

Nebraska Walkable Communities Initiative- Success Through a Community-Driven Engagement Approach

Brian Coyle, MPH
Physical Activity Coordinator
DHHS Chronic Disease Prevention and Control Program



Helping People Live Better Lives.

Overview

- The Nebraska Walkable Communities Project is funded by two cooperative agreements with CDC (1305 and 1422) titled: Public Health Actions to Prevent and Control Heart Disease, Diabetes and Overweight and Obesity
 - Combination of prevention in physical activity, healthy eating and breastfeeding targeting key venues:
 - Communities
 - Schools
 - Worksites
 - Early Care and Education (Child Care Facilities)
 - Collaborate with our health care systems side of the program:
 - Health care extenders
 - Quality improvements in care
 - Self-management programming

Economic Advantage of Walkable Communities

- The business of walking (<http://www.iowahealthieststate.com/blog/communities/economic--environmental-benefits-of-walking-and-walkable-communities>)
 - Save money on transportation costs
 - Healthier people, fewer bills
 - Saving on parking
 - Time saving
 - Improved safety
 - More travel = less productivity
- National Association of Realtors (<http://plannersweb.com/2014/03/national-realtors-survey-indicates-strong-interest-walkable-mixed-use-neighborhoods/>)
 - Community Preference Survey- Walkable Mixed Use Neighborhoods
 - Walkable Communities Drives Up Home Values (<http://realtormag.realtor.org/daily-news/2016/08/04/how-walkability-can-boost-home-values>)
- Walkability is great for local businesses.
- AARP Livability: Great Places for People of All Ages

Why Walking & Walkability?

▶ A Nebraska Perspective:

• Chronic Disease Rates:

- In 2013, 587,000 Nebraskans (42%) have at least one chronic disease
- For the first time since 2008, heart disease was Nebraska's leading cause of death, accounting for 3,587 resident deaths in 2015. Cancer was the second leading cause of death among Nebraska residents in 2015, and was responsible for 3,511 deaths. (Nebraska Vital Statistics, 2015)
- High blood pressure- 29.9% of Nebraska adults (2015)
- Diabetes* 8.81%; Pre-diabetes* 6.04% (BRFSS, 2016)

• Health Behaviors (BRFSS 2014):

- Overweight and obesity- (36.6% and 32.0%)- BRFSS 2016
- Physical Activity- Aerobic (51.3%) and Aerobic + Muscle Strengthening (21.8%)
 - Walked for at least 10 minutes at a time during the week- 84.6%

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Overall Purpose of Initiative

The overall purpose, guiding this project to success through 2018, is to:

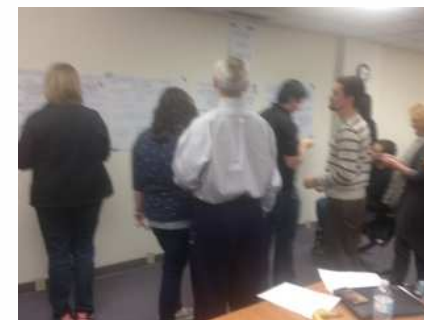
1. Directly engage and empower a minimum of 10 communities to create strategic plans and multi-year initiatives to increase walkability and overall health in each community;
2. Create on-the-ground successes that result in positive key health indicators, updated master plans, passage of policies including Complete Streets, or link together other tools and strategies to promote walkable communities;
3. Create a strong Steering Committee that provides a network of experts and technical assistance providers allowing Nebraska communities to achieve increased walkability and overall health.

State Steering Committee

1. Diverse Backgrounds and Members

2. Action Planning for Statewide Action

- Communications
- Partnership Engagement
- Statewide Policy
- Training and Technical Assistance



3. Committee Success



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State Agencies for Active Transportation

- Partnership development between: Nebraska Department of Health and Human Services, Nebraska Department of Transportation, Nebraska Department of Economic Development, Nebraska Game and Parks Commission, Nebraska Tourism
- Questions:
 - How do we streamline government efforts to reduce duplication?
 - How do we collaborate to better support local community efforts?
 - What opportunities are available for us to better support each other's goals and objectives?
 - What other state agencies need to be partnering in this effort?
- Livability focused
- Next steps

Community-Driven Process

1. Purpose

- Build a common understanding that embraces opportunities and overcomes barriers for the selected communities'
- Energize the leadership, key stakeholders, and community members around an inspiring vision of the community's potential;
- Lead to a concrete action plan and a clear roadmap for a multi-year strategic plan for the community to increase walkability and overall health.

2. Communities Engaged in the Project

- Omaha, Fairbury, Hebron, Superior, Hastings, Grand Island, Kearney, Lexington, Sidney, Scottsbluff/Gering/Terrytown, Beatrice

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Community-Driven Process Guide

1. One on one with each community with primary contact- (Done by Month 1)
2. Work to ID local people for community design teams and Schedule 1st community design team meetings- (Done by Month 2 or month before meeting occurs locally).
3. Hold in-person design team meetings- (Months 3-4)
4. Implement summit preparation Action Plans- (Months 3-6)
5. Target dates for community summits- (Months 5-7)
 - General Purpose is to build on the draft plans created by the design team and to engage the community in meaningful, collaborative, planning around creating measurable, prioritized strategic action plans to increase walkability and health outcomes in their community.
6. Implementation and Measurability (following summit)
7. Training and technical assistance (i.e. Walk Audit Trainings)

Training and Technical Assistance

- Training opportunities:
 - Complete Streets
 - Walk Audits- Mark Fenton facilitated.
 - Nebraska Bike/Walk Summit (March 2018 in Kearney)
 - Webinar Opportunities:
 - Comprehensive Planning
 - Innovative Funding Strategies for Implementation
 - Bicycle and Pedestrian Advisory Coalitions (BPAC)
- Technical Assistance
 - Ongoing throughout the entire process in working with community leaders post summit.
 - Work closely with the local public health departments
 - Comprehensive Plan Data Analysis

Complete Streets Training

- Emphasis on enhancing the transportation system for all users and for all abilities.
- Nebraska policies in place: Bellevue, Hastings, Lincoln, Omaha
- Developing policies: Grand Island, Sidney, Scottsbluff/Gering/Terrytown
- Walkable Communities education and process



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Walk Audit Training

- A data collection and educational tool.
- Community engagement approach to change.
- What to look for during a walk audit:
 - Land use
 - Network of facilities
 - Site design
 - Safety
- Nebraska Walk Audit training process



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On the Ground Success

- 11 out of 13 communities have gone through the process and have developed action plans for walking, biking and overall health-based initiatives.
- 4 communities have passed city resolutions to prioritize walking and biking efforts (Superior, Sidney, Fairbury and Hebron).
- 8 out of 12 have had their comprehensive plans assessed by a modified American Planning Association (APA) Tool for active transportation.
- Grand Island is a new MPO and has created a MPO Bike/Ped Advisory Committee, currently in process for a MPO Regional Bike/Ped Plan and just introduced a Complete Streets policy before the city council.

On the Ground Success

- Hebron has just started phase 2 of their community's trails plan that was developed over 10 years ago. They have leveraged local tax funds and received a NRD grant of over \$100,000 to help continue to process of connecting the south and north sides of town.
- Superior just received an Economic Development planning grant. The funds will be used to make updates to damaged sidewalks. They also painted an on street lane to connect two community parks. Continued promotion of walking and health as part of their Victorian Home Walk.
- Omaha is leveraging 7 different plans and numerous partners both from the city and advocacy side and have worked to better coordinate and support their efforts comprehensively.
- Scottsbluff/Gering/Terrytown is currently mapping safe routes for walking and biking across town. They just held a complete streets policy training for the fall.

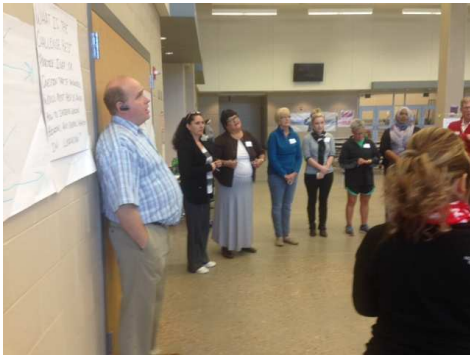
On the Ground Success

- ▶ Sidney just had a ribbon cutting on their trail with their brand new signage. Developed a Mayor's Active Living Advisory Council to inform community work with biking, walking and park efforts.
- ▶ Lexington focusing on social support development through local churches. Plus trying to identify key places to safely walk like their new auditorium during bad weather and lighting on a school track.
- ▶ Kearney just held their community summit. They are focusing on amenities (trails), safety/access (lighting and crossings), and infrastructure (Complete Streets).
- ▶ Fairbury just past a city resolution to prioritize walking and biking at the city council level. Emphasis on promotion, education and trail linkages both in town and in the county to bring people into town.
- ▶ Hastings working on trail work on the south side of town. Focusing on walking options at the local mail and several signage projects. Presentation to the Complete Streets Advisory Committee in the next couple weeks.

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Final Thoughts



LET'S GET MOVING Superior

JOIN THE CONVERSATION TO ACTIVATE OUR COMMUNITY
November 7, 2015
Superior High School Library
9 a.m. - 4 p.m.
Lunch and snacks provided

WALKING IS A GREAT WAY to connect with family and friends, be physically active and stay healthy. Yet, our streets, sidewalks, trail connections and (let's be honest) our habits often limit our ability to get moving. We want to change that. Join us for an important conversation about how we can make our community more walkable.

SIGN UP TO ATTEND
To register for the FREE event, go to surveymonkey.com/1/2R0V2KH

FOR MORE INFORMATION
Call the South Heartland District Health Department at 402-462-6211 or visit southheartlandhealth.org

BROUGHT TO YOU BY:

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT

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JOIN US!

JOIN THE MOVEMENT TO ACTIVATE SIDNEY!

SIDNEY TRAILS MAP
Deadwood Trail 4.65 miles
Pined Loop Trail 3.25 miles
Arborvitae Trail 2.00 miles
11th Avenue Trail 0.64 miles

IT'S SIMPLE. JUST STEP AND REPEAT

Connected sidewalks, trails and safe streets create environments that support an active lifestyle. With that foundation in place, walking is a great next step.

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Brian Coyle, MPH

Physical Activity Coordinator

Brian.Coyle@Nebraska.gov

402.471.1045

DHHS Chronic Disease Prevention and Control Program



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