

# Healthy Places

*For healthy, safe neighborhoods*



## Why Neighborhoods Matter

Walking or biking in your neighborhood for physical activity can prevent or reduce obesity, overweight and chronic disease such as heart disease and diabetes. Heart disease is the number one cause of death in the City of Columbus.

Walking or biking in your neighborhood helps make physical activity part of everyday life.



## Healthy Places Program

Columbus Public Health's Healthy Places program works to make places where physical activity is a part of everyday life.

For more information please contact:  
Christine G. Green at (614) 645-5318 or [cggreen@columbus.gov](mailto:cggreen@columbus.gov)



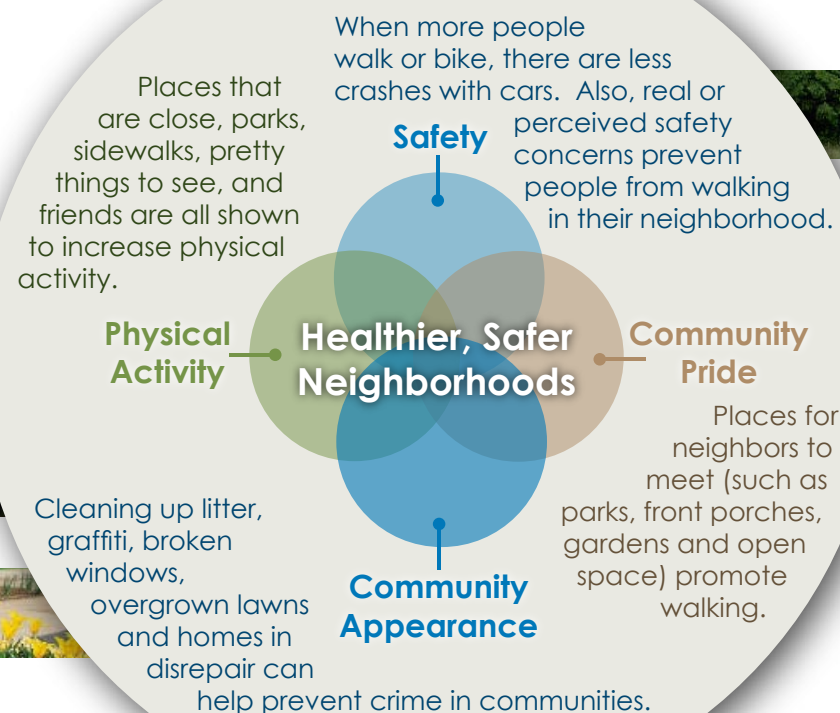
240 Parsons Ave, Columbus, OH 43215  
[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)

Teresa C. Long, MD, MPH, Health Commissioner  
Michael B. Coleman, Mayor

# What Makes a Healthy, Safe Neighborhood?

Safety, physical activity, community pride and community appearance all affect the health of a neighborhood.

For related research, see our website...  
[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)



## Current Health Statistics in Franklin County

Over half (59%) of the adult population is overweight. *(2005 Columbus Public Health Key Community Indicators)*

In 3rd grade, 38% of kids are overweight. *(2005 Columbus Public Health Key Community Indicators)*

Only 49.3% of adults exercise 30 minutes per day on five or more days of the week. *(CDC National Center for Health Statistics for 2003-2005)*



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## How To Make a Neighborhood Walking Map

- Find a neighborhood map - try *Google Maps* or *Mapquest* online
  - Check your local library for internet use or maps of your neighborhood
- Walk your neighborhood with the map
  - Mark a star at the good places and mark an "X" at the bad places on the map (see good and bad place examples to the right)
- Connect good places with green streets first, using yellow or red streets if needed
  - On the map, color each street using the "Green, Yellow, Red Guide" below
- Calculate distance of your safest routes, finding routes between ½ and 3 miles
  - Try Map My Walk online: [www.mapmywalk.com](http://www.mapmywalk.com)
- Contact the Healthy Places program for help with making a pocket map
  - Christine Green, 614-645-5318 or [cggreen@columbus.gov](mailto:cggreen@columbus.gov)

Children should be supervised during this mapping exercise.



## Streets: To Walk or Not to Walk...

### Great to Walk - Green Streets

Sidewalks have room for two people to walk side by side

Sidewalks are everywhere and in good condition

Intersections have marked crosswalks or walk/don't walk signals and the street is narrow (2-3 lanes wide), or the intersection has low traffic and feels safe.

Drivers respect walkers by stopping for walkers at crosswalks and driving slow at or below the speed limit.

Dogs are properly chained and friendly

At night, street lights are bright

Lots of people are outside and kids play outside

Lots of nice things to see (such as flowers, buildings, trees)

No litter, pretty yards and clean sidewalks

### Okay to Walk - Yellow Streets

Sidewalks are present but not wide

Sidewalks may stop in a few places and may have cracks, be uneven or broken

Intersections are unmarked but still feel safe crossing

Some drivers drive fast but most drive slow

Most dogs are chained and seem nice

Some but not enough lighting

Some people and kids are out

Some nice things to see

Some litter, some pretty yards

### Do Not Walk - Red Streets

Sidewalks are not present (if all streets do not have sidewalks, pick streets with good drivers)

Sidewalks stop and start in many places and many are cracked, uneven or broken

Intersection does not feel safe, drivers drive fast, lots of cars, street is wide

Drivers drive fast and do not slow down for walkers

Dogs are unchained and seem mean

No street lights

No people out and kids are not playing outside

No nice things to see

Lots of litter, yards are not well cared for

# Neighborhood Developments...Become Involved!

Consider the following when reviewing development in your neighborhood to increase walking and biking. Not all items will be needed for every development.

To get involved in your neighborhood and in development review, contact your Area Commission or Civic Association. Call 645-3111 or visit [www.columbus.gov](http://www.columbus.gov) to find your Area Commission or Civic Association.

## All Places

- Walking path (painted crosswalk, texturized pavement or sidewalk) connects from the building to:
  - Public sidewalk
  - Bus stop
  - The place next to the development

## Commercial Places

- More parking is behind the building and the front of the building is walkable (sidewalks, benches, shade trees, crosswalks)
- Able to park once and walk to several places
- Centrally located bike racks

## Residential Places

- Community gathering places:
  - Front porches
  - Parks
  - Community Center
- Bike racks are located at:
  - Multi-family development
  - Neighborhood park
  - Community center

## Streets and Sidewalks

- New sidewalks connect to existing sidewalks
- Sidewalks
  - Residential: At least 5 feet wide which have been shown to be better for walking
  - Commercial: At least 8-12 feet wide
  - Multi-use path instead of sidewalks: At least 8 feet and ideally 10 feet
- Signage or texturized sidewalks alerting drivers to walkers where cars cross sidewalks to get into parking lots
- Street trees for shade and to slow down traffic
- Tree lawn between the street and sidewalk to protect walkers from traffic
- Bike lanes or bike paths for safe biking riding
- Crosswalks at busy intersections for safe walking

## See something you do not like in your neighborhood? TAKE ACTION!

- Organize a litter clean up
- Join or start a block-watch
- Become active in your Area Commission or Civic Association or Health Advisory Committee
- Contact your Neighborhood Liaison or Community Police liaison for neighborhood issues (or to become involved)
- Call 645-3111 or visit [www.columbus.gov](http://www.columbus.gov) to report anything the City of Columbus needs to fix or for more information on the above

