

Merge Ahead:

Health and Economic Growth in Walkable Communities



Adreanne Waller, MPH
Washtenaw County Public Health

HIP Community Health Committee
September 9, 2008

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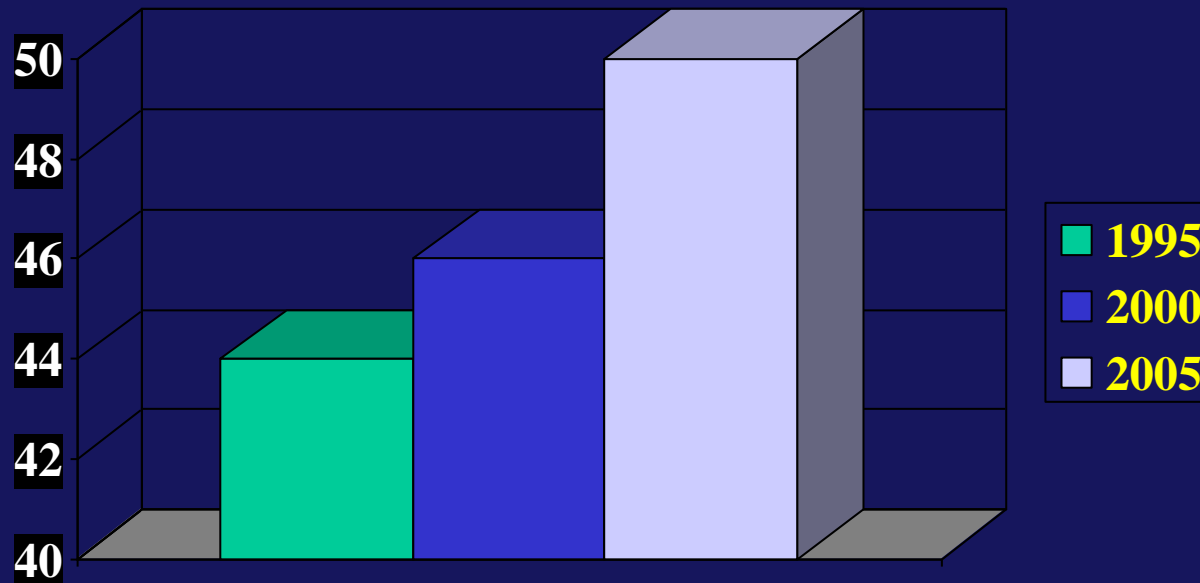
A young child with glasses is smiling and petting a dog. The child is wearing a dark blue shirt. The dog is a light-colored breed with dark spots. The background is dark. The text is overlaid on a semi-transparent blue box.

Walkability and Alternative Modes of Transportation Benefit:

- Personal health
- Social capital
- Physical environment
- Economic vibrancy

Washtenaw County residents have become more overweight

**Overweight Rates - Washtenaw County
Adults 1995-2000-2005**

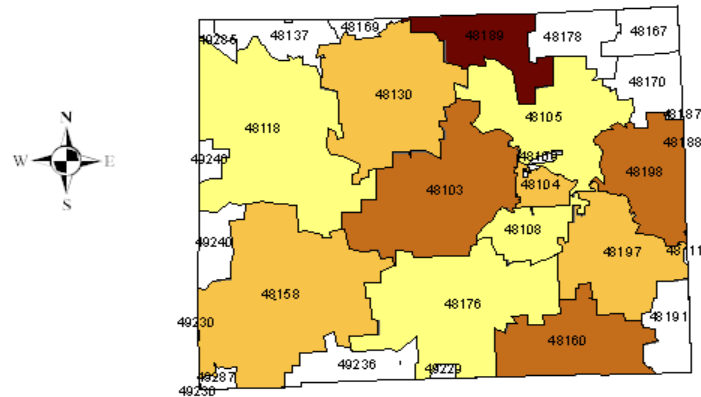


Source: Washtenaw County HIP 1995-2000-2005 Survey Data

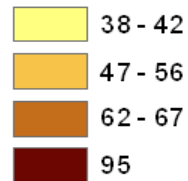
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Percent Overweight Washtenaw County Residents

Washtenaw County HIP 2005 Survey Results by Zip Code



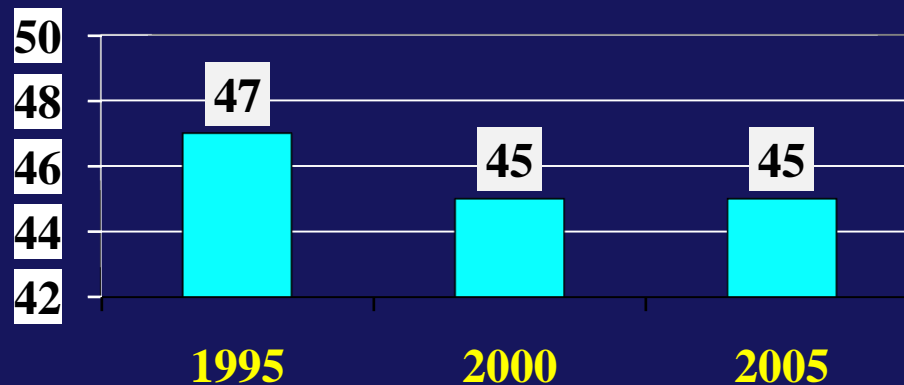
Percent Overweight



Washtenaw County Public Health-waller/Walkability

Physical Activity Has Been Engineered Out of Our Daily Lives

Percent of Washtenaw County Adults who Achieve 30 Minutes or More of Moderate Physical Activity 5-7 Days per Week 1995-2000-2005

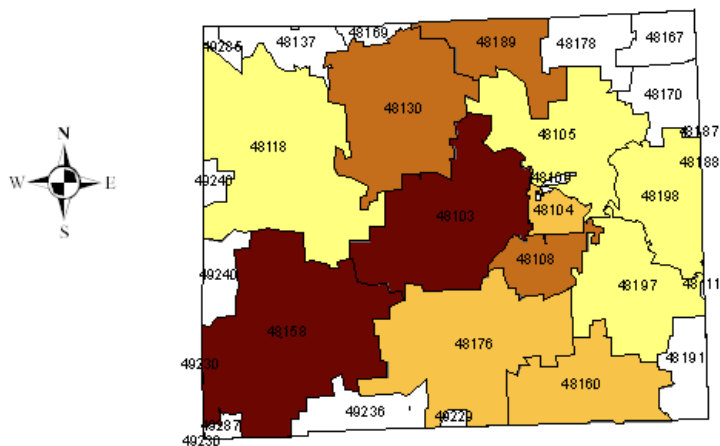


Source: Washtenaw County HIP 1995-2000-2005 Surveys

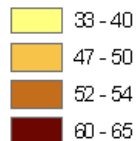
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Percent Attaining 30 Minutes or More of At Least Moderate Physical Activity 5-7 Days Per Week Washtenaw County Residents

Washtenaw County HIP 2005 Survey Results by Zip Code



Percent Attaining 30 Minutes of Moderate Physical Activity 5-7 Days Per Week

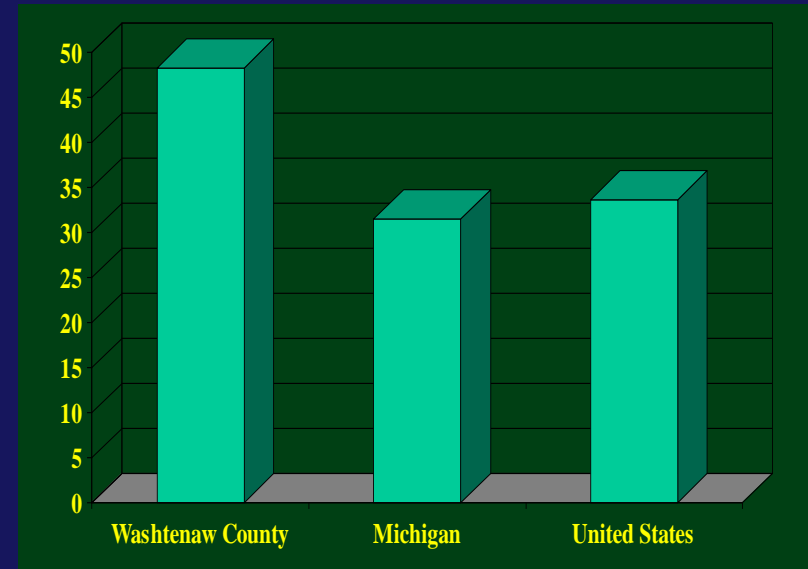


Washtenaw County Public Health-walker/Walkability

Physical activity has been engineered out of our daily lives

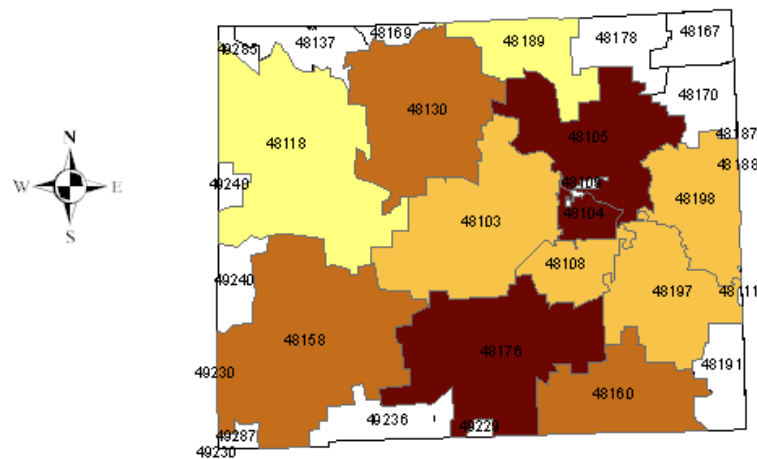


Proportion of Employed civilians in
Management/Professional
*Census 2000**

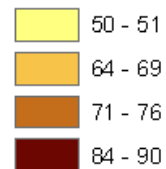


Percent that "Mostly Sit or Stand" at Work Washtenaw County Residents

Washtenaw County HIP 2005 Survey Results by Zip Code



Percent that "Mostly Sit or Stand" at Work



Washtenaw County Public Health - waller/Walkability

“The economic and social costs associated with an unhealthy population have a dramatic impact on Michigan’s ability to compete and succeed in the 21st century economy. If we are to attract new businesses and create jobs, we have to have healthy, productive workers.”

Governor Jennifer Granholm, May 2004

“...companies may take one look at a locality with less than favorable health statistics and be scared off by the potential impact on their bottom line. Physical health and economic health go hand in hand.”

David Hollister, Director, Michigan Department of Labor and Economic Growth

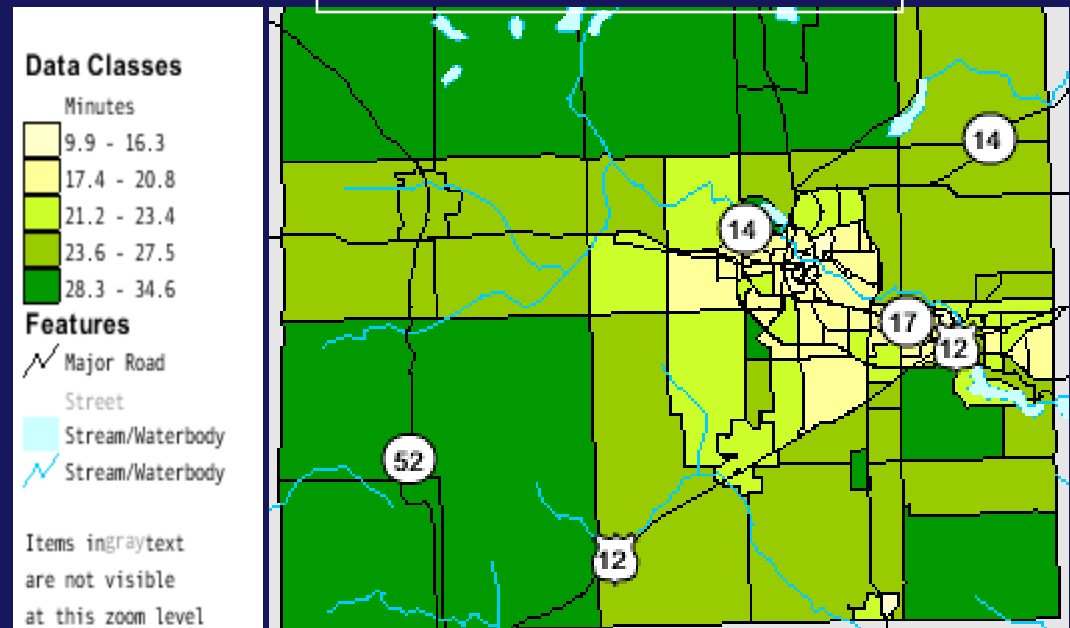
“Physically active employees who eat healthy and don’t use tobacco products are employees who are at work more often, being more productive, making fewer claims on health insurance, and drive a healthy economy.”

Michigan Steps Up Business Group

Physical activity has been engineered out of our daily lives



Travel Time to Work



Physical Activity

- Planned exercise for fitness
- Integrated or organic
 - Transportation
 - Household chores
 - Errands
 - employment

Walking is one form of physical Activity that *most* people can do.

Walking can be planned exercise or Integrated as part of daily routines.

Physical activity has been engineered out of our daily lives (short trips per week)



Ann Arbor – 2.6



Ypsilanti – 2.5



Rest County - .4



CMD-.4

“‘Walkability’ is the idea of quantifying the safety and desirability of the walking routes.”

U.S. Centers for Disease Control and Prevention

- Density
- Diverse destinations
- Accessible destinations
- Street connectivity
- Walking facilities
- Aesthetics
- Pedestrian safety
- Crime safety

The Walkable Community: A Good Trip and a Great Destination

- Environmental/Policy approach
- ‘Smart Growth’
- Collaboration with urban planning, engineers, zoning
- Tools exist – simple to complex

Walkable Communities are **FRIENDLY**



Facilities for Walking

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Walkable Communities are FRIENDLY

Routes – Connected



Walkable Communities are FRIENDLY



Inviting – Interesting, Human Scale

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Walkable Communities are FRIENDLY



Economic Vibrancy

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Walkable Communities are FRIENDLY



Noise & Fumes Limited

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Walkable Communities are FRIENDLY



Destinations – Dense, Diverse

Walkable Communities are FRIENDLY



Lighting – Safety Concerns Addressed Suzanne Waller, MPH

Walkable Communities are FRIENDLY

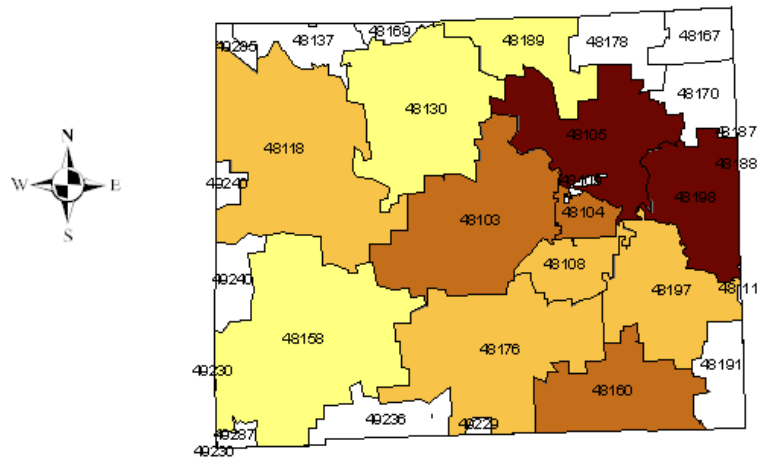


Yield to People – Slow Speeds, Curb Cuts, Signage

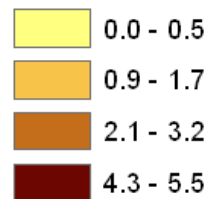
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Average Number of Short Trips Walked In Past Week Washtenaw County Residents

Washtenaw County HIP 2005 Survey Results by Zip Code

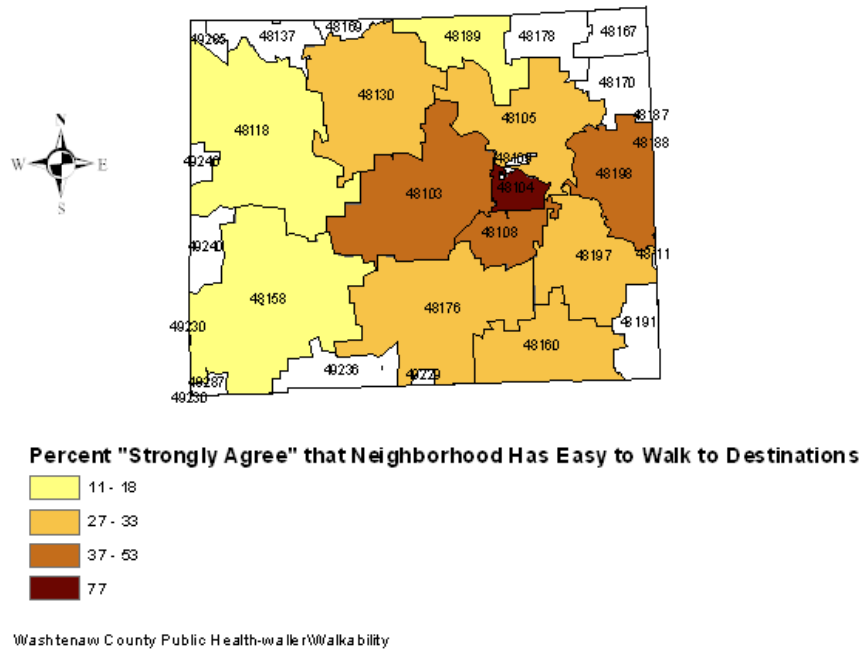


Number of Short Trips Walked in Past Week



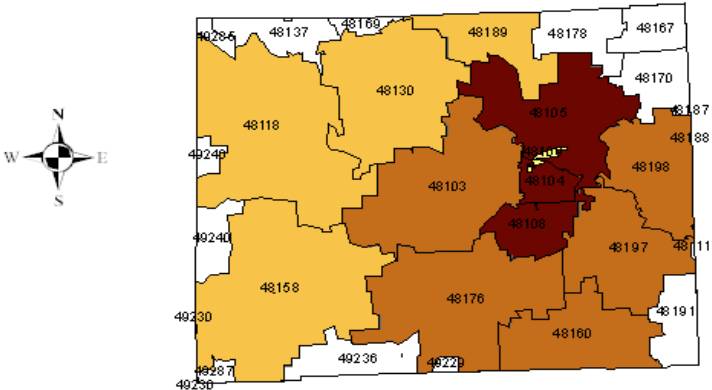
**Percent of Washtenaw County Residents
that "Strongly Agree" that Neighborhood
has Easy To Walk to Destinations**

Washtenaw County HIP 2005 Survey Results

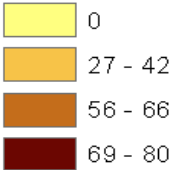


Percent that "Strongly Agree" There are Walking Paths and Sidewalks in Neighborhood Washtenaw County Residents

Washtenaw County HIP 2005 Survey Results by Zip Code



Percent "Strongly Agree"



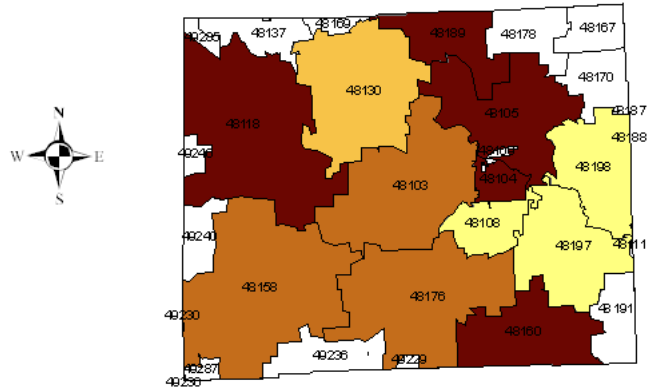
Washtenaw County Public Health-waller\Walkability

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Percent that "Strongly Agree" They Feel Safe Walking in Neighborhood Washtenaw County Residents

Washtenaw County HIP 2005 Survey Results by Zip Code



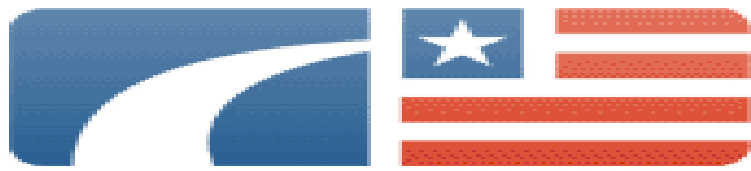
Percent "Strongly Agree"

- 59 - 65
- 78
- 82 - 83
- 88 - 93

Washtenaw County Public Health-walker/Walkability

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Transportation For America



Walk Score[™] Find a Walkable Neighborhood.

[Most Walkable Neighborhoods](#) | [Why Walk?](#) | [Walkability](#) | [How It Works](#) | [How It Doesn't Work](#) | [Real Estate Tile](#) | [Blog](#)

How It Works

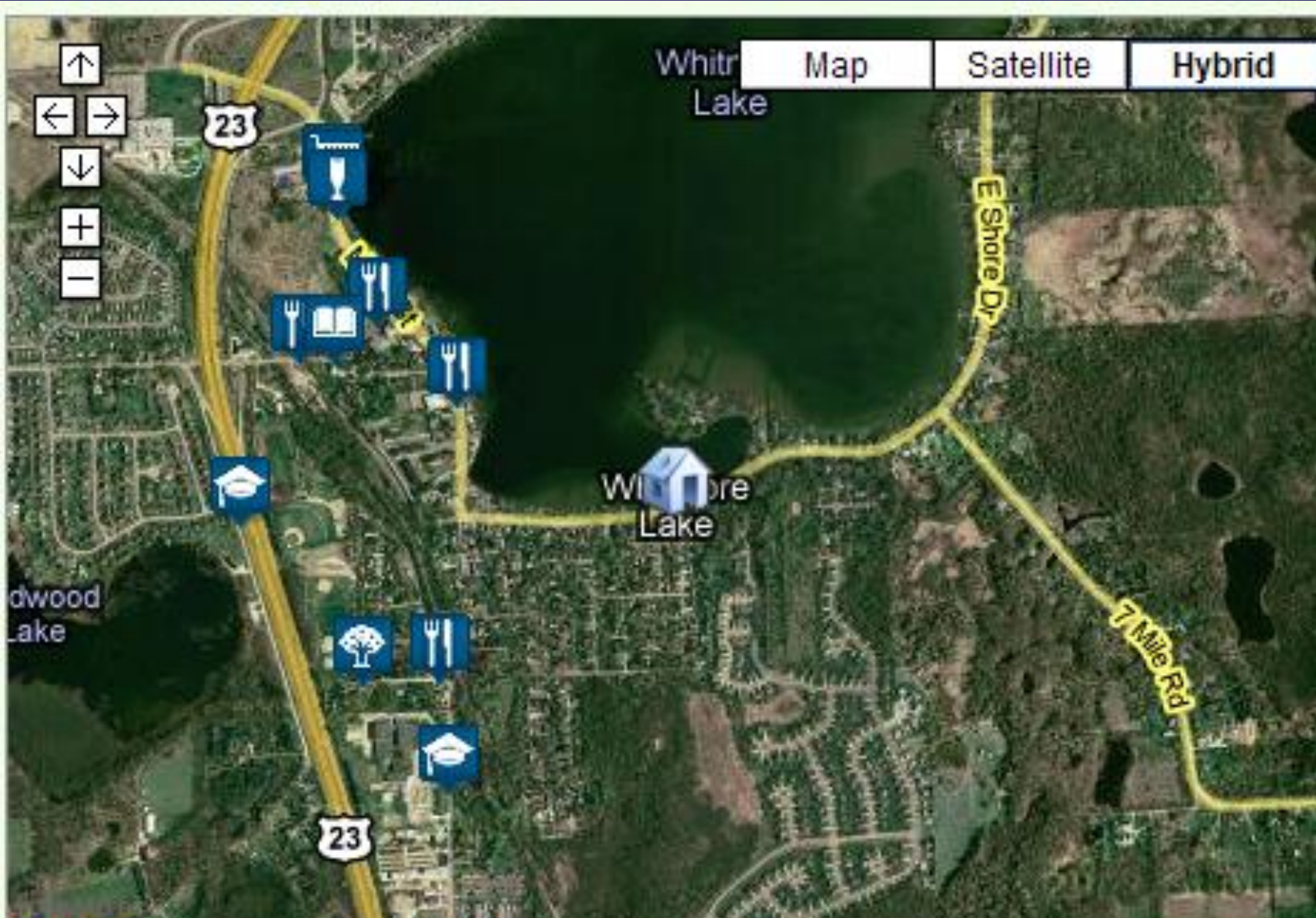
Walk Score helps people find walkable places to live. Walk Score calculates the walkability of an address by locating nearby stores, restaurants, schools, parks, etc. Walk Score measures how easy it is to live a car-lite lifestyle—not how pretty the area is for walking.

What does my score mean?

Your Walk Score is a number between 0 and 100. Here are general guidelines for interpreting your score:

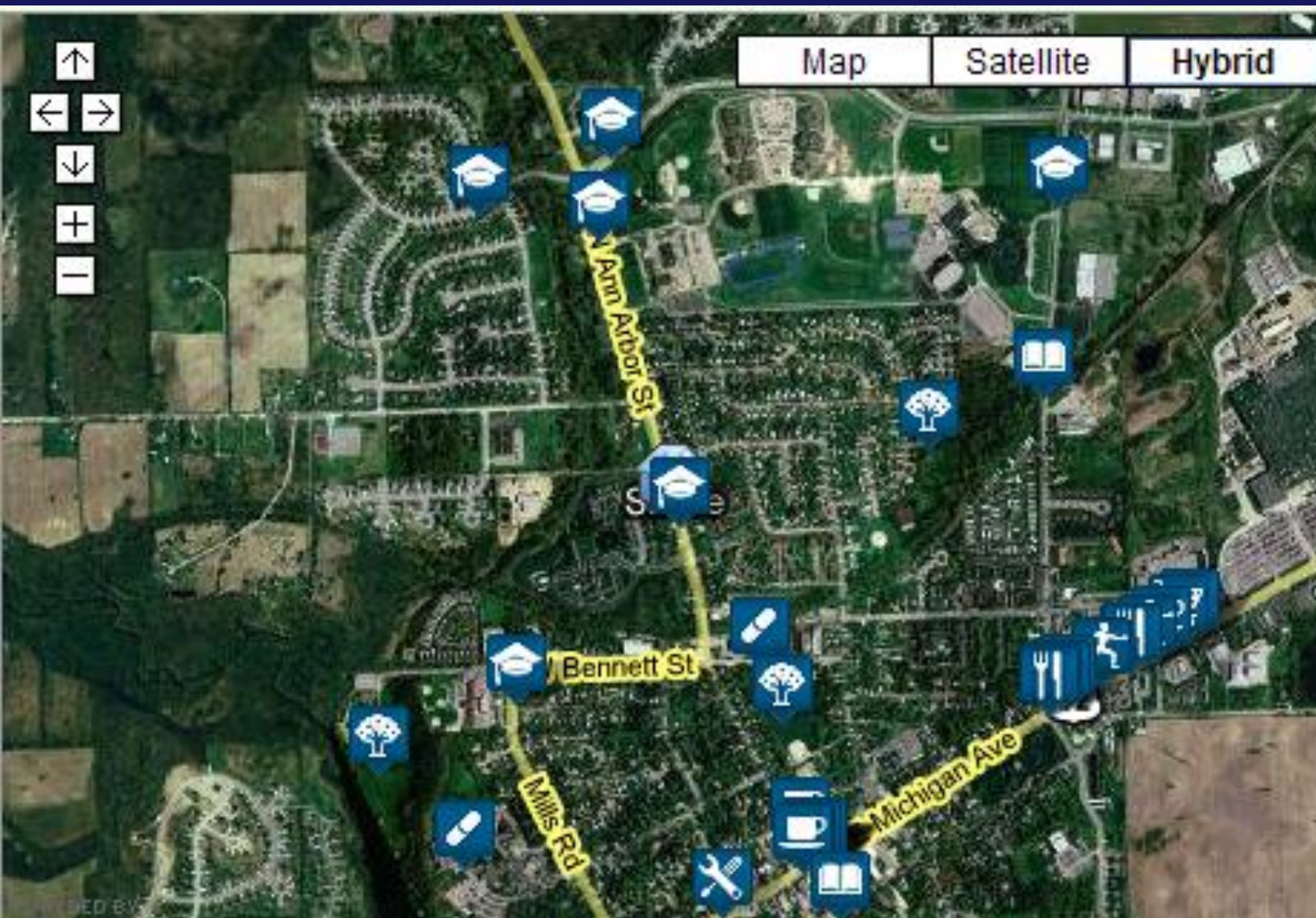
- **90–100 = Walkers' Paradise:** Most errands can be accomplished on foot and many people get by without owning a car.
- **70–89 = Very Walkable:** It's possible to get by without owning a car.
- **50–69 = Somewhat Walkable:** Some stores and amenities are within walking distance, but many everyday trips still require a bike, public transportation, or car.
- **25–49 = Car-Dependent:** Only a few destinations are within easy walking range. For most errands, driving or public transportation is a must.
- **0–24 = Car-Dependent (Driving Only):** Virtually no neighborhood destinations within walking range. You can walk from your house to your car!

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Whitmore Lake – 22; Car Dependent

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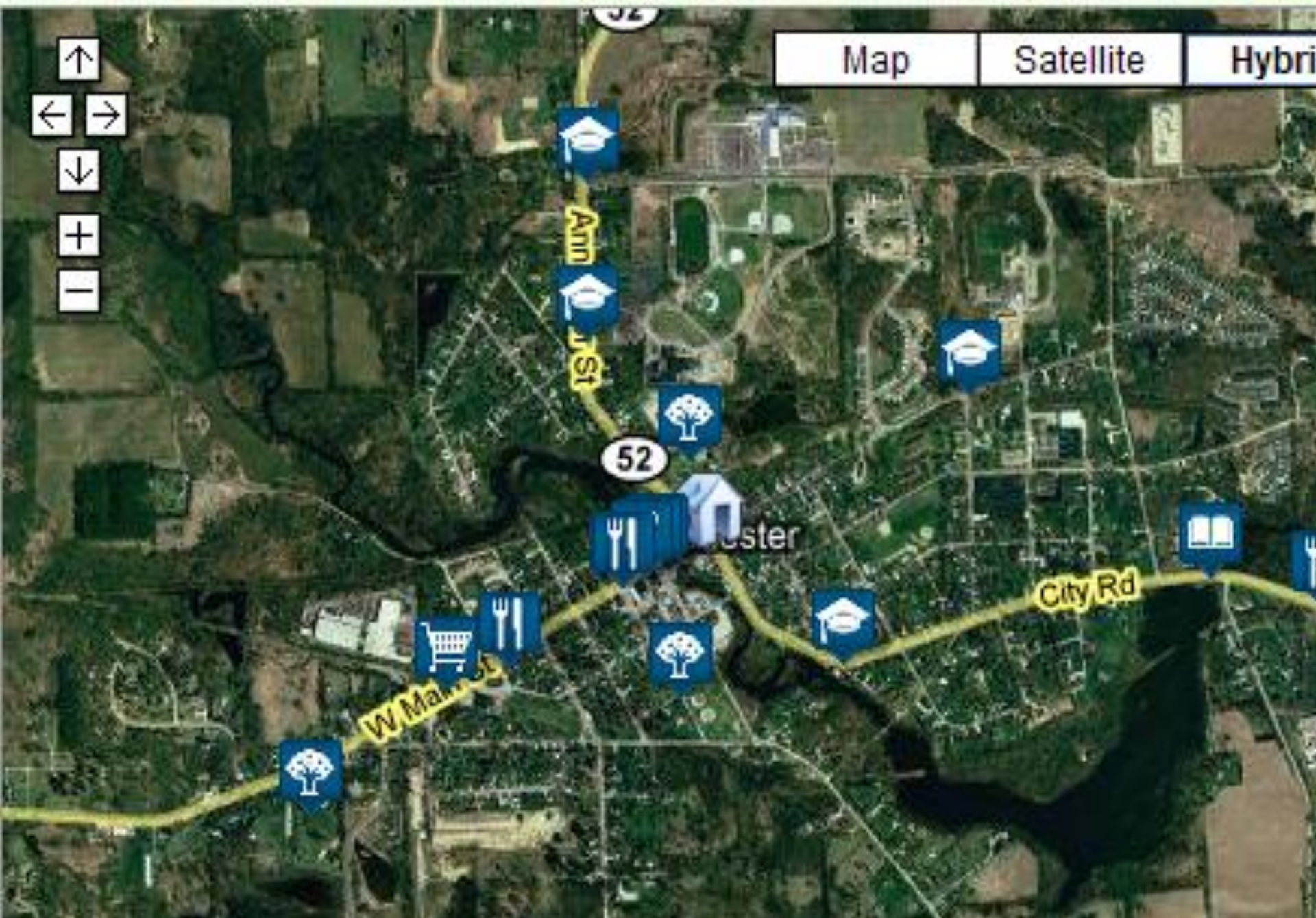
Saline – 43; Car Dependent

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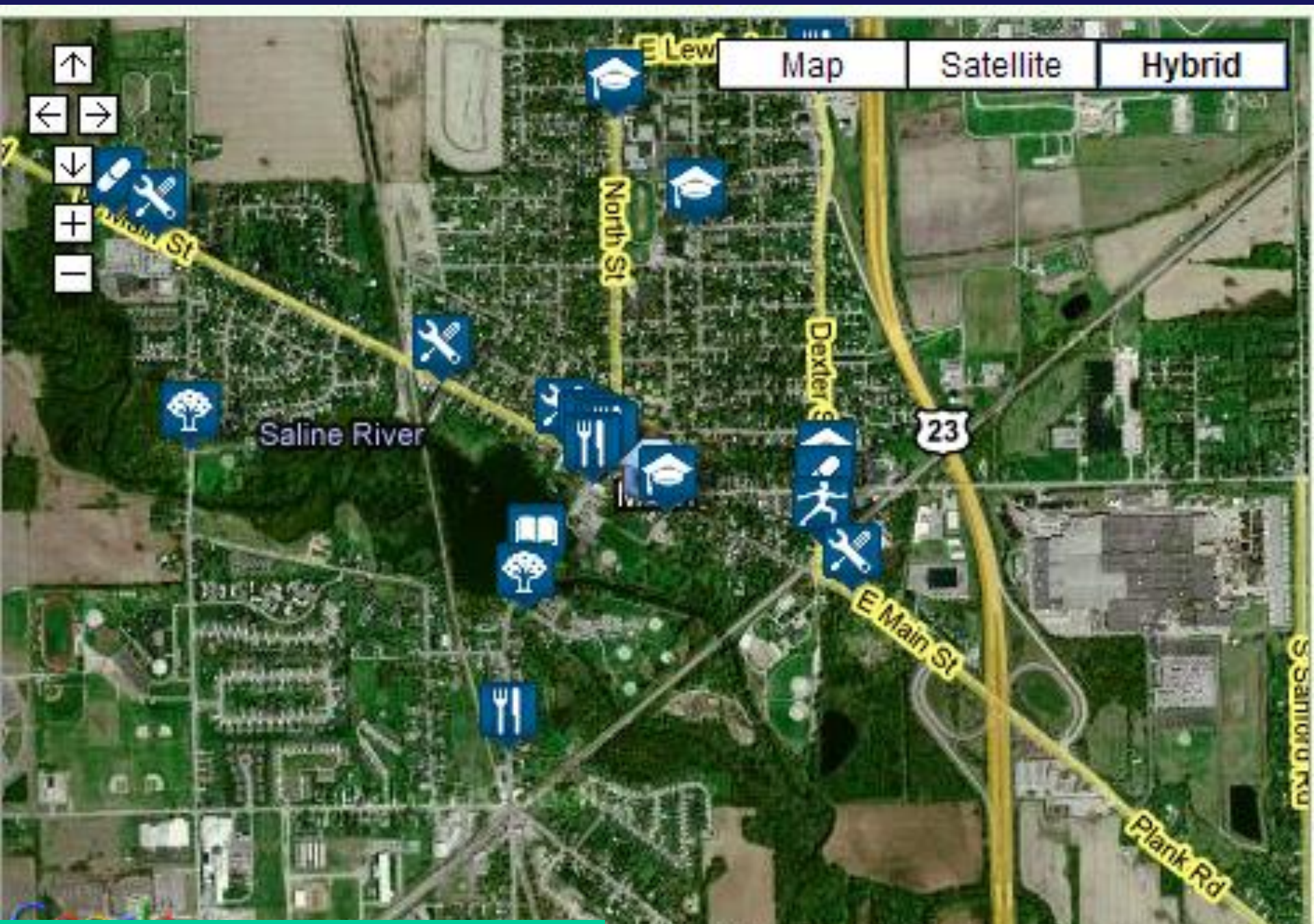
Dexter – 48; Car Dependent

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Manchester – 48; Car Dependent

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Map Satellite Hybrid

Saline River

23

Milan – 66; Somewhat Walkable

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Map Satellite Hybrid



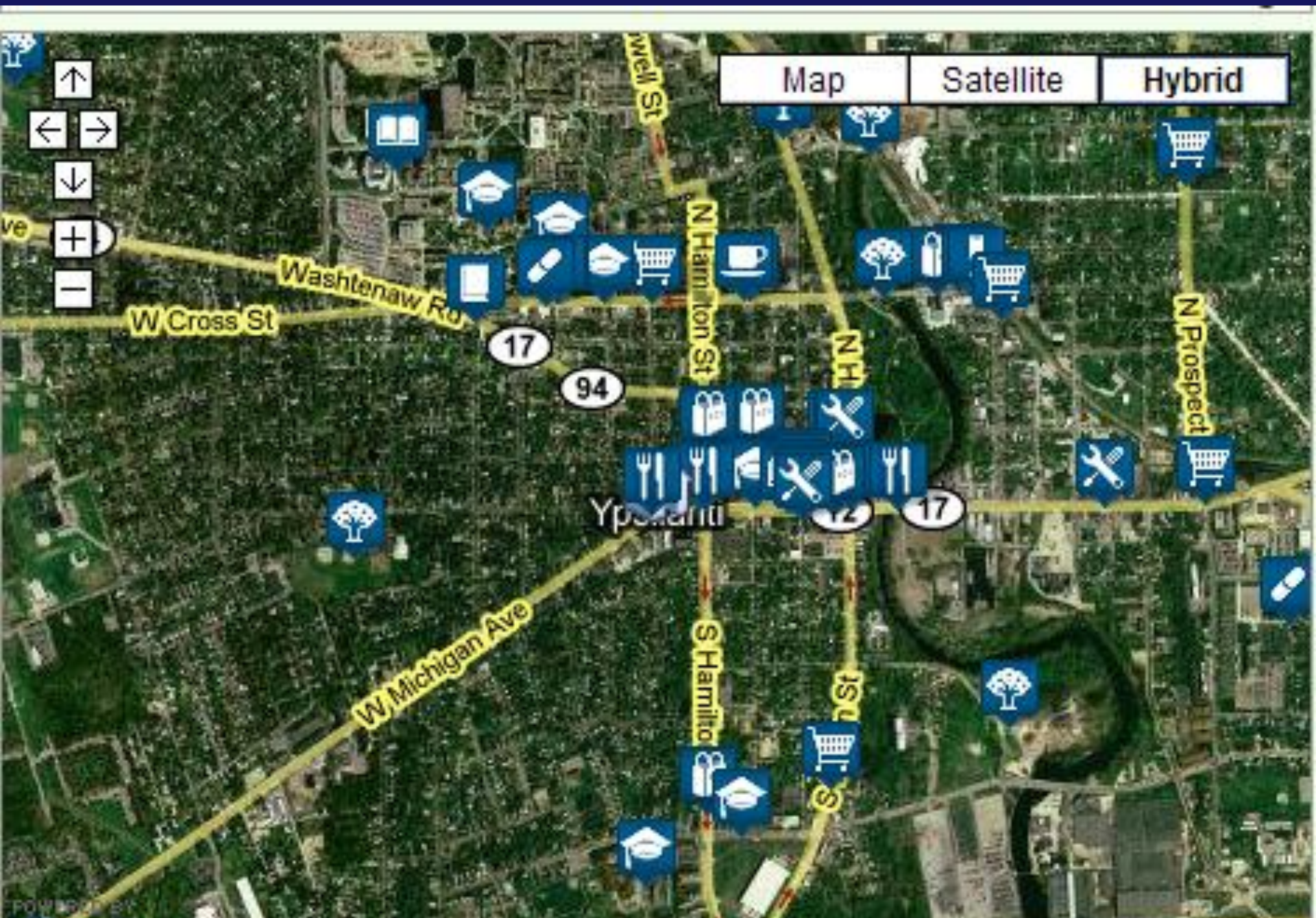
Lima Twp
Lyndon Twp

52

Chelsea

E Old US Hwy 52

Chelsea – 80; Very Walkable

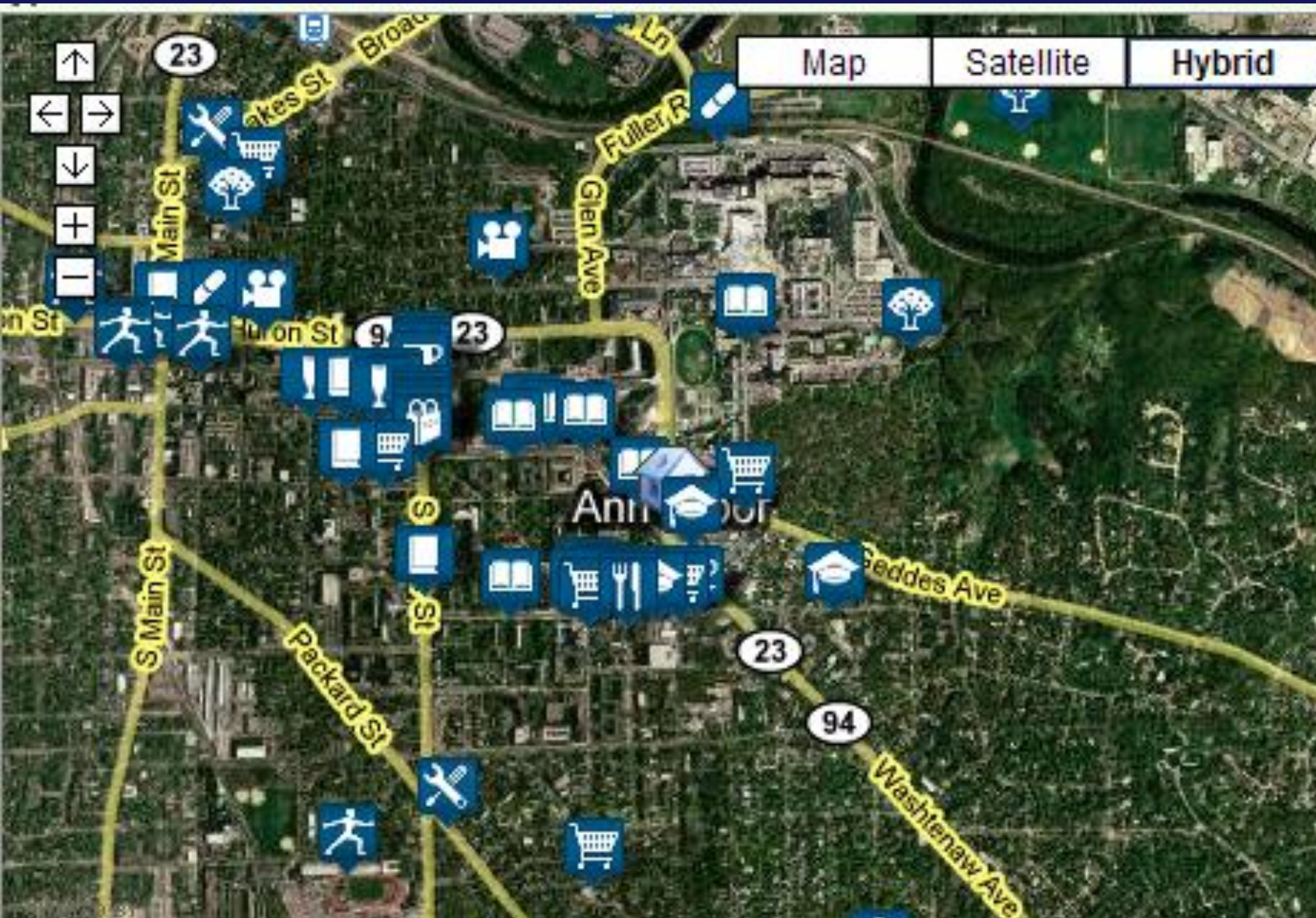


Map Satellite Hybrid



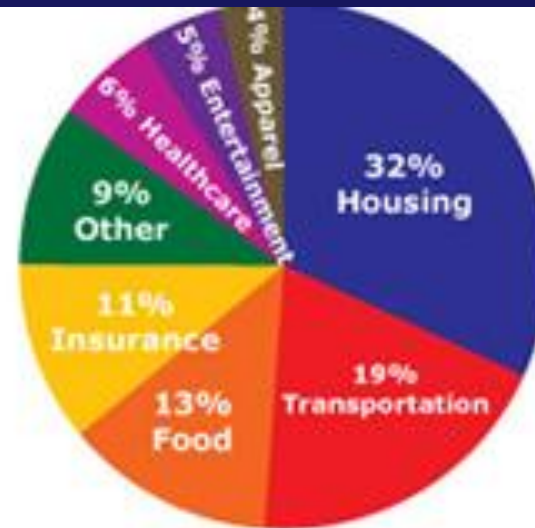
Ypsilanti – 89; Very Walkable

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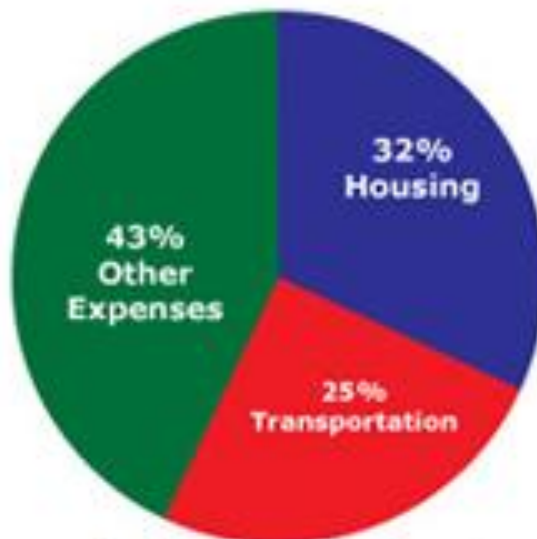


Ann Arbor – 91; Walker’s Paradise

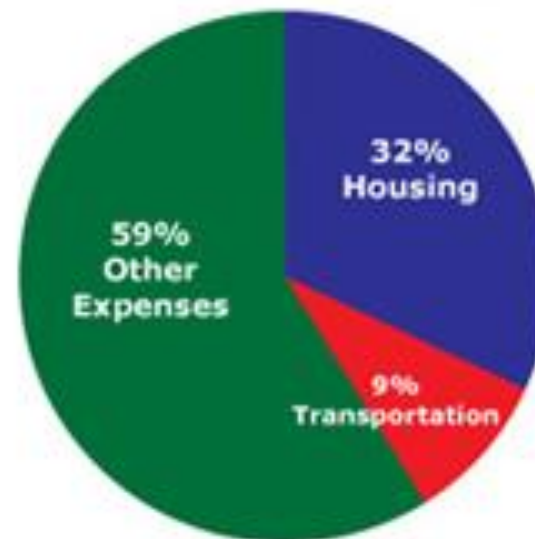
Where we live and its impact on our spending in America



American Average



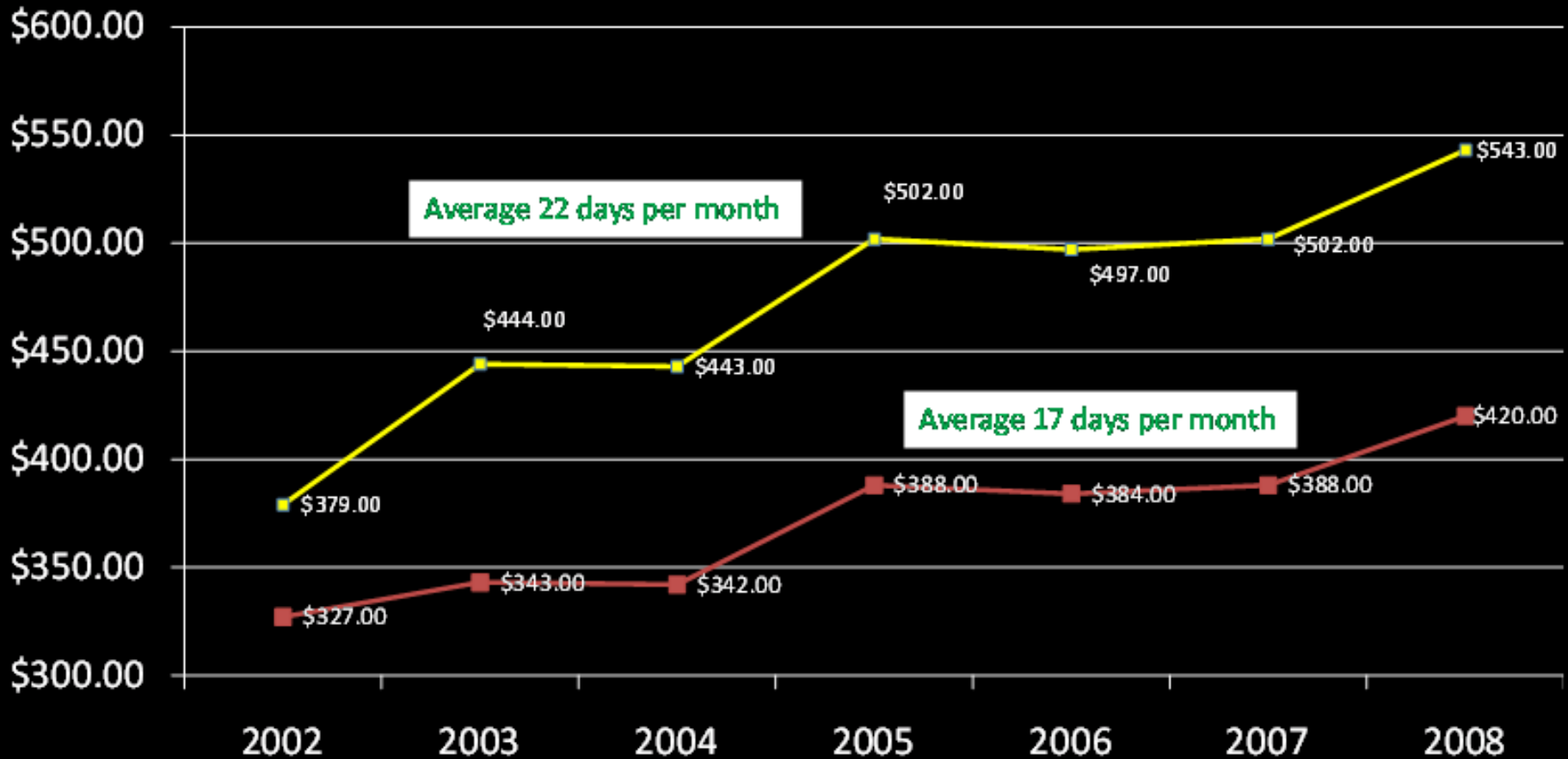
Auto-dependent neighborhood



Transit-rich neighborhood

Average Michigan Commuting Costs Using Automobile 2002-2008*

Price in U.S. Dollars per Month



*Assumes the following:

*Average Michigan gas prices (http://www.michigangasprices.com/retail_price_chart.aspx);

*Average work days per month = 22

*No parking costs

*Average commute time (26 minutes) (<http://abcnews.go.com/technology/traffic/story?id=485098&page=1;>)

*Average gas mileage (17 mpg) http://wiki.answers.com/Q/What_is_the_average_gas_mileage_of_the_average_car/;

*Average maintenance, tires, financing, taxes, depreciation based on the 2001 Federal Highway Administration's Cost of Owning

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I HAVE TO TELL THEM THAT
GLOBAL WARMING IS COMING
BUT I'M TWO DECADES LATE ALREADY
AND I'M LOW ON FUEL AND
GAS IS SO EXPENSIVE AND MY
CREDIT CARD IS MAXED OUT...

Paul Revere 2008

TUES

WASHINGTON POST

...AND EVERYBODY SAID THEY
WANTED TO SLEEP IN...

Adreanne Waller, MPH

6-15-08