

# Healthy Places

For healthy, safe neighborhoods

## How To Make a School Walking Map

- Find a map showing a 2 mile radius around the school
  - Try Google Maps ([www.maps.google.com](http://www.maps.google.com)) or Free Map Tools ([www.freemaptools.com](http://www.freemaptools.com)) for maps of your area
- Walk your neighborhood with the map before and after school
  - 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)
  - On the map, highlight each street and intersection with a color using the "Green, Yellow, Red Guide" below
- Make a route to school by connecting good places with green streets first, using yellow streets if needed. Do not walk past bad places or on red streets.



## 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
- No litter, pretty yards and clean sidewalks
- Drivers respect walkers by stopping for walkers at crosswalks and driving slow
- 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)
- Intersections have marked crosswalks or walk/don't walk signals and the street is narrow

### 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
- Some litter, some pretty yards
- 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
- Intersections are unmarked but still feel safe crossing

### 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
- Lots of litter, yards are not well cared for
- 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
- Intersection does not feel safe, drivers drive fast, lots of cars, street is wide

# 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)*

