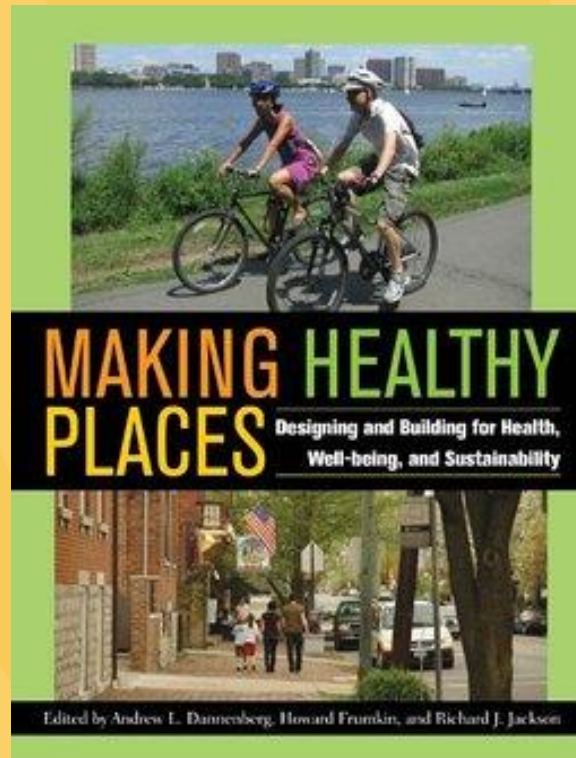
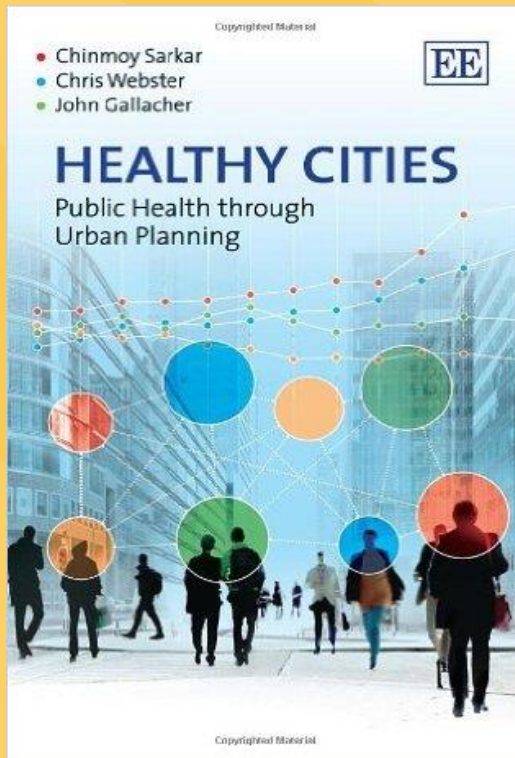


# Public Health & Sustainable Communities



# “Healthy Decisions – Healthy Communities”

## New and Updated Sustainable Jersey Actions

- Complete Streets Policy (*updated*)
- Institute Complete Streets (*updated*)
- HiAP Training for Local Officials (*new!*)



# Public Health & Sustainable Communities



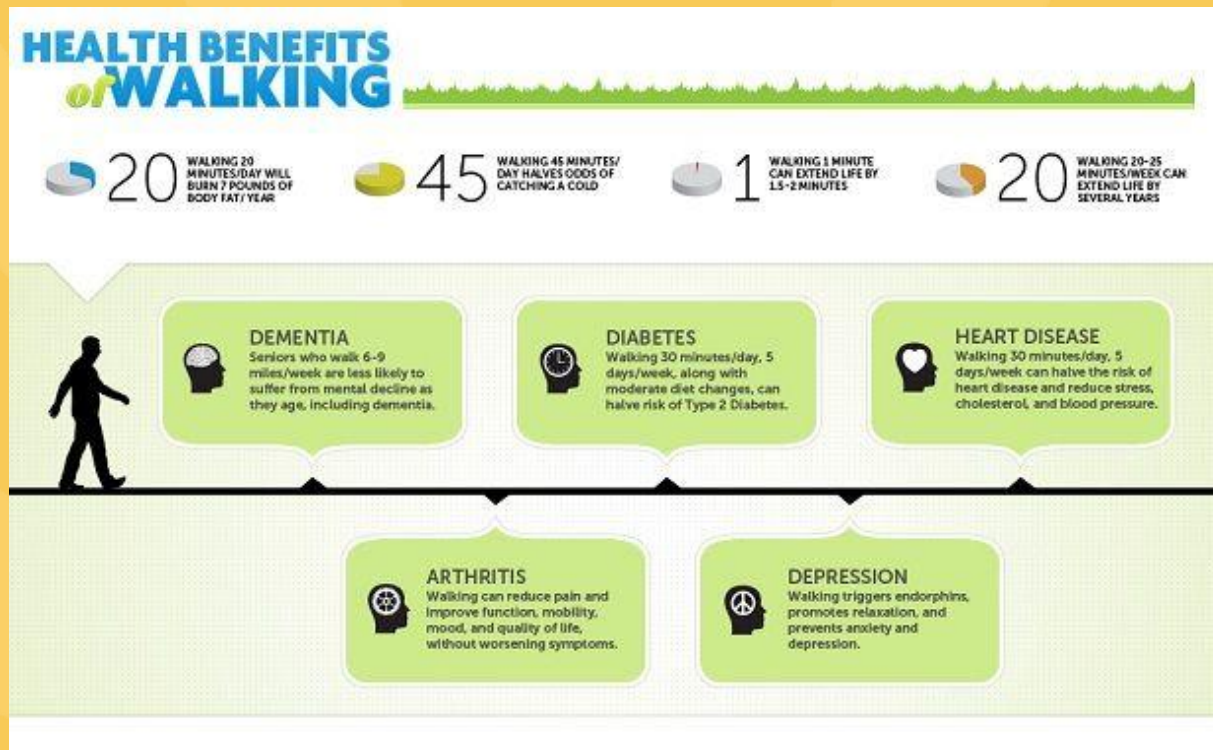
Abby Comstock-Gay, Vermont Natural Resources Council

Complete  
Streets and  
Public  
Health



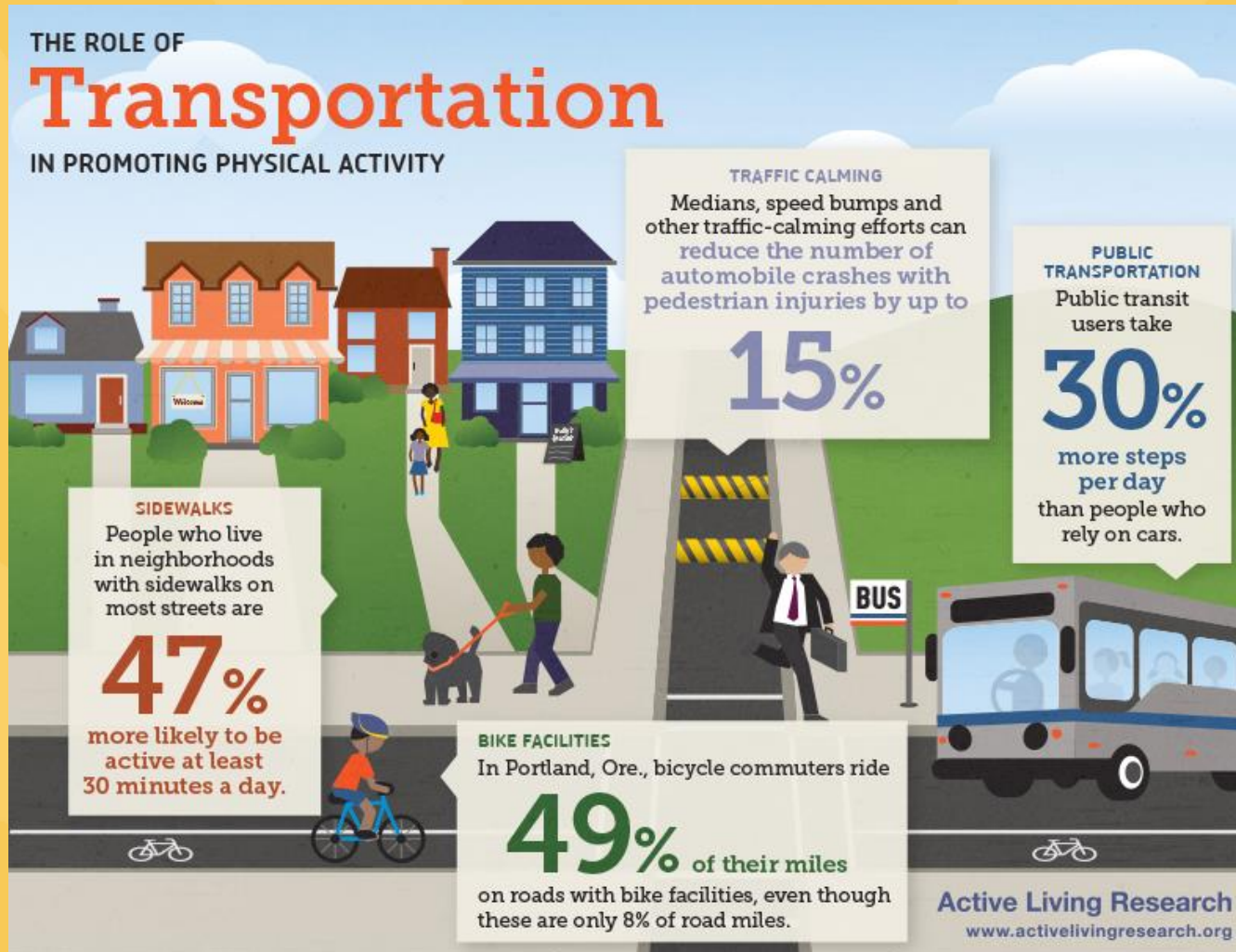
# Physical Activity is Key!

Studies show that walking (and physical activity) promotes better physical and mental health





# Physical Activity is Key!



# Complete Streets and Public Health

*We're designing safer, friendlier streets with multi-modes of transportation.*

**BUT....**

*We need to be more deliberate in our Complete Street plans and projects to ensure healthy outcomes.*



# Complete Streets and Public Health

How can we optimize Complete Streets plans and projects to foster improved physical and mental health?

And how do we know if we're successful?



# Complete Streets and Public Health

1. Include **public health officials** on the complete streets team.





# Complete Streets and Public Health

## 2. Include potential health benefits of complete streets in the policy, for example:

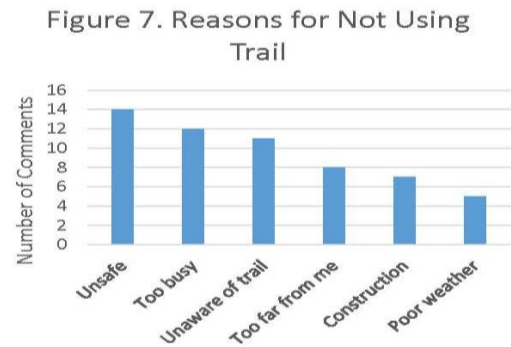
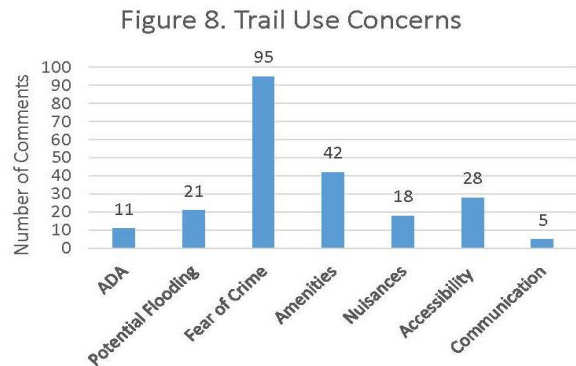
- Reduced rates of several chronic diseases related to increases in physical activity from walking and bicycling.
- Reduced rates of asthma and other respiratory issues due to improved air quality through emissions reductions and vegetative air filtration.
- Multiple health and wellness benefits resulting from improved access to necessary amenities for vulnerable populations.

*Source (Smart Growth America, 2014)*



# Complete Streets and Public Health

## 3. Conduct a community needs assessment



# Complete Streets and Public Health

4. Screen all proposed projects for specific health determinants, for example:

- Opportunities for physical activity
- Safety from traffic accidents
- Access to parks
- Maintaining water quality
- Exposure to air pollutants
- Opportunities for social cohesion



# Complete Streets and Public Health

## 5. Target improvements to benefit the needs of vulnerable populations

**FACT:** Lower income neighborhoods, on average, have fewer physical activity resources than higher income neighborhoods, posing a risk factor for obesity and related diseases.





# Complete Streets and Public Health

## 6. Include health considerations in the development checklists (examples below)

- a. **Planning/Concept Development** – Have the opportunities for improving public health been taken into consideration with this project?
- b. **Design/Engineering** – Has the public – including at-risk/vulnerable populations - been notified of conceptual project plans and offered an opportunity to share comments?
- c. **Construction** – Have necessary precautions been taken to prevent any deleterious impacts of construction on neighboring communities?



# Complete Streets and Public Health

7. Monitor and evaluate physical activity and socialization. Use indicators for outcomes (not just output), e.g.

- Changes in pedestrian and bicycle activity over time
- Usage of new infrastructure for pedestrian and bicycle activity
- Community health statistics (and trends)
- Location and trends in air pollutants
- Percentage of tree canopy on areas of vulnerable populations
- Number of children walking and bicycling to school
- Crashes by mode and type
- Crime incidents by type and location



# Complete Streets and Public Health

## **NCHRP** REPORT 797

NATIONAL  
COOPERATIVE  
HIGHWAY  
RESEARCH  
PROGRAM

### **Guidebook on Pedestrian and Bicycle Volume Data Collection**

TRANSPORTATION RESEARCH BOARD  
OF THE NATIONAL ACADEMIES



# “Healthy Decisions – Healthy Communities”

## New and Updated Sustainable Jersey Actions

### Complete Streets Policy action (*updated*)

- Formerly 20 points as the Complete Streets Program Action
- Now 10 points

### Institute Complete Streets action (*new!*)

- Formerly optional component of the Complete Streets Program Action
- Now 10 points, plus 5 points for constructed projects

### HiAP Training for Local Officials action (*new!*)

- 10 points

### Complete Streets Program action

- Will be phased out December 31, 2016





# Sustainable Jersey - New/Revised Actions

## Complete Streets Policy (10 pts)

Must recognize the potential health benefits of complete streets in the policy, e.g.

“Whereas, complete streets have the potential for improving public health – either directly or indirectly - in the following ways:

- Incorporates physical activity into our daily lives by increasing pedestrian activity and bicycle use.
- Reduce rates of asthma and other respiratory issues due to improved air quality through emissions reductions and vegetative air filtration.
- Multiple health and wellness benefits resulting from improved access to necessary amenities for vulnerable populations.” (select list)

The implementation section of the policy must state the intent of the community is to consider public health during planning and design program phases.



# Sustainable Jersey - New/Revised Actions

## Institute Complete Streets (10 pts +5 pts)

- Must include public health in development checklists
- Suggestion to include public health officials on complete streets team
- Suggested best practices include project criteria that prioritizes multimodal projects and complementary health benefits
- Complete streets training is now suggested for public health officials, in addition to other complete streets team members
- Five additional points for completed projects w/in last 3 yrs



# Sustainable Jersey - New/Revised Actions

## Health in All Policies Training (10 Points) (new)

- At least three individuals, including one staff or appointed official from the Planning Board, the governing body, environmental commission, green team and/or local health department, have completed a minimum of two hours of HiAP and/or HIA professional training.
- Trained individuals must report out lessons learned, and opportunities for incorporating health into municipal policies.
- Training includes approved webinars and workshops. See the action for details.



# Complete Streets and Public Health

## Select Resources

*A Health in All Policies Approach to Complete Streets Ordinances*, NRPC (Nashua Regional Planning Commission, December 2014

*Guidebook on Pedestrian and Bicycle Volume Data Collection*, National Cooperative Highway Research Program, Report 797, 2014.

National Complete Streets Coalition

<http://www.smartgrowthamerica.org/complete-streets>

*Evaluating Complete Streets Projects*, National Complete Streets Coalition and AARP

See the resources in the Complete Streets actions, [www.sustainablejersey.com](http://www.sustainablejersey.com)





# Questions?

