



Why Community Design

Various names & titles

- Livable Community (walkable/bikeable)
- Sustainable Community
- Blue Zones
- Active Living
- Healthy Communities
- Smart Growth

HOW DID WE GET HERE???

- Healthy Nation /CPPW/SAH/CTG
- Mark Fenton Walkability Workshop
- Evaluations, surveys, & community presentations (We asked)
- Partnerships
- Combined Resources

THINGS WE LEARNED:

THE PROBLEM

The bad news in just 3 numbers:

30 minutes of average daily physical activity recommended for adults.

25% of American adults who meet the S.G. recommendation (thru LTPA).

365,000 Estimated annual deaths in America due to physical inactivity & poor nutrition. (2nd only to tobacco.)

Recommendation:

- **Change our thinking. It's *not* just an obesity epidemic. It's twin epidemics of physical inactivity and poor nutrition.***

****Two of the three biggest drivers of skyrocketing healthcare costs.***

Necessary and important,
but not enough.



We must build communities where people are *intrinsically* more active.



5 elements of a healthier community:

1. **Compact & varied districts & neighborhoods.**
2. **Good connections for walking, bicycling, & transit.**
3. **Inviting designs & destinations.**
4. **Safety & access for all ages, incomes, & abilities.**
5. **Healthy food is affordable & accessible; unhealthy isn't.**



1. Compact & varied neighborhoods.



Schools, services *near housing.*



Compact neighborhoods & shared open space.



Traditional downtowns.



KEY:

- | | | | | |
|---------------------|--------------------------|---------------------------|-------------------------------------|-----------------------------------|
| 1 POND | 5 ADA TRAIL | 9 BRIDGE | 13 EXISTING PARKING | 17 STORAGE / MAINTENANCE BUILDING |
| 2 18 HOLE DISC GOLF | 6 CREEK ENHANCEMENTS | 10 EXISTING SPORTS FIELDS | 14 EXISTING PLAYGROUND & SPLASH PAD | 18 TRAIL KIOSKS |
| 3 COMMUNITY CENTER | 7 NEW PICNIC SHELTER | 11 HORSE SHOE PITS | 15 EXISTING SKATE PARK | 19 PROPOSED RESTROOM |
| 4 NEW PARKING (169) | 8 REHABILITATED SHELTERS | 12 BBQ PITS & SHELTER | 16 EXISTING RESTROOM | 20 LIGHTING |

COLLINSVILLE PARK MASTER PLAN

January 2011



In other words, create & sustain village centers.

**Mix uses: keep where
we live, work, shop,
play, learn, pray . . .
closer together!**



2. Network continuity & connectivity:

- **Quality sidewalks in villages & neighborhoods**
- **Connected streets, not cul-de-sacs. Bike lanes & wide shoulders.**
- **Access to trail, park, greenway, *transit*.**



The challenge of cycling without a bike lane.



Bad for bikes *and* for cars.

3. Site design:



Which setting is more appealing for travel on foot and by bike?

Site design?

Research & practice suggest:

- **Buildings near the sidewalk, parking behind or on-street.**
- **Trees, benches, awnings, windows, lighting, scale.**
- **Details: bike parking, public space, plantings, materials.**



4. Safe & accessible.



4. Safe & accessible.



Median islands

- **Engineering can dramatically improve safety.**
- **Increasing pedestrian and bike trips *decreases* overall accident & fatality rates.**



Curb extensions

5. Healthy food is affordable & accessible.

**Community gardens
(near schools, parks,
senior housing); CSAs.**



Farmer's markets



**Regulate fast food,
drive-through locations.**

5 elements of a healthier community:

- 1. Varied mix of land uses & preserved open space.**
- 2. Connected network for “active” transportation (walk, bike, transit).**
- 3. Functional, inviting destinations for active travelers (not just cars).**
- 4. Safe & accessible for all ages, abilities, incomes, backgrounds.**
- 5. Affordable healthy food available to all.**

7 recommendations for right here:

- 1. Invest in the villages & downtowns.**
 - 1a. Protect farmland & open space.**
- 2. Build & maintain complete streets.**
- 3. Don't create 'faux rural' subdivisions.**
- 4. Create an intra- and inter-town trail network.**
- 5. Invest in, support transit; build over time.**
- 6. Launch comprehensive Safe Routes to School Programs.**

1. Invest in thriving village centers & downtowns.

- **Calm the traffic, make it inviting.**
- **Rotating loans for facades & street furnishings.**
- **Direct new development downtown or as close and connected as possible.**



1a. Protect agricultural & open space

- **Farmland trusts and agricultural preserves.**
- **Purchase & protect open space.**
- **Create development boundaries.**
- **Transfer/purchase of development rights (define sending & receiving areas).**



2. No more “suburban” style development.

- **E.g. Zoning, subdivision rules & regulations define details: roadways, sidewalks, open space, connectivity.**



Gated, fenced, sprawling neighborhoods?

Buyers seek more walkable, connected, even compact neighborhoods!



www.incog.org/Headlines/headline_3-14-11.html

3. Build & maintain Complete Streets.



- All users (bicyclists, pedestrians, transit riders, & drivers) of all ages & abilities considered whenever a road is touched.
- Limited, explicitly defined exceptions only.
- Roadway design = posted speed.
- Go beyond typical hierarchy. Can be as simple as including a shoulder on rural roads.

What are Complete Streets?

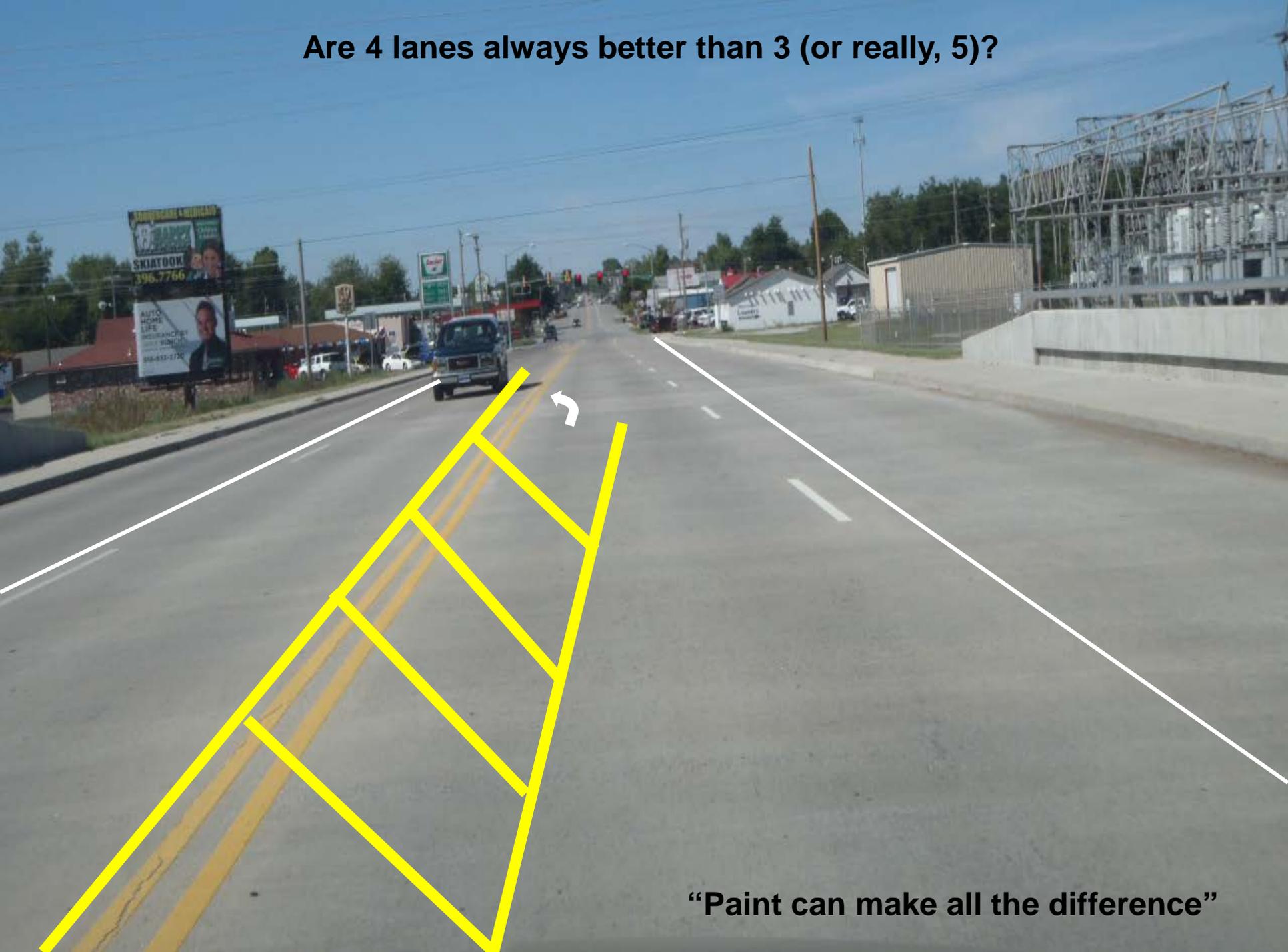
Complete Streets are safe, comfortable, and convenient for travel for everyone, regardless of age or ability – motorists, pedestrians, bicyclists, and public transportation riders.

Consistent with Federal Guidance

2000 FHWA Guidance:

“Bicycling and walking facilities will be incorporated into all transportation projects unless exceptional circumstances exist.”

Are 4 lanes always better than 3 (or really, 5)?

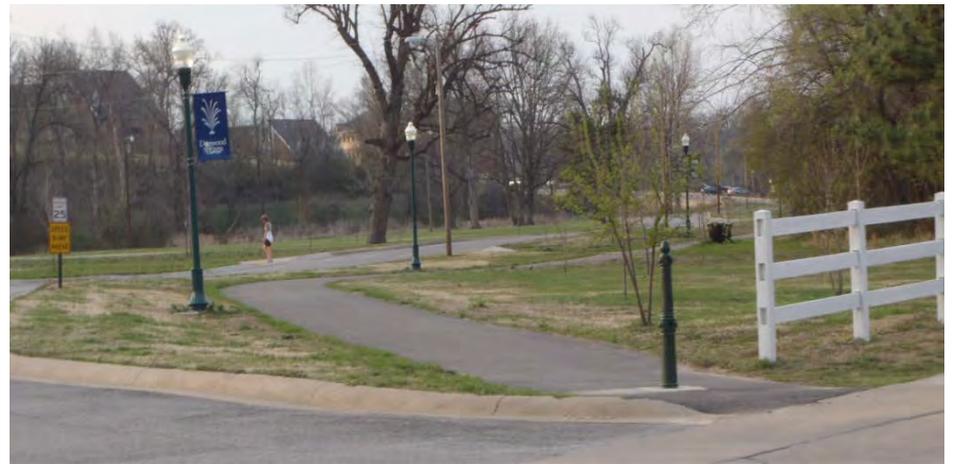


“Paint can make all the difference”

4. Create inter- & intra-town trail networks.



Connect to the system: sidewalks, bike lanes, transit if available.
Connect to destinations: Schools, libraries, stores, neighborhoods.
Trails = social venues; fabric of the community, not an escape from it.



Tulsa Regional Trail System

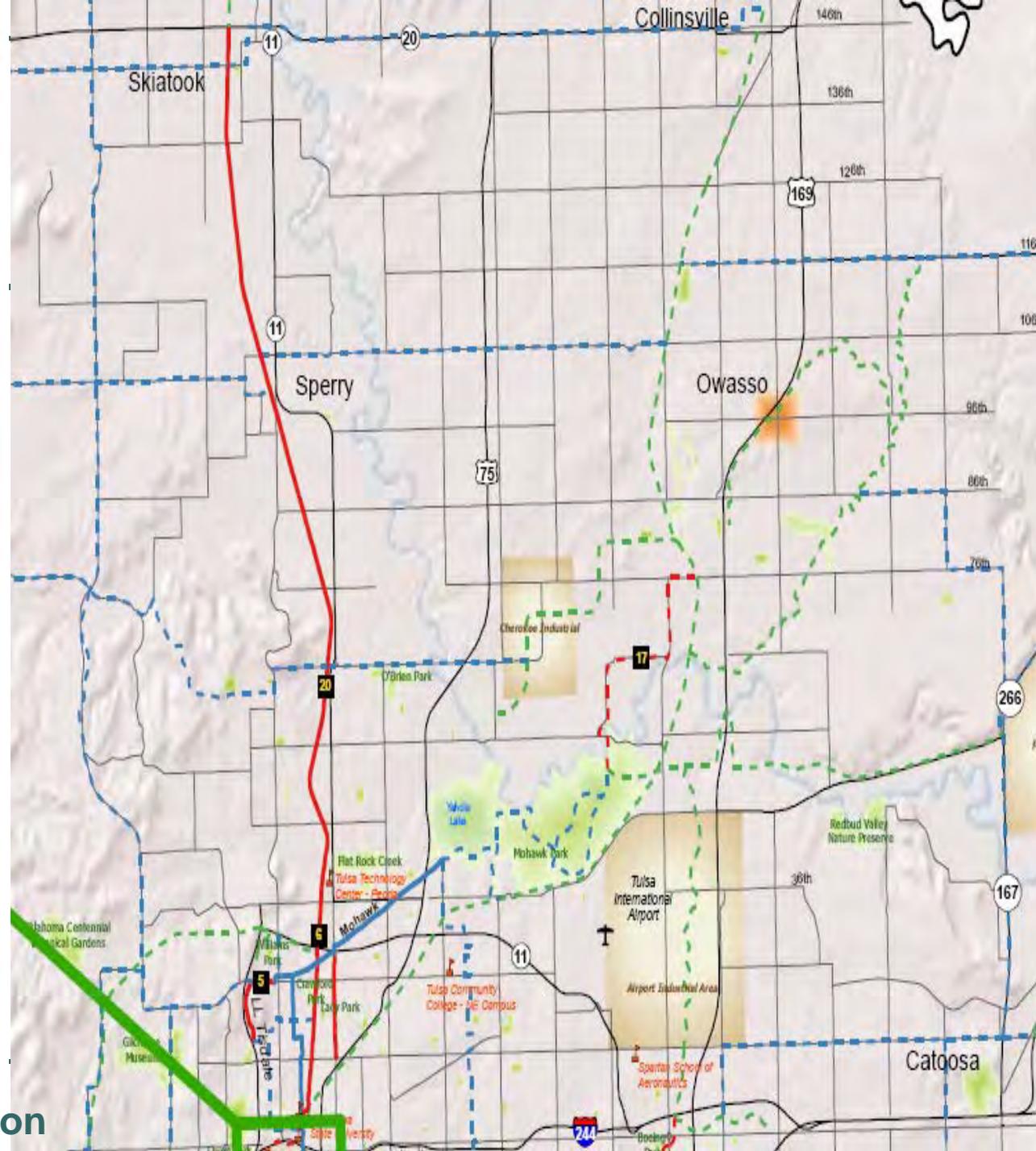
Existing, Funded, and Planned Trails

www.incog.org/transportation/trails.htm

Legend

Trail Type

-  Existing Bikeway/Lane
-  Planned Bikeway
-  Existing Unpaved Trail
-  Planned Multi-Use Trail
-  Existing Multi-Use Trail
-  Planned Multi-Use Trail
-  Funded Trail Project
-  Major Highways
-  Arterials
-  Airports
-  Transit Stations
-  Colleges
-  Shopping Areas
-  Employment Centers
-  Parks



Pursue all possible corridors, including roads, utilities, and rail-with-trail projects.

See *Rails-w-Trails, Lessons Learned.*

www.altaplanning.com



Blackstone Bike Path, RI



Collinsville

6. Explore transit options for the area



www.vpsi.org

**Could Collinsville support park & ride
express bus service into Tulsa?**



INCOG survey links economic growth & transportation options:

- **90 percent support public transportation because it helps those who **don't have cars or can't drive**.**
- **77 percent agree we need better transportation alternatives in order to **keep our air clean**.**
- **73 percent agree if the Tulsa region had a better transportation system it would **help the economy**.**
- **64 percent agree that if the Tulsa region had a better transportation system, it would help **attract more young professionals** to the area.**
- www.incog.org/Headlines/headline_3-14-11.html

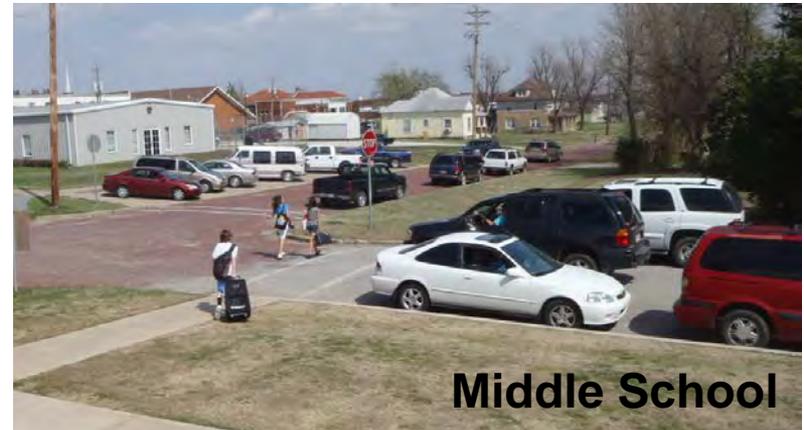
7. Launch comprehensive Safe Routes to School programs.

- **Premise.** More students more safe physical activity more of the time.
- **Where it's safe** promote walking & bicycling now.
- **Where it's not** make safety, engineering improvements so it is safe.
- **Reach all students** not just those close by the school.



Develop a comprehensive SRTS plan.

- **Education.** For students (bike/ped skills) & parents.
- **Enforce** proper & safe behavior, procedures.
- **Encourage** walking & cycling (students, staff, faculty, & parents).
- **Engineer** sidewalks, crossings, traffic calming.
- **Evaluate:** Show of hands surveys, observation.



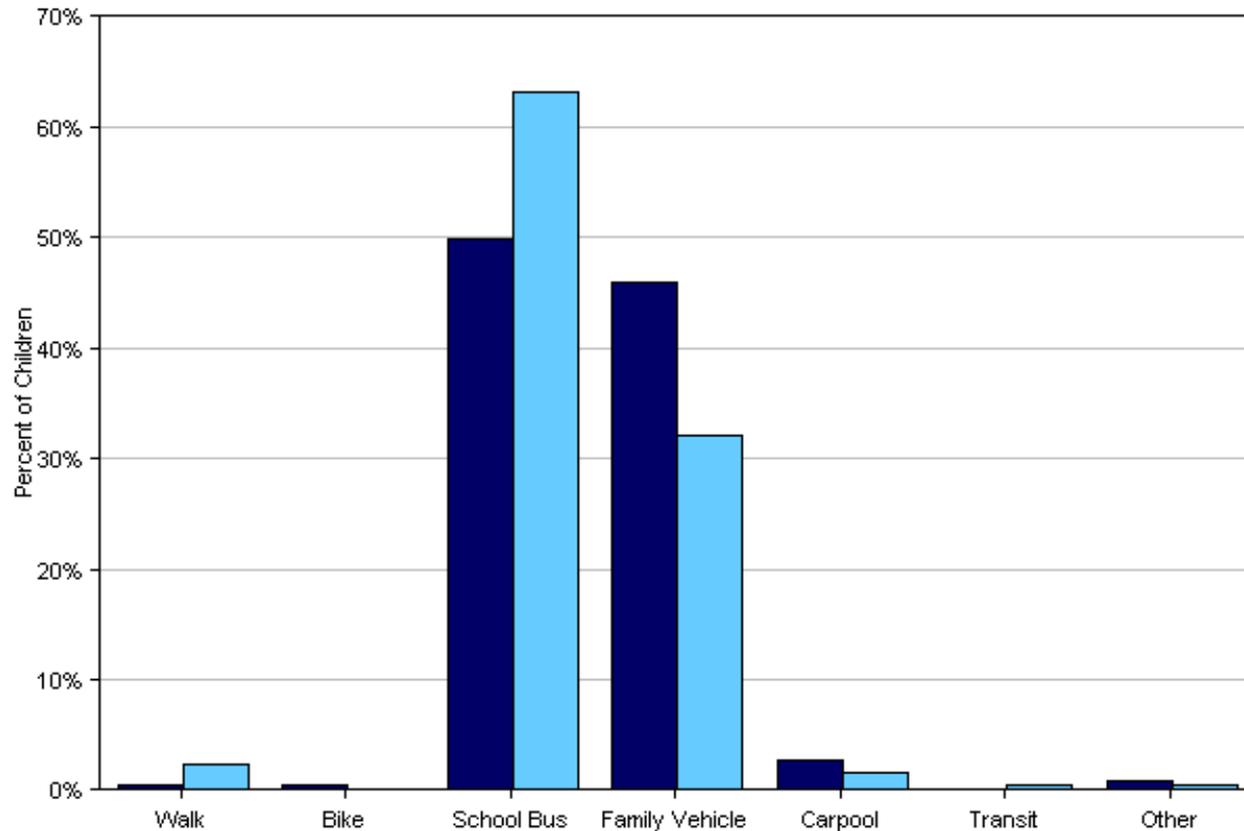
Core principals:

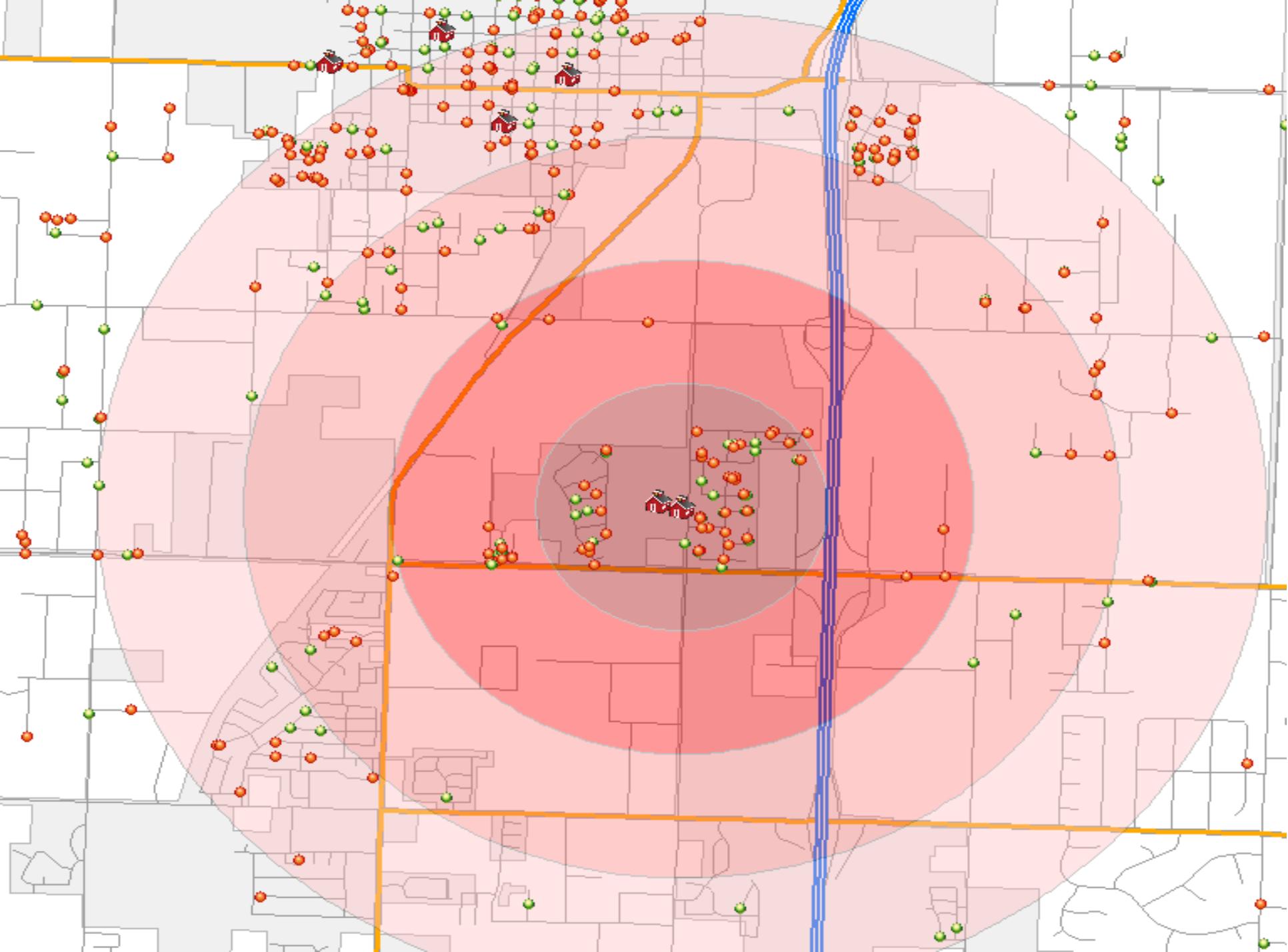
- It's not really about building sidewalks & bike trails.
- It's about building the **capacity** and the **policies** to create these everywhere.
- **VISION**
- It's never really about the *money*.
- It's about the long term **vision** and the **political** and **community will** to make it a reality.
- **LEADERSHIP**

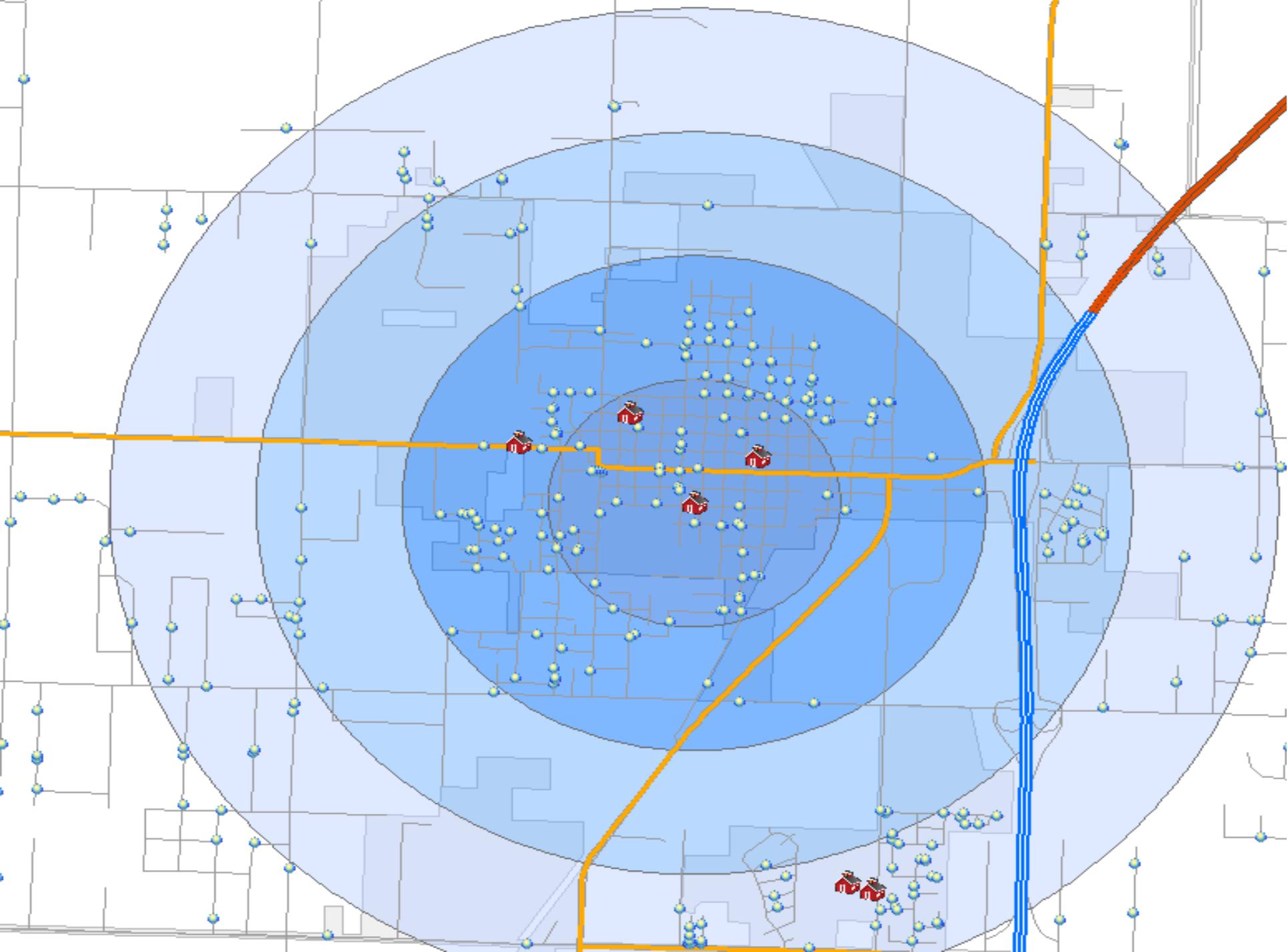
Collinsville SRTS

- **Parent Survey Summary**
- **Program Name:** Collinsville OK Herald El. **Month and Year Collected:** April 2011
- **School Name:** Herald Elementary **Set ID:** 5757
- **School Enrollment:** 585 **Date Report Generated:** 05/25/2011
- **Enrollment within Grades Targeted by SRTS Program:** 585 **Number of Questionnaires Analyzed for Report:** 258
- **Number of Questionnaires Distributed:** 585
- This report contains information from parents about their children's trip to and from school. The report also reflects parents' perceptions regarding whether walking and bicycling to school is appropriate for their child. The data used in this report were collected using the Survey about Walking and Biking to School for Parents form from the National Center for Safe Routes to School.

Typical mode of arrival at and departure from school







Parent Survey Summary

Program Name: Collinsville OK Middle School

Month and Year Collected: April 2011

School Name: Collinsville Middle School **Set ID:** 5775

School Enrollment: 591 **Date Report Generated:** 05/25/2011

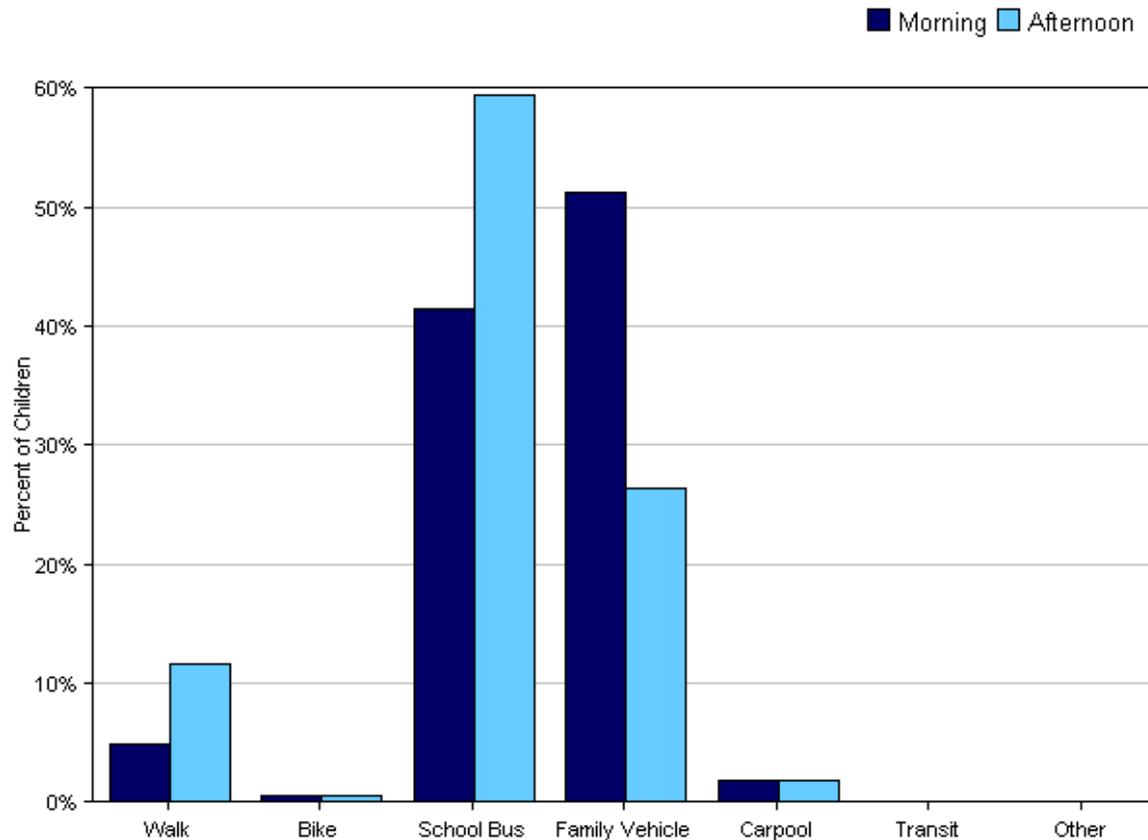
Enrollment within Grades Targeted by SRTS

Program: 591 **Number of Questionnaires Analyzed for Report:** 164

Number of Questionnaires Distributed: 591

This report contains information from parents about their children's trip to and from school. The report also reflects parents' perceptions regarding whether walking and bicycling to school is appropriate for their child. The data used in this report were collected using the Survey about Walking and Biking to School for Parents form from the National Center for Safe Routes to School.

Typical mode of arrival at and departure from school





Collinsville
Health 
& Wellness

Four broad topic areas:

- **Active transportation & complete streets.**
- **Healthy students & Safe Routes to School.**
- **Parks, recreation, transportation trails & greenways.**
- **Healthy zoning, retail & residential development.**

Thank You!

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