

LIGHTEN UP LANCASTER COUNTY AND LIVEWELL LANCASTER COUNTY ACTIVE TRANSPORTATION EFFORTS

Fall 2013 LCPC Regional Breakfast Meetings



Background: Lighten Up Lancaster County

- Lancaster General Health launched partnership in 2007
- Currently is comprised of over 100 concerned individuals with representation from all facets of the community
- Seven Working Groups:
 - School & Community Gardens
 - Community Supported Agriculture
 - Active Transportation
 - Healthy Vending
 - Community-Wide Challenge
 - Apple Awards
 - Community Events



Background:

Lighten Up Lancaster County

- **Mission: Increase the number of adults and children maintaining a healthy weight**
 - Focus on policy, systems, and environmental changes
 - Implement primary care practice protocols
 - Increasing access to healthy foods at the workplace, community or school (e.g. Healthy Vending / CSAs / Mobile Markets)
 - Increase bikeability of Lancaster City and County
 - Community-wide Challenge



Background:

LiveWELL Lancaster County



- Funded through the Community Transformation Grant program of the Centers for Disease Control and Prevention (CDC)
- Lancaster General Health was awarded grant on behalf of Lancaster County
 - One of 61 awards nationally; one of two awards in PA
- Our Charge:
 - Build capacity to implement **evidence-based** policy, environmental, and system changes to reduce heart disease, cancer, and stroke



Background:

LiveWELL Lancaster County



Funding supports implementation of interventions in five strategic areas.

1. High Impact Quality Clinical and Preventive Services
2. Healthy Eating
3. **Healthy & Safe Physical Environments**
4. Active Living
5. Tobacco Free Living





HOW ARE WE DOING IN LANCASTER COUNTY?



Lancaster County

Community Health Needs Assessment

- **COMMUNITY HEALTH NEEDS ASSESSMENT RESULTS**
 - 64% of adults are overweight or obese
 - 31% of school-age children are overweight or obese
 - 33% of adults report poor physical health one or more days in the past month
 - 11% of adults have experienced a heart attack, heart disease, or a stroke
 - 8% of adults have been diagnosed with diabetes
 - All Cancer Incidence Rate: 467.9/100,000 population
 - Prostate, breast, cervical, colorectal cancer rates in county all higher than national target



Highlighted Policy Scan Results: Healthy & Safe Physical Environments

Municipalities:

Yes	No	
6%	94%	Has the municipality conducted a walkability audit?
3%	97%	Has the municipality conducted a bikeability audit?
63%	38%	Does the Comprehensive Plan includes goals for walkability?
47%	53%	Does the Comprehensive Plan includes goals for bikeability?
0%	100%	Has the municipality adopted a Complete Streets policy?
18%	82%	Does the municipality's Comprehensive Plan include a goal to adopt at least one Complete Streets design element?
3%	97%	Has the municipality completed the Bicycle Friendly Community application?



Highlighted Policy Scan Results: Healthy & Safe Physical Environments

School Districts:

All	Most	Some	None	
0%	15%	23%	62%	How many of the district's schools have a walk or bike to school initiative?

Number	
0	School <u>districts</u> that have a formal walk or bike to school initiative
16	School districts in the County
92,775	School-age youth in the County (2012 est.)



Highlighted Policy Scan Results: Healthy & Safe Physical Environments

Workplaces:

Yes	No	
63%	37%	Does your business have bike racks?
7%	93%	Did your business complete the Bicycle Friendly Business application prior to July 1, 2012?

Number	
1	Number of businesses with a Bicycle-Friendly Business designation
2	Number of businesses that have received Honorable Mention for bike-friendly efforts
46,957	Number of businesses in the County (as of 2007)



The Bad News...

...in Just 3 Numbers

30 Minutes of daily physical activity recommended (60 min. for youth).

20 % of American adults actually meet these recommendations.

365 ,000 - Estimated annual deaths in America due to physical inactivity & poor nutrition.



Mark Fenton at Walkability Audits in Lancaster City



Our Charge...

*To Make the Healthy Choice
the Easy Choice.*





BENEFITS OF ACTIVE TRANSPORTATION



What the Research Says...

Benefits of Active Transportation

- It makes economic sense.
- It improves safety by reducing crashes through safety improvements.
- It makes streets safer for drivers and pedestrians.
- It encourages more walking and bicycling.
- It helps ease transportation woes.
- It helps children.
- It's good for air quality.
- It promotes livability and reduces barriers for persons with disabilities.
- It allows older adults to remain active in their local community.
- It reduces healthcare costs.
- It stimulates the local economy.
- It makes fiscal sense.





KEYS TO SUCCESSFUL ACTIVE TRANSPORTATION INITIATIVES



4 Key Elements in A.T. Initiatives

1. Variety of uses within walk, bike, & transit distance.
2. Connecting facilities: trails, sidewalks, bike lanes, transit.
3. Functional & inviting site designs for pedestrians, bicyclists, & transit users.
4. Safe & accessible for all ages, incomes, abilities



Or, In Planner Language...

1. Mix of land uses; varied destinations.
2. Network of bicycle, pedestrian, & transit facilities.
3. Functional site designs & details.
4. Universal safety & access.



WHAT ARE COALITIONS DOING?

COUNTY-WIDE INITIATIVES TO PROMOTE &
IMPROVE ACTIVE TRANSPORTATION



Lancaster County: A Community of Coalitions

- Coalition Partners on Active Transportation:
 - Lighten Up Lancaster County
 - Coalition for a Bicycle-Friendly Lancaster
 - Coalition for Smart Growth
 - Dream Ride Projects
 - Lancaster County Planning Commission
 - Lancaster City Planning Office



What We're Doing...

- Formation of:
 - LULC Active Transportation Working Group
 - Coalition for a Bicycle-Friendly Lancaster (City)
 - Four action teams to help inform county healthy community design efforts in county
- Feasibility Assessment:
 - Assessing the feasibility of a regional Active Transportation “coalition” approach
- Community Engagement:
 - Residents educating municipal leaders on the benefits of healthy community design



What We're Doing...

- Walkability Audits:
 - Lancaster City, Lancaster Twp., E. Hempfield Twp., Intercourse, Manheim Twp.
- Bike-Friendly Efforts:
 - 3 businesses in Lancaster County have applied for a Bicycle-Friendly designation
- LiveWELL Lancaster County Leadership Team members are taking the lead...
 - Lancaster Chamber
 - City of Lancaster
 - Lancaster General Health
 - Lancaster Inter-Municipal Committee



HOW YOU CAN HELP

OPPORTUNITIES TO LEARN MORE, GET ENGAGED,
AND PARTNER WITH THE COALITIONS



The Asks

1. Join us at the Healthy Community Design Leadership Breakfast: November 19, 7:30-10am, Lancaster County Convention Center (25 S. Queen Street, Lancaster)
 - Register Online: HealthyCommunitiesBreakfast.eventbrite.com
2. Join us at the next Lighten Up Active Transportation meeting: November 22, 9-10:30 am, Location: TBD
3. Ensure your community applies for Smart Growth Transportation Funding
4. When making planning decisions, take all cyclists into consideration:
 - Recreational cyclists, commuters, and sport cyclists



The Asks

5. Ensure your community takes advantage of SRTS Funding/TA
 - Get prepared for SRTS infrastructure funding opportunities
 - Apply for Walkability Audit technical assistance from PA SRTS
6. Don't waive the sidewalks!
 - Walkable neighborhoods need sidewalks.
7. Work with developers to preserve open spaces
 - The Smart Growth principle of preserving open spaces includes areas that provide important community space, habitat for plants and animals, and recreational opportunities.
8. Complete and submit the Bicycle Friendly Communities application through bikeleague.org/bfa



FREE Resources

[LULC/LiveWELL](#)

- Walkability/Bikeability Audits
- Letters of support for smart growth projects
- Educational presentations to community members/officials

[PA Safe Routes to School](#)

- Walkability audits for school districts with engineer
- Bicycle education train-the-trainer classes
- Walk-to-School Day planning toolkit

[Lancaster County Planning Commission](#)

- Educational sessions



Contact Information

Eboni Bryant, MS MBA

Grant Manager

LiveWELL Lancaster County

717-544-3808

ebryant2@lghealth.org

Alice Yoder, MSN RN

Principal Investigator

LiveWELL Lancaster County

717-544-3283

amyoder@lghealth.org

Beth Koser Schwartz, MSN RN

Facilitator

Lighten Up Lancaster

717-544-3865

bakoser@lghealth.org

