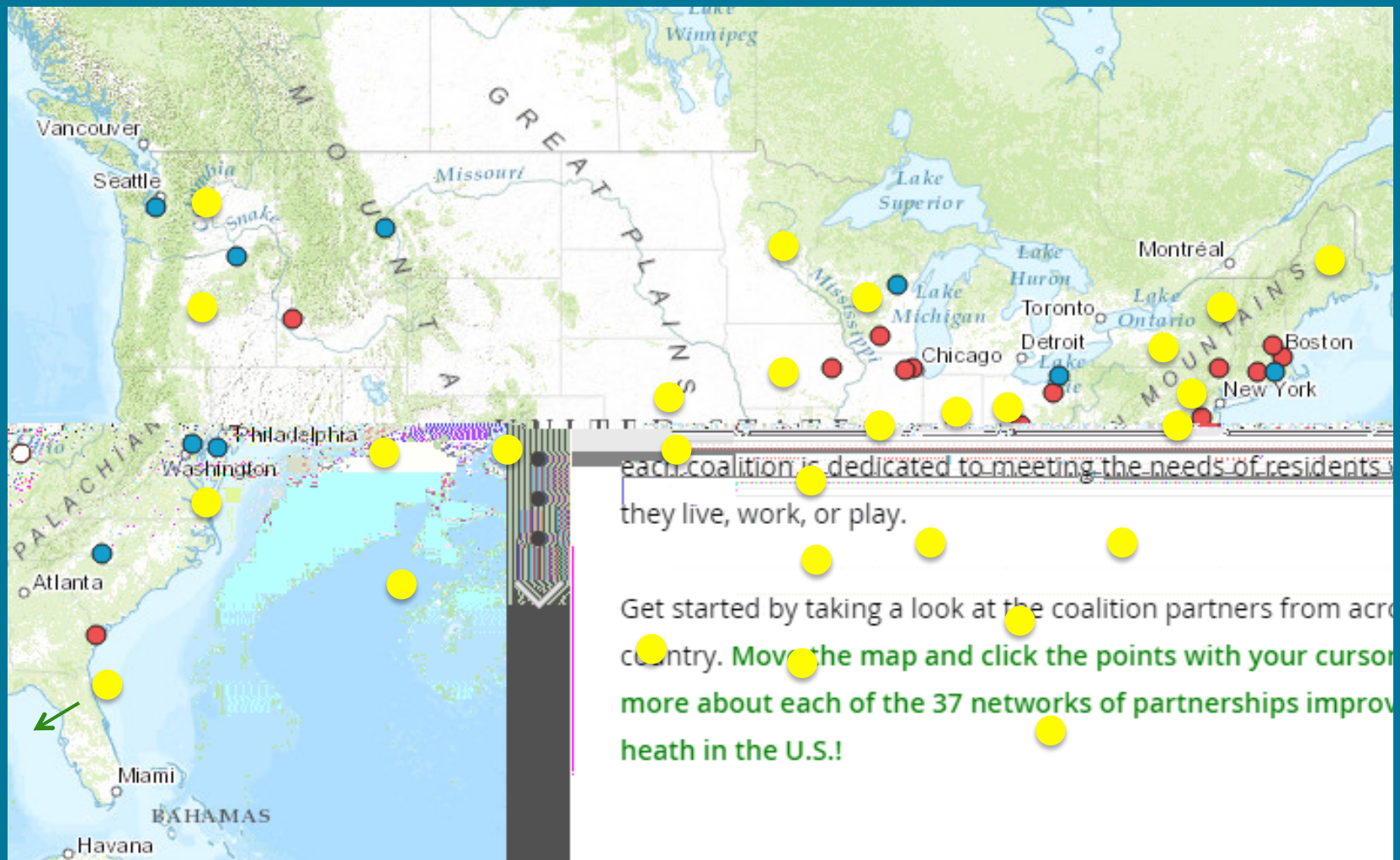
Full integration of planning and public health in local communities to benefit people where they live, learn, work, and play.

Planners4Health

Full integration of planning and public health at APA to:

- Sustain momentum for healthy communities work at the chapter level.
- Disseminate experiences and lessons learned from Cohorts One and Two.

Plan4Health Community



PLAN4Health

An American Planning Association Project

Nutrition: Increased access to environments with healthy food or beverage options.

Physical Activity: Increased access to physical activity opportunities.



Shared Coalition Strategies

- Involving health and planning professionals with experience and training in both fields
- Working with decision makers
- Using data and input from multiple agencies to develop program and set targets

Potential Partners for Healthy Planning

Government

Local, County, and State Health Departments

Parks and Recreation

Transportation

Schools

Offices of Sustainability

Mayor's Special Councils

Non-government

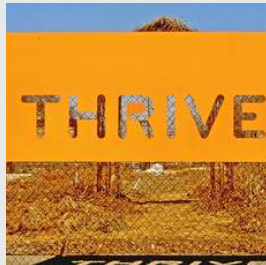
Local Foundations

Friends of Parks groups, environmental organizations

Community Coalitions (e.g. Bike/Ped, Trees, Seniors)

Local Food/Community Gardening organizations

Hospitals



Kenton County Plan4Health Coalition

Kenton County Plan4Health Coalition

Kenton County, KY



Learn more about how the coalition utilized **GIS mapping** and **data analysis** to help inform and guide the work being done by their **corner store** program.

Kenton County Plan4Health Coalition

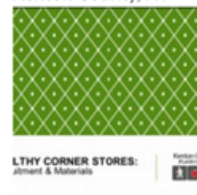
Kenton County, KY



Learn more about the coalition's approach to **community engagement** and how they administered surveys at **corner store** patrons and **WIC** clients at a local health center.

Kenton County Plan4Health Coalition

Kenton County, KY



Learn more about the coalition's **outreach** approach, including the **application** process and **recruitment** materials, for their **corner store** program.

Kenton County Plan4Health Coalition

Kenton County, KY



Learn more about how the coalition utilized a **community-based marketing** approach to develop bi-lingual **signage** to be displayed in **corner stores** that targets both **adults** and **children**.



November 12, 2015 10:07 PM Category: [Nutrition](#)

Healthy Corner Stores

by [Elizabeth Hartig](#) - Project Coordinator, Planning and Community Health Center

The [Kenton County Plan4Health Coalition](#) (KCP4H) is tackling food systems — and access to healthy food — in northern Kentucky. The coalition is integrating planning and public health to support healthy, vibrant communities for the 40,000 residents living just south of Cincinnati.

Recently, Kenton County was able to address public health through official planning efforts. The inclusion of the topics of health and access to healthy foods in the county-wide comprehensive planning was completed with significant community support.



Building on the momentum of these initial efforts as well as the success of community gardens and urban farms, the KCP4H coalition is increasing the availability of fruits and vegetables in underserved neighborhoods in Covington. With the overarching goal of strengthening connections between rural producers and urban markets—and plans to develop a food policy council framework—the coalition is targeting key corner store retailers to increase underserved neighborhoods.

KCP4H has thoughtfully selected Covington area to invite to join H a range of variables, coalition me

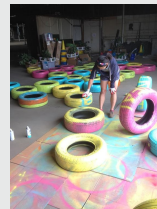
from both planners and public health professionals — along with their own kno — to map access and need.

The coalition's phased application process means that corner store owners have concerns, plans, and ideas with coalition members. Placing bananas instead of register is more than a simple swap. Small changes are about making consciou

Kenton County PLAN4Health



Healthy Eating, Active Living (HEAL) Partnership - Active Living Workgroup St. Louis, MO





Ajo, AZ



Figure 1: Food Deserts in Shawano and Menominee Counties according to USDA (<http://www.ers.usda.gov/data-products/food-access-research-atlas.aspx>)



THE F.R.E.S.H. PROJECT

FOOD • RESOURCES • EDUCATION • SECURITY • HEALTH

Shawano and Menominee Counties, WI

Healthy Communities Interest Group

A network of APA members (and non-members) interested in or actively engaged in the planning and development of healthy, sustainable communities.



American Planning Association
Healthy Communities Interest Group

Making Great Communities Happen

PEER LEARNING NETWORK



Plan4Health's Peer Learning Network connects planners and public health professionals creating change in their communities.

You know your communities best – and Plan4Health is committed to sharing the expertise of Plan4Health coalitions by showcasing your work.

The Peer Learning Network (PLN) is open to organizational partners, allies and anyone passionate about creating vibrant, healthy communities.

Check out the PLN below – and consider [sharing your knowledge](#) with the Plan4Health project.



For more information, visit plan4health.us



COALITIONS STRIVING TO INCREASE
ACCESS TO HEALTH AND NUTRITION

The Plan4Health community envisions the full integration of planning and public health where we live, work, and play.

News and Events

[The American Planning Association Provides Grants to 18 Local Coalitions to Combat Chronic Disease](#)

The American Planning Association (APA) has provided \$2.25 million in grant money to 18 local coalitions around the United States through its Plan4Health initiative to combat two major determinants of chronic disease — lack of physical activity and lack of access to nutritious foods. [More...](#)

Elizabeth Hartig

ehartig@planning.org

<https://www.planning.org/nationalcenters/health/planners4health/>



American Planning Association

Making Great Communities Happen

TINA HARDIN

JeffVanderLou Neighborhood Captain






New Partners for Smart Growth Conference

February 2-4, 2017 • St. Louis, Missouri

Deanna Venker, P.E.
Commissioner of Traffic
City of St. Louis

A solid dark blue horizontal bar with rounded ends, positioned below the text of Deanna Venker.

Best Practices

- Portland Trip
- Kansas City Trip
- Policies
- Design Guidelines
- Pilot Route



Portland

- Neighborhood Greenways
- Parking protected Bike Lanes
- Conversations

Neighborhood Greenways

- Speed Humps
- Traffic Circles



Parking Protected Bike Lanes

- Utilizing space available
- How does it work?
- How do drivers react?
- Signing/Striping



St. Louis' 1st Parking Protected Bike Lane



- ~1.0 mile of parking protected bike lane
- Separated with City Posts
- Signage



Conversations



Kansas City Traffic Calming

- Speed Humps
- Legality
- Asphalt vs Concrete



Kansas City Traffic Calming

- Aldermen
- Nice design



History

- Cost
- Quick Installation
- Unsightly
- Maintenance



Policy and Guidelines

- Traffic Calming Ordinance
 - Trips led to momentum to move forward
 - Committee of Alderman
 - Board Bill introduced in June 2016
 - Ordinance passed in August 2016
- Design Guidelines
 - ongoing

Before/ After



Pilot Project

CALM STREETS CALMING DEMONSTRATION
THURSDAY, NOVEMBER 17, 2016
DEMONSTRATION SET-UP 6:00 – 7:00AM
DEMONSTRATION 7:00AM – 4:00PM
TEAR DOWN 4:00 – 5:00PM

LOUISIANA AVENUE
(BETWEEN OSAGE AND GASCONADE)



LEGEND

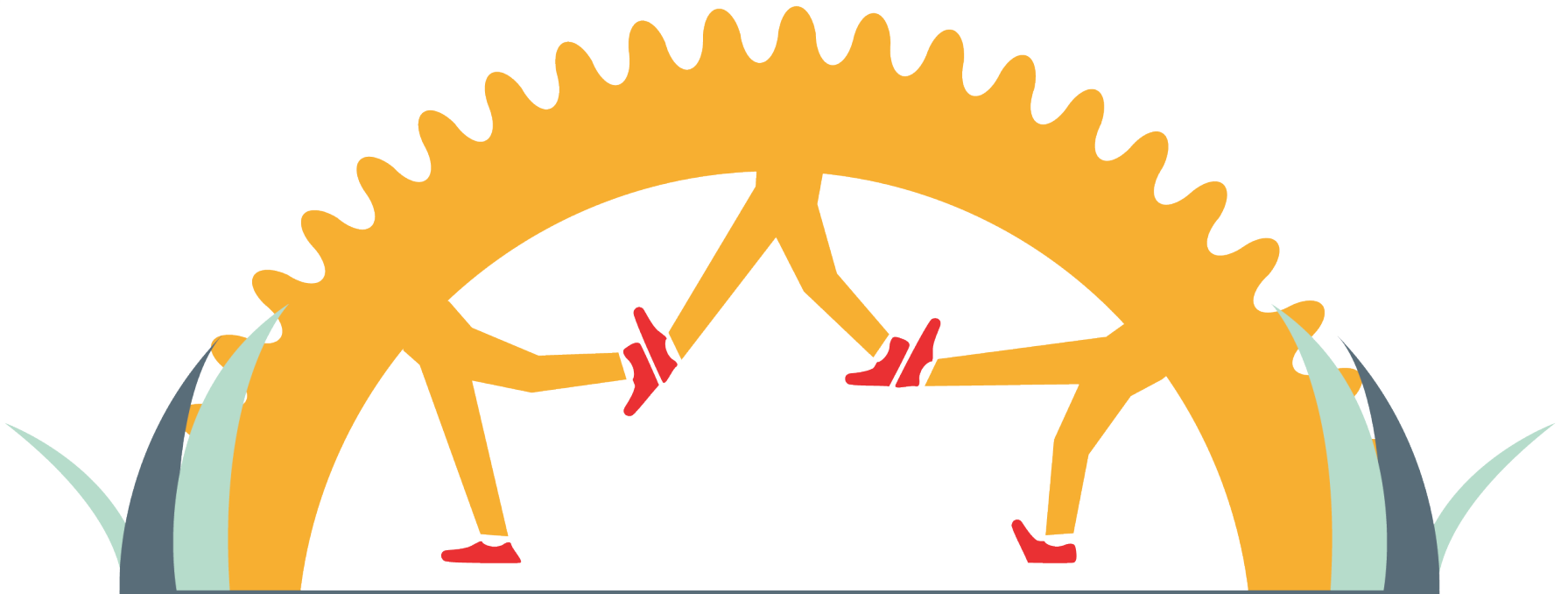
- PAINTED TIRE
- ▤ TEMPORARY CROSSWALK
- TEMPORARY SPEED CUSHION



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BIKE WALK LIVE

TAYLOR MARCH
EDUCATION AND ENCOURAGEMENT
MANAGER



THE CALM STREETS PROJECT

A PARTNERSHIP LED BY TRAILNET AND THE CITY OF ST. LOUIS



DIVERSITY OF TRANSPORTATION CHOICES



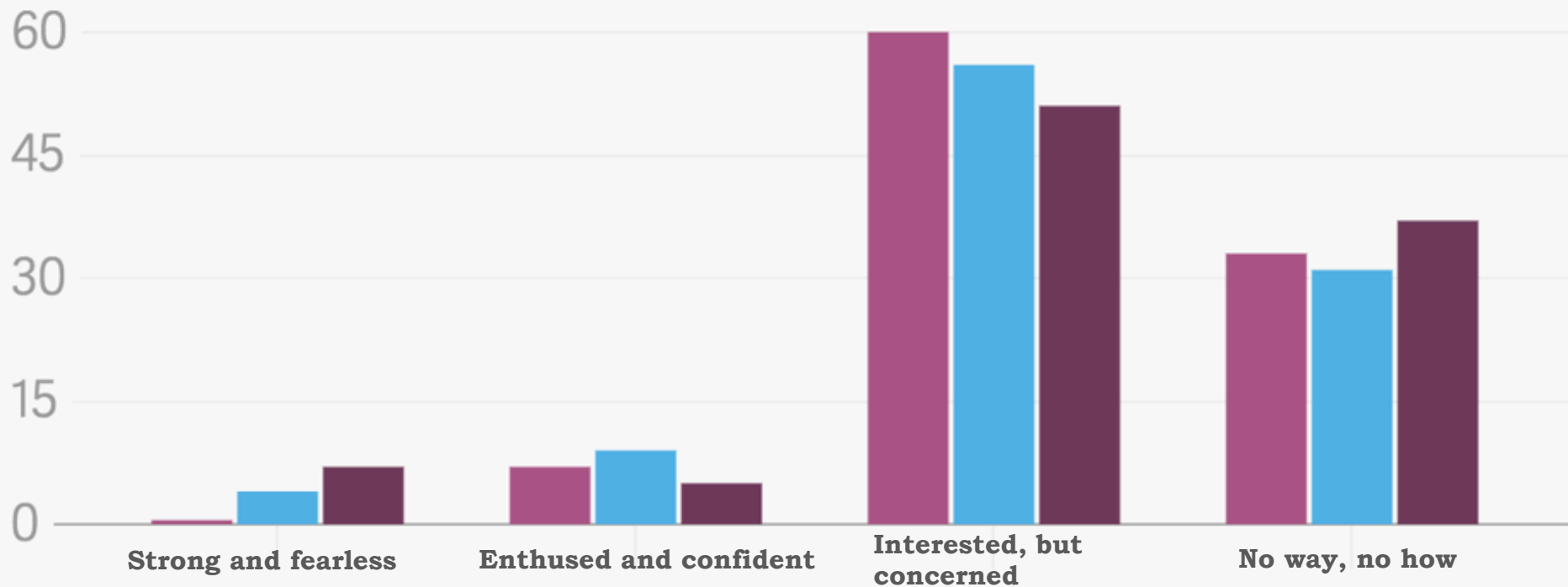
ST LOUIS HAS MADE GREAT STRIDES



POTENTIAL

A Breakdown of the Four Types of Cyclists

■ Geller 2006 ■ Portland 2013 ■ U.S. 2016



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BIKE WALK LIVE

CALM STREETS ARE NEXT



NEIGHBORHOOD GREENWAY DESIGN ELEMENTS



Mandatory right turns for motorists and a through-bicycle pocket lane with loop signal detection makes crossing this intersection less stressful for people bicycling.
Image: Street Plans



Neighborhood traffic circles help manage motor vehicle speed, create an opportunity for beautification and stormwater management, and help bicyclists maintain their speed. *Image: Street Plans*



Neighborhood greenways keep motor vehicle speeds lower than 20 mph. Some communities use locally branded signs instead of standard signs.
Image: Street Plans



A median bicycle refuge and banned left turns allow people bicycling to navigate a busy arterial intersection more comfortably.
Image: Street Plans

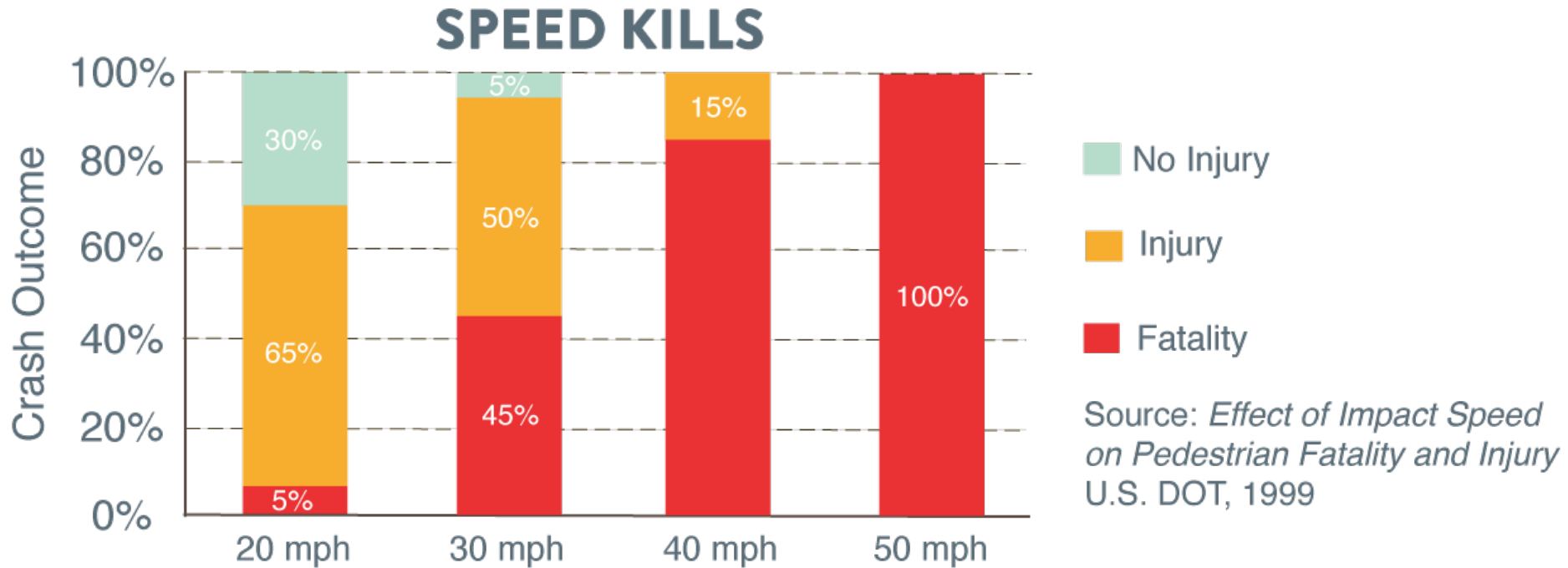


Two curb extensions with rain gardens and trees create a neckdown. They help maintain watershed health and manage traffic speeds so that walking and bicycling are more comfortable. *Image: Street Plans*



Speed tables combined with high-visibility crossings manage speeds and bring greater comfort for people walking and bicycling. *Image: Street Plans*

SAFETY



CAPACITY BUILDING



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COMMUNITY LIAISONS

Wendy Campbell, Dutchtown



Kelly Harris, Forest Park Southeast



Ramona Scott, North City



COMMUNITY OUTREACH



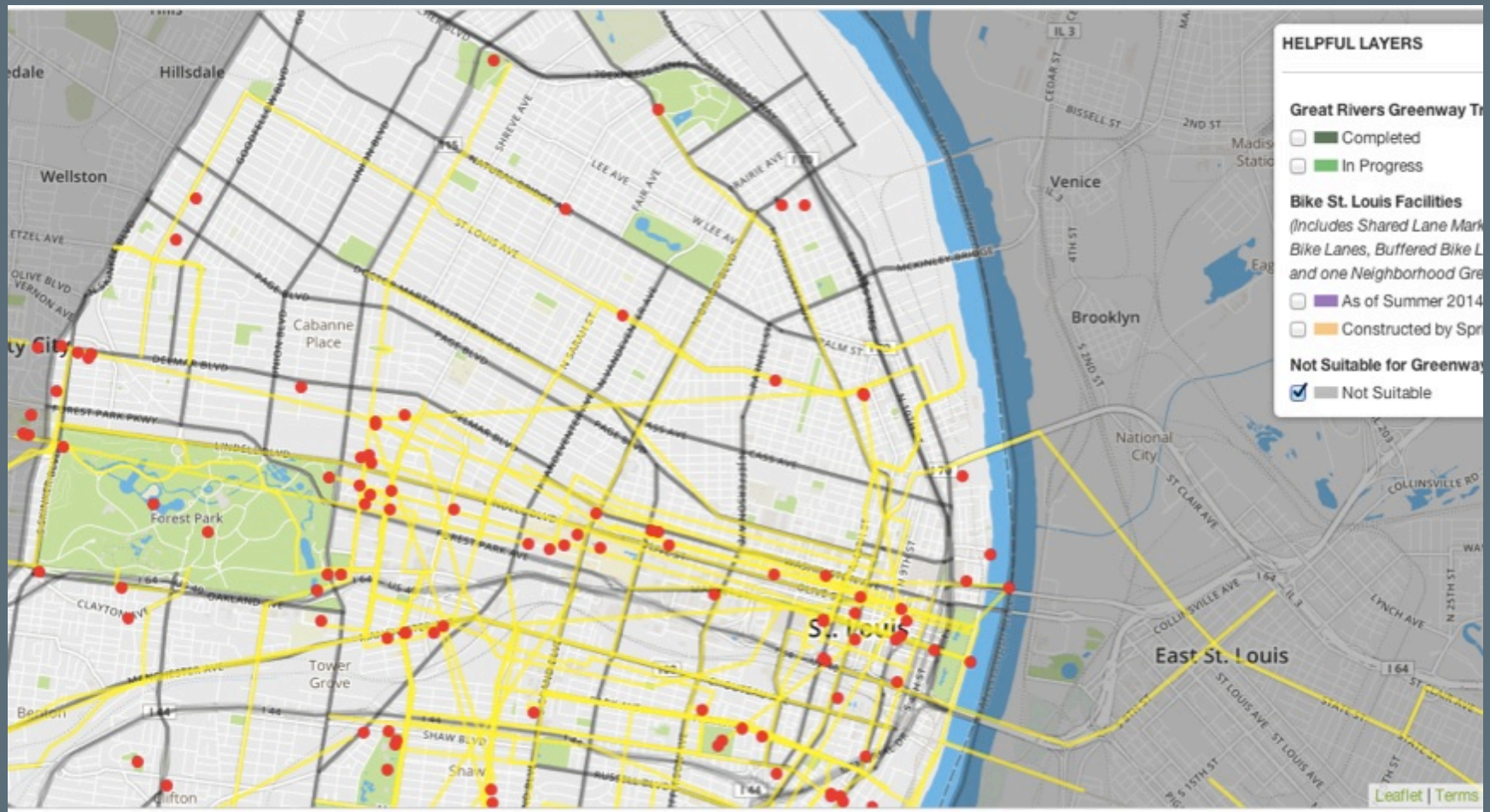
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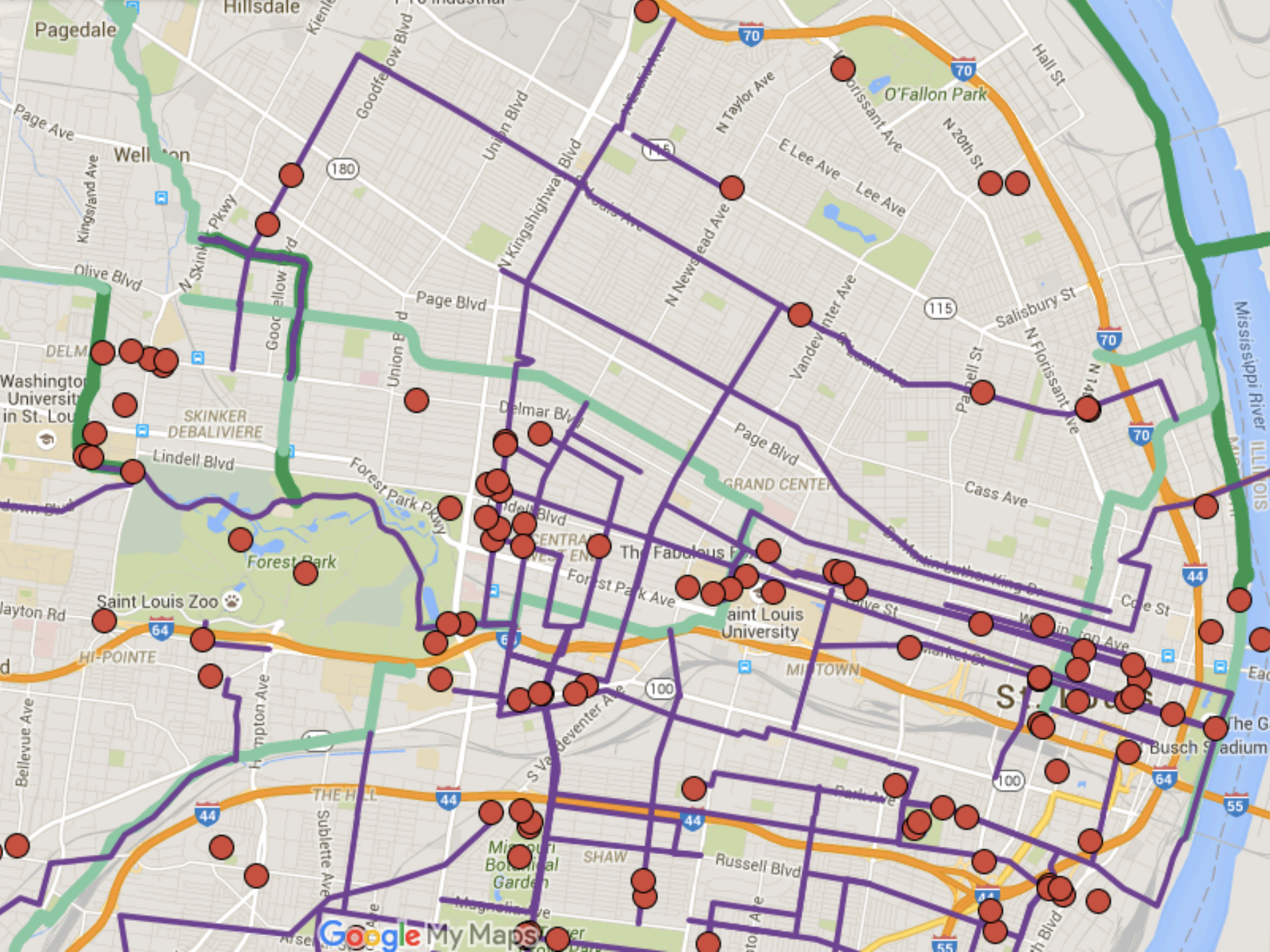
WALK AUDITS



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CROWD-SOURCED DREAM ROUTES





Engineered Bioretention



TECHNICAL WORKSHOPS

NATIONAL BEST PRACTICES



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PREPARE THE WAY FOR CALM STREETS



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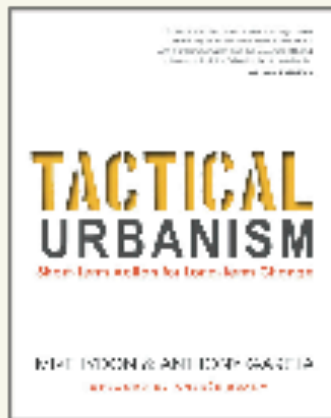
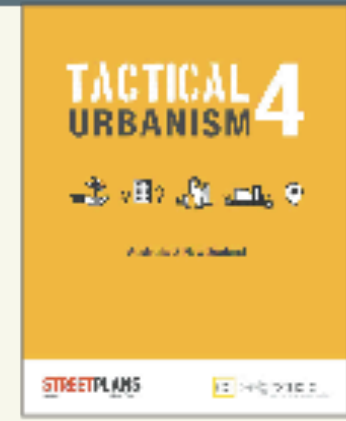
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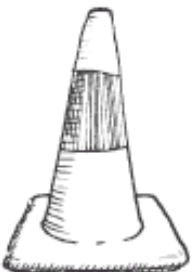
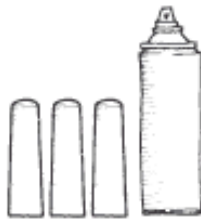
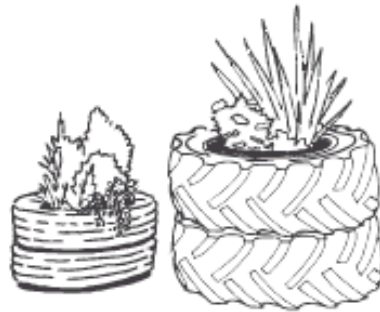
City Bike/Ped Coordinator

City of St. Louis Mayor

Community Member
(lifelong)



NEW!



TACTICAL URBANIST'S GUIDE TO MATERIALS AND DESIGN

OCTOBER 2016 | CREATED BY THE STREET PLANS COLLABOARTIVE, WITH FUNDING FROM THE JOHN D. AND JAMES L. KNIGHT FOUNDATION

Resources

Slow Your Street: A How-To Guide for Pop-Up Traffic Calming – <http://bit.ly/1rh6LPj>

Trailnet Plan4Health -
<http://trailnet.org/work/transportation-planning/plan4health/>

Plan4Health Website –
<http://www.plan4health.us/>

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