

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



240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov

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

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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



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

1. Find a neighborhood map - try *Google Maps* or *Mapquest* online
 - Check your local library for internet use or maps of your neighborhood
2. 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)
3. 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
4. Calculate distance of your safest routes, finding routes between 1/2 and 3 miles
 - Try Map My Walk online: www.mapmywalk.com
5. Contact the Healthy Places program for help with making a pocket map
 - Christine Green, 614-645-5318 or cggreen@columbus.gov

Children should be supervised during this mapping exercise.



Streets: To Walk or Not to Walk...

Great to Walk - Green Streets	Okay to Walk - Yellow Streets	Do Not Walk - Red Streets
Sidewalks have room for two people to walk side by side	Sidewalks are present but not wide	Sidewalks are not present (if all streets do not have sidewalks, pick streets with good drivers)
Sidewalks are everywhere and in good condition	Sidewalks may stop in a few places and may have cracks, be uneven or broken	Sidewalks stop and start in many places and many are cracked, uneven or broken
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.	Intersections are unmarked but still feel safe crossing	Intersection does not feel safe, drivers drive fast, lots of cars, street is wide
Drivers respect walkers by stopping for walkers at crosswalks and driving slow at or below the speed limit.	Some drivers drive fast but most drive slow	Drivers drive fast and do not slow down for walkers
Dogs are properly chained and friendly	Most dogs are chained and seem nice	Dogs are unchained and seem mean
At night, street lights are bright	Some but not enough lighting	No street lights
Lots of people are outside and kids play outside	Some people and kids are out	No people out and kids are not playing outside
Lots of nice things to see (such as flowers, buildings, trees)	Some nice things to see	No nice things to see
No litter, pretty yards and clean sidewalks	Some litter, some pretty yards	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 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 to report anything the City of Columbus needs to fix or for more information on the above

