

GUIDING PLANNERS TO MAKE COMMUNITIES MORE PEDESTRIAN-FRIENDLY

Comprehensive document provides tools and model policies

Public Health Problem

- Physical inactivity is a major risk factor for heart disease.
- Increasing opportunities to be active is an evidence-based strategy for preventing chronic diseases such as heart disease.
- When it's easy and safe to walk and ride bicycles, people walk and bike more.

Program

- With funding from the New York State Healthy Heart Program, the Initiative for Healthy Infrastructure at the State University of New York, Albany developed a transportation policy guide for planners, municipal board members and decision-makers in the state. This document describes national transportation policy models including Complete Streets a model that encompasses all modes of transportation, including walking and bicycling.
- The guide provides policy tools specific to New York's home rule approach to government, allowing for adoption by a many local agencies and governments.
- The guide covers: tools for community planning; integration of Complete Streets concepts; examples of bicycle and pedestrian friendly language; key elements of mixed use development, town center planning, design guidelines, redevelopment of historic central business district streets and form-based codes that define the size, scale and proportions of buildings in graphic format; information on safe routes to school; a model zoning law for bicycle parking facilities; and even a proposed policy for showers and lockers to be used by residents running, skating, walking or bicycling to work. Web site: www.albany.edu/~ihi

Impact

- Several New York communities are using the policies in the guide to increase resident's opportunity to be active:
 - The town of Union in Broome County adopted a Pedestrian Policy making Union a pedestrian-friendly community.
 - The City of Binghamton passed legislation incorporating Complete Streets policy into the city's street reconstruction efforts.
 - The City of Buffalo drafted a Complete Streets policy and expects to vote on it in the near future
- These comprehensive, free planning and policy models provide needed assistance to New York's municipalities in their efforts to make it easier and safer to bike and walk.
- Bob Elliott, Deputy Secretary for Local Government in the New York Department of State, says about the guide, "I thought the Planning and Policy Models publication was excellent."

Contacts

Jeff Olson & Catherine Lawson
Initiative for Healthy Infrastructure
518-584-6634
ihi@albany.edu