Complete Street Impacts

presented by
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Madison County Planning & Development
for We Choose Health
Background

- Center for Disease Control federal fund FY 2013/2014
- Administered through Illinois Department of Public Health (IDPH)
- Madison County Health Department funded $250,000
- Multiple areas of grant include: Built Environment, Nutrition/Wellness, and Smoking Cessation programs
- Technical Advisory contractor is Active Transportation Alliance (ATA)
Complete Streets...

...can be safely crossed and traveled upon and alongside by all users of the roadway, regardless of their age, ability or travel mode.

Complete Streets...

...can affect communities’ economic growth, public health, social equity, safety, and environment.
Local Information about CS

• IDOT adopted a Complete Streets policy in 2007

• MODOT in 2011

• 32 governments in IL have adopted CS (includes Madison/St. Clair County municipalities)

• 21 governments in MO have adopted CS (includes STL/St. Louis County, EWGCOG)
Modes of Transportation to Work in Madison County

- **84%** Drove alone in car
- **10%** Carpoole
- **2%** Worked at Home
- **1%** Walked
- **1%** Bus
- **2%** Other
What does transportation have to do with economic growth?

- **Property Values**: Homes in neighborhoods with high walk scores sell for $4k-$34k more than the average home.

- **Economic Development**: Complete Street practices stimulate the local economy by attracting large employers and employees. Employees are affected by transportation choices.
What does transportation have to do with economic growth?

• Aging Populations: Demand a higher level of mobility and freedom than previous generations

• Millennials: Post-recession generation lowers the driving rates in the US, preferring to work while they travel due to money, convenience, environment, and exercise
What Community Amenities Do Older Adults Want Close to Home?

We asked older adults what amenities they want close to home. Access to transportation, food, and green space top the list. These are among the many community indicators that we are measuring as part of the Livability Index project. Find out more about our livability research and the development of our index here: [www.aarp.org/ppi/liv-com/](www.aarp.org/ppi/liv-com/)

% endorsed within 1 mile or less:

- Bus Stop: 50%
- Grocery Store: 47%
- Park: 42%
- Pharmacy / Drug Store: 42%
- Hospital: 29%
- Church / Religious: 29%
- Train / Subway: 23%
- Big Box Store: 18%
- Entertainment: 16%
- Mall (shopping): 13%
What does transportation have to do with economic growth?
What does transportation have to do with economic growth?

• USDOT: TIGER grant focuses on multi-modal opportunities regionally

• IDOT: Illinois Transportation Enhancement Program includes eligible infrastructure like sidewalks or bike paths

• IDOT: Safe Routes to Schools enable and encourage walking and biking to/from school
What does transportation have to do with public health?

• Active transportation as part of everyday travel is as effective as structured workouts for improving health.

• Teenagers who bike or walk to school watch less TV and are less likely to smoke than their peers who are driven.

• A 30-minute round-trip bicycle commute is associated with better mental health in men.

• Women who walk or bike 30 minutes a day have a lower risk of breast cancer.

• Public transit users take 30% more steps and spend eight more minutes walking each day than drivers.
What does transportation have to do with public health?

Physical Activity:
• Adults need 20 min/day
• Every trip is an opportunity for physical activity
• The built environment influences our choices
What does transportation have to do with public health?

• Obesity is the #1 leading avoidable cause of premature death worldwide
• Obesity is the #1 cause of Type 2 Diabetes
• Cardiovascular disease and diabetes now affect over 26 million Americans
• Obesity rise is responsible for almost a third of healthcare cost increases since 1970
• Only 13% of children walk/bike to school since 2001
• U.S. workplaces transitioned to 41% “office jobs” rather than high-activity jobs
What does transportation have to do with public health?

Factors Determining Health

- Genes/Biology: 40%
- Physical Environment: 10%
- Clinical Care: 10%
- Health Behaviors: 30%
- Social/Economic Factors: 10%
What does transportation have to do with Madison County’s public health?

<table>
<thead>
<tr>
<th>Category</th>
<th>Ranking (out of 101 counties in IL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Outcomes</td>
<td>78</td>
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<tr>
<td>Mortality</td>
<td>64</td>
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<tr>
<td>Morbidity</td>
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<td>Health Factors</td>
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<td>Social &amp; Economic Factors</td>
<td>52</td>
</tr>
<tr>
<td>Physical Environment</td>
<td>101</td>
</tr>
</tbody>
</table>
What does transportation have to do with Madison County’s public health?

Air Quality:
• Received F ranking by ALA State of the Air report for high ozone days and particle pollution

• Up to 1 in 5 children in STL region have asthma, national average is 1 in 10

• Vehicles contribute to ozone and particle pollution
What does transportation have to do with social equity?

- One third of Americans who do not drive are “non-choice” users of transportation system
- 700,000 do not have access to public transit
- Higher pedestrian fatalities for minorities, seniors, and low income communities
What does transportation have to do with social equity?
What does transportation have to do with social equity?

• Baby Boomers: IL top ten state for older drivers 65 and above, and tend to “age in place”

• Millennials: Most diverse and largest generation to-date with the strongest reliance on technology, multi-modal transit needs, and financial constraints
Barriers to active transportation

Facilities: Lack of sidewalks, crossings, and bikeways

Traffic Safety: Speeding cars, frequent crashes

Inconvenience: Environment built for cars, and...
Barriers to active transportation

Distance Barrier

Walkable distance
The traditional approach to roadway design
The traditional approach to roadway design
Barriers: Nowhere to safely walk

Image credit: www.completestreets.org
Barriers: Inaccessible bus stops

Image Credit: www.completestreets.org
Complete Streets solutions

Image Credit: www.completestreets.org
Barriers: Nowhere to safely bike
Complete Streets solutions

**Paved shoulder**

**Traditional bike lane**

**Barrier protected bike lane**
Barriers: Faded crosswalks

What the pedestrian sees

What the driver sees
Complete Streets solutions
Barriers: Long crossings over wide intersections
Complete Streets solutions

Painted median with plastic bollards

Raised concrete median with tactile strips
Complete Streets...

...can be safely crossed and traveled upon and alongside by all users of the roadway, regardless of their age, ability or travel mode.

A Complete Streets policy...

...is a commitment by a jurisdiction to accommodate all of these road users in all of their future roadway projects whenever possible.

A **good** Complete Streets policy...

...helps to make it possible.
Questions

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