

# 2

# PhysicalActivity

## Overview

In healthy communities walking and bicycling are incorporated into daily life. The Centers for Disease Control and Prevention (CDC) calls these kinds of places “Active Community Environments” (ACEs). They recognize that providing for active living through community design impacts the good health of a community’s citizens. Developing policies and projects oriented to encourage physical activity will provide a community a good foundation for healthy living. Specifically, Active Community Environments encourage and accommodate walking and bicycling through their approach to:

- Transportation facilities and services
- Land-use planning and development
- Schools
- Recreation, parks and trails
- Safety, security and crime prevention

Research shows that communities that build bicycling and walking trails, support exercise programs, and provide public areas such as parks and sidewalks, can boost physical activity levels and encourage many sedentary citizens to exercise.

## Policy

- Develop and adopt a master transportation plan that promotes active lifestyles
- Policy to build and/or replace sidewalks to be in compliance with pedestrian safety standards
- Ordinance that requires new subdivisions to provide sidewalks and lights
- Policy for the inclusion of trail systems and walking/bicycling paths in existing and new subdivisions
- Incorporate transportation policy to promote non-motorized and mass transportation

## Infrastructure

- Improve the signage, or informational materials that promote trails, bike-board-blade parks or equestrian trails, etc.
- Promote use of existing Legacy Gold Medal Miles and permanent marked walking trails

- Conduct a community audit to identify transportation practices and physical activity related policies
- Expand and/or connect existing trails
- Work with local recreation and ski areas to jointly promote inexpensive equipment rental, lessons, and ski opportunities for Utah families.
- Develop safe routes and systems for children and seniors that encourage walking and biking in neighborhoods and to schools.

## Outcomes

- Increase percent of residents who walk or ride a bike for transportation
- Increase in residents reporting awareness and/or use of Legacy Mile trails
- Increase in number of residents reporting use of community physical activity facilities and environments
- Increase in number of affordable public or private recreation centers
- Increase in miles of designated walking / biking trails

## Potential Activities

- Gold Medal Miles™
- Family Fun Walks
- Utah Walks Mile Tracker
- Extreme Games for youth
- Local and State Senior Games
- Local Winter Games
- Summer Games
- Local Corporate Games
- Buddy System Walking Clubs
- Walking School Buses
- Walk to School Day activities
- Safe Routes to School
- Mall Walkers clubs
- Bicycle Rodeos
- Swimathons
- Active Community Environment presentations, meetings, or conferences

For maps, visit [www.utahwalks.org](http://www.utahwalks.org)

## Gold Medal Mile™ Sites

City	Trail Name	Location
Garden City	Bear Lake Scenic Park	Starts at city park on Highway 30
Smithfield	Mack Park	365 Canyon Road
Logan	Logan River Trail	
Brigham City	Rees Pioneer Park	800 W. Forest Street
Ogden	Union Station	25th and Wall Avenue
Ogden	Learning Park	1750 Monroe Blvd.
Ogden	Weber State University	Lindquist Plaza by the pond
Ogden	McKay Dee Hospital	
Ogden	Newgate Mall	3651 Wall Ave.
Riverdale	Riverdale City Park	4360 Parker Drive
Clinton	Powerline Park	1720 W 1800 N
Clearfield	Steed Park	300 N. 1000 W. behind Hold Elementary School
Layton	Ellison Park	2200 W. West Hillfield Road
Kaysville	East Mountain Wilderness Park	
Centerville	Centerville Community Park	
Salt Lake City	Cannon Health Building	288 N. 1460 W.
Salt Lake City	Gallivan Plaza	239 S. Main Street
Salt Lake City	Tanner Plaza between Union and Student Services	
Salt Lake City	University of Utah West	The Plaza at Skaggs Hall
Salt Lake City	Liberty Park	
Salt Lake City	Workman Park	
West Valley City	Centennial Park at West Valley Family Fitness Center	3100 S. 5400 W.
West Valley City	Valley Fair Mall	3601 S. 2700 W.
Holladay	Holladay Civic Plaza	4707 S. Holladay Blvd.
Kearns	Oquirrh Park	5624 S. 4800 W.
Murray	Winchester Park on Jordan River Parkway	6400 S. 1100 W.
W. Jordan	Jordan River Parkway	7800 S. (going west)
Midvale	Jordan River Parkway	7800 S. (going east)
Sandy	Lone Peak Park	10140 S. 700 E.
Grantsville	Grantsville High School	
Tooele	Smelter Road	
Tooele	Settlement Canyon	
Snyderville	Utah Olympic Park	
Park City	Farm Trail	3000 Highway 224
Jordanelle	Rock Cliff State Park	
Heber	Midway Lane	100 S. 1200 W.
Lindon	Pioneer Park	500 E. 150 S.
Provo	Riverview Park	
Provo	Carterville	
Provo	Rock Canyon	
Provo	BYU Campus	
Payson	Dry Creek Park	1254 S. Main Street
Vernal	Legacy Park	500 N. 800 W.
Helper	Price River Parkway	150 S. 100 W.
Richfield	Richfield Pool	500 N. 600 W.
Moab	Mill Creek Parkway	Rotary Park on Mill Creek Drive
Cedar City	Coal Creek	200 N., 250 E.
St. George	Convergence Trail Head	South of Conference Center
St. George	Pending	
Washington	Nisson Park	

## Physical Activity Resources

The following agencies may be able to assist in forming policy, funding activities and/or planning programmatic or structural changes in your community.

District/ County	Agency	Contact Title	Contact Name	Phone	E-Mail Address
State	AARP		Carolyn Hunter	(801) 567-7261	cmhunter@aarp.org
State	American Heart Association	Dir. of Advocacy & Hlth. Alliances	Casey Hill	(801) 484-3838	
State	IHC Healthy Communities	Dir. of Healthy Communities	Delia Rochon	(801) 442-3798	codrocho@ihc.com
	Mountainland Assoc of Governments		Jim Price	(801) 229-3848	jprice@mountainland.org
SL	Pratt & Sugarhouse Trails Comm.		Lynne Olson	(801) 484-8352	lynneolson@msn.com
SL	SL Planning Office		George Shaw	(801) 535-7757	
SL	SL Valley Health Department	Health Education Specialist	Terri Sory	(801) 468-2740	
Utah	Utah County Health Department.	Health Education Specialist	Patty Cross	(801) 370-4528	uchlth.pattyc@state.ut.us
State	Utah Council on Worksite Health Promo.	President	Brett Mdlfff	(801) 538-6004	bmciff@utah.gov
State	Utah State Health Department	Healthy Utah	Kathy Paras	(801) 538-6264	kparas@utah.gov
State	Utah State Health Department	Active Comm. Envir. Workgroup	Lynda Blades	(801) 538-6229	
State	Utah Recreation and Parks Association	Executive Director	Steve Carpenter	(801) 491-9867	
State	Utah Department of Transportation	Bike/Pedestrian Coordinator	Sharon Briggs	(801) 965-4564	
SL	Wasatch Front Regional Council	Executive Director	Chuck Chappell	(801) 363-4230 x 103	
Weber	Weber Pathways	Chair	Mary Hall	(801) 393-2304	
State	Utah League of Cities and Towns	Director of Training	Brian Hall	(801) 328-1601	

## Physical Activity Web Sites

Name of Web Site	Web Site Address
America Walks	<a href="http://www.americawalks.org">www.americawalks.org</a>
CDC Nutrition & Physical Activity	<a href="http://www.cdc.gov/nccdphp/dnpa/pahand.htm">www.cdc.gov/nccdphp/dnpa/pahand.htm</a>
Institute for Outdoor Recreation and Tourism	<a href="http://www.cnr.usu.edu">www.cnr.usu.edu</a>
National Center for Bicycling & Walking	<a href="http://www.bikewalk.org">www.bikewalk.org</a>
National Transportation Enhancements	<a href="http://www.enhancements.org">www.enhancements.org</a>
Utah Walks	<a href="http://www.utahwalks.org">www.utahwalks.org</a>
Walking Information	<a href="http://www.walkinginfo.org">www.walkinginfo.org</a>

## Funding Sources

Funds for pedestrian and bicycle projects generally come from the following sources:

- State or local transportation funds, usually as part of a larger road project.  
[www.udot.utah.gov](http://www.udot.utah.gov) or contact the UDOT Bike/Ped Coordinator at (801) 965-4564
- TEA-21 funds, administered by state or local agencies  
[www.enhancements.org](http://www.enhancements.org)
- Congestion Mitigation and Air Quality Improvement Programs  
[www.fhwa.dot.gov/environment/cmaq](http://www.fhwa.dot.gov/environment/cmaq)
- National Scenic Byways Program  
[www.byways.org](http://www.byways.org) and [www.scenic.org](http://www.scenic.org)
- Recreational Trails Program  
[www.fhwa.dot.gov/environment/bikeped/](http://www.fhwa.dot.gov/environment/bikeped/)
- Safe Routes to School  
[www.saferoutesinfo.org](http://www.saferoutesinfo.org)

## Community Audits and Assessments

How pedestrian- and bicycle-friendly is your community? You know that walking and bicycling conditions need improving, but you have difficulty gauging the extent of the problem, much less recommending where specific improvements are needed.

Assessing the needs of your community may be as simple as sending a questionnaire home with students at your local schools, or filling out a survey of facilities and policies available in your community. (Examples on pages 5-14) Look at both existing data, if any, and the facilities themselves. Your transportation department, or local city planners may already have some of this information.

Organize and summarize your findings to highlight deficient areas for transportation planners, public works officials, budget committees and the public.

Collecting, organizing and communicating data takes time, but requires few material costs. City staff, especially summer interns, may want to participate, or a local school might want to take on the work as a class project. An effort like this lends itself well to an Eagle Scout project if directed properly.

**Pedestrian Audit**

- Are sidewalks continuous along the entire route? If not, where are they interrupted?
- Are the sidewalks in good repair, or are there broken sections that would impede travel when using a wheelchair, walker or baby stroller?
- Are there crosswalks and pedestrian signals to help people cross busy streets and intersections?
- Can slow-moving pedestrians get across the street in the time allowed by the signal?
- Do drivers yield to pedestrians at driveways and crosswalks?
- Are any utility poles, signs, vending machines, dumpsters, shrubbery or overhead obstacles blocking the sidewalk?
- Are there trees along the street to provide shade and separation from traffic?
- Do the streets, adjacent buildings and landscaping provide a pleasant visual environment?
- Are there frequent benches or other places to sit and rest?
- Are storefronts attractive and inviting?
- Is there other pedestrian activity along the way?
- Was the walk enjoyable? Why or why not?
- Would you repeat this walking trip again? Why or why not?

**Bicycle Audit**

- Am I able to find a comfortable route to my destination?
- Is secure bicycle parking available at my destination?
- Is there sufficient operating width along the route?
- Are alternate, quieter routes to my destination available?
- Is the roadway surface in good repair?
- Do traffic signals detect my presence?
- Are drivers friendly and tolerant toward bicyclists?
- Is there a place to clean up and change clothes at work or school?
- Did I enjoy my bicycling experience? Why or why not?
- Would I repeat this bicycle trip again? Why or why not?

## **A Statewide Telephone Survey of Utah Residents' Attitudes Toward Recreational Trails (to find out how people feel about trails in their communities)**

Steven W. Burr, Dale J. Blahna, Douglas K. Reiter, and Michael F. Butkus

(November 2001, IORT-PR2001-6)

From September 6-17, 2001, Utah State University's Institute for Outdoor Recreation and Tourism conducted a statewide telephone survey of 2,590 adults living in Utah's seven Planning Districts throughout the state, in order to substantiate their opinions on the values and benefits of recreational trails, their awareness and use of trails, and their perception of needs and preferences related to trails in the state. Resulting information generated from this survey provides supporting elements for the Governor's Trails Initiative and can be utilized by the Governor's Trails Initiative Steering Committee to make recommendations to the Governor for legislation and funding needs to develop the initiative for the 2002 Utah Legislature. Both statewide results and results specific to each of the seven Planning Districts are presented in this report.

Survey on attitudes toward recreational trails  
[www.treesearch.fs.fed.us/pubs/23143](http://www.treesearch.fs.fed.us/pubs/23143)

## A Survey of Policies Supporting Physical Activity in Local Communities

### Sidewalks

These questions pertain to local ordinances related to sidewalks. (Sidewalks are defined by the American Association of State Transportation and Highway Officials (AASTHO) as the portion of a highway, road, or street intended for pedestrians.)

1. Do you have an ordinance requiring the building of paved sidewalks in new communities?
  - We have an ordinance
  - We intend to have an ordinance within one year
  - We do not have an ordinance
  
2. Do you have ordinances requiring the building of paved sidewalks in redeveloped residential communities?
  - We have an ordinance
  - We intend to have an ordinance within one year
  - We do not have an ordinance
  
3. Do you have ordinances requiring the building of paved sidewalks in mixed-use communities?
  - We have an ordinance
  - We intend to have an ordinance within one year
  - We do not have an ordinance

### Commercial Buildings

1. Do you have ordinances that require new commercial buildings and site plans to incorporate amenities for physical activity that encourage physical activity and bike and pedestrian commuter traffic (e.g. pedestrian walkways, sidewalks, bikeways, and well-lit stairways)?
  - We have an ordinance
  - We intend to have an ordinance within one year
  - We do not have an ordinance

### Bike Lanes

The next three questions pertain to ordinances requiring bike lanes. Bike Lanes are defined as being established with pavement markings and signing along street corridors by the Association of State Transportation and Highway Officials.

1. Do you have an ordinance requiring the building of bike lanes in new communities?
  - We have an ordinance
  - We intend to have an ordinance within one year
  - We do not have an ordinance
  
2. Do you have an ordinance requiring the building of bike lanes in redeveloped residential communities?
  - We have an ordinance
  - We intend to have an ordinance within one year
  - We do not have an ordinance

3. Do you have an ordinance requiring the building of bike lanes in mixed-use communities?
- We have an ordinance
  - We intend to have an ordinance within one year
  - We do not have an ordinance

## Shared-use Paths

These questions pertain to ordinances requiring the development of shared-use paths. Shared-use Paths (or Trails) are defined as corridors of travel for recreation and/or transportation within a park, natural environment, or designated corridor that is not classified, or served by, highways, roads, or streets by the Association of State Transportation and Highway Officials.

1. Do you have an ordinance requiring the building of shared-use paths (or trails) that are dedicated for pedestrians, joggers, dog walkers, in-line skaters, baby carriages, wheelchairs, and the like?

- We have an ordinance
- We do not have an ordinance
- We intend to have an ordinance within one year

2. Have you included in your master plan policies to build shared-use paths in easements that are dedicated for pedestrians, joggers, dog walkers, in-line skaters, baby carriages, wheelchairs, bicyclists and the like?

- We have a policy in our master plan
- We do not have a policy in our master plan
- We intend to have a policy in our master plan within a year
- We do not have a master plan

## Greenways

The next three questions pertain to ordinances requiring greenways. Greenways are defined as facilities that tie park system components together to form a cohesive park environment by the National Recreation and Parks Association.

1. Do you have an ordinance requiring the building of greenways in new communities?

- We have an ordinance
- We intend to have an ordinance within one year
- We do not have an ordinance

2. Do you have an ordinance requiring the building of greenways in redeveloped residential communities?

- We have an ordinance
- We intend to have an ordinance within one year
- We do not have an ordinance

3. Do you have an ordinance requiring the building of greenways in mixed-use communities?

- We have an ordinance
- We intend to have an ordinance within one year
- We do not have an ordinance

### Recreational Facilities

The next three questions pertain to the development of recreational facilities related to parks, open space, and pathways which are defined by the National Recreation and Parks Association as facilities including: neighborhood parks, school-parks, community parks, park trails, connector trails, and the like.

1. Do you have an ordinance requiring the building of these types of facilities in new communities?

- We have an ordinance
- We intend to have an ordinance within one year
- We do not have an ordinance

2. Do you have an ordinance requiring the building of these types of facilities in redeveloped residential communities?

- We have an ordinance
- We intend to have an ordinance within one year
- We do not have an ordinance

3. Do you have an ordinance requiring the building of these types of facilities in mixed-use communities?

- We have an ordinance
- We intend to have an ordinance within one year
- We do not have an ordinance

## A Survey of Settings and Environments Supporting Physical Activity in Local Communities

These questions pertain to bike lanes. (Bike lanes are defined by the Association of State Transportation and Highway Officials as road areas highlighted with pavement markings and signage along street corridors.) Please get actual miles or feet if available.

- Linear miles or feet of bike lanes in your city/municipality:  
Miles \_\_\_\_\_ or Feet \_\_\_\_\_ Is this Actual or Estimate?
- Are maps, diagrams or directional signs for these lanes available free to the public?  
Maps  Diagrams  Directional Signs
- How are these distributed to the public  
\_\_\_\_\_

These questions pertain to parks, playgrounds, fields, and greenways. These are defined by the National Recreation and Parks Association as neighborhood parks, school parks, community parks, park trails, connector trails, and the like.

- Total number of parks, playgrounds, fields and greenways designated for free public use in your city/municipality: \_\_\_\_\_
- Are maps, diagrams or directional signs for these lanes available free to the public?  
Maps  Diagrams  Directional Signs
- How are these distributed to the public?  
\_\_\_\_\_

7. The total number of each of the following facilities and acres (if available), in your city/municipality, open to the public, and designated for physical activity and sports.

	Number	Acres		Number	Acres
Gymnasiums			Baseball Fields		
Soccer Fields			Football Fields		
Multi-use fields			Skateparks		
Golf Courses			Running Tracks		

- Are schedules, maps, or directional signs describing any of these facilities available free to the public?  
Schedules  Maps  Directional signs to facilities
- How are these distributed to the public?

10. Number of media resources that you have contacted to promote your activities during the previous 12 months.

TV \_\_\_\_\_ Radio \_\_\_\_\_ Print \_\_\_\_\_ Billboards \_\_\_\_\_ Direct Mail \_\_\_\_\_

These questions pertain to sidewalks, trails and streets. A sidewalk is defined by the ASTHO as the portion of a highway, road, or street intended for pedestrians. Shared-use paths or trails are defined as a path of travel for recreation and/or transportation within a park, natural environment, or designated corridor not classified as a highway, road, or street. Please get actual miles or feet if available.

11. Linear miles or feet of paved sidewalks in your city/municipality:  
Miles \_\_\_\_\_ or Feet \_\_\_\_\_ is this Actual or Estimate?
12. Linear miles or feet of paved shared-use paths or trails in your city/municipality:  
Miles \_\_\_\_\_ or Feet \_\_\_\_\_ is this Actual or Estimate?
13. Linear miles or feet of paved streets in your city/municipality  
Miles \_\_\_\_\_ or Feet \_\_\_\_\_ is this Actual or Estimate?
14. Are maps, diagrams or directional signs describing any of these facilities available free to the public?  
Maps       Diagrams       Directional Signs
15. How are these distributed to the public?
16. Please check all of the following external funding sources you have used to develop facilities in your community
  - National Highway Systems Funds
  - Transportation Enhancement Funds
  - Federal Transit Program Funds
  - State and Community Highway Safety (402) Funds
  - Congestion Mitigation and Air Quality Program Funds
  - Job Access and Reverse Commute Funds
  - Centennial Non-motorized Paths and Trail Crossing Funds
  - Land and Water Conservation Fund
  - Surface Transportation Program Funds
  - National Recreation Trails Funds
  - Scenic Byways Funds
  - Federal Lands Highway Program Funds
  - Hazard Elimination and Railway-Highway Crossing Program Funds
  - State Trails Funds
  - Others \_\_\_\_\_
17. Have you had a Gold Medal Mile™ event in your city or town?
  - Yes
  - No
  - Don't know

## Survey of Transportation To and From School

Please answer the following questions only if you have a child between 5 and 18 years of age. If you have more than one child in that age group, please answer this question for the youngest child in that age range.

1. Write in the age of the child for whom you are answering these questions: \_\_\_\_\_

2. During a usual week in the past month, how many times did your child...(write in number for each)

	Average # of times	Average # of minutes/trip
walk to or from school	_____	_____
bike to or from school	_____	_____
walk to or from the bus stop	_____	_____

3. What makes it difficult for your child to walk or bike to school? ("X" all that apply):

- \_\_\_\_\_ Too dangerous because of the traffic
- \_\_\_\_\_ Too dangerous because of crime
- \_\_\_\_\_ Live too far away
- \_\_\_\_\_ No protection from weather
- \_\_\_\_\_ The school does not allow it
- \_\_\_\_\_ It is NOT difficult for my child to walk or bike to school
- \_\_\_\_\_ Other reasons

### Walk to School Day Walkability Checklist

Everyone benefits from walking! But walking needs to be safe and easy. In October we will be holding our Walk to School Day. Walk with your child to school or to the bus stop, and fill out this checklist. It will help you, and us, decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

1. Did you have room to walk?

- Yes
- Some problems (see below)
- Sidewalks started out and stopped
- Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc
- No sidewalks, paths, or shoulders
- Too much traffic
- Something else?

*Poor*

*Excellent*

Rating:            1    2    3    4    5    6

Locations of problems: \_\_\_\_\_

2. Was it easy to cross streets?

- Yes
- Some problems (see below)
- Road was too wide
- Traffic signals made us wait too long or did not give us enough time to cross
- Needed striped crosswalks or traffic signals
- Parked cars blocked our view of traffic
- Trees or plants blocked our view of traffic
- Needed curb ramps or ramps needed repair
- Something else?

*Poor*

*Excellent*

Rating:            1    2    3    4    5    6

Locations of problems: \_\_\_\_\_

3. Did drivers behave well?

- Good
- Some problems (see below)
- Backed out of driveways without looking
- Did not yield to people crossing street
- Sped up to make it through traffic lights or drove through red lights
- Something else?

*Poor*

*Excellent*

Rating:            1    2    3    4    5    6

Locations of problems: \_\_\_\_\_

# Physical Activity

# 2

4. Was it easy to follow safety rules: Could you and your child cross at crosswalks or where you could see and be seen by drivers?

- Yes
- No

Stop and look left, right and then left again before crossing streets?

- Yes
- No

Walk on sidewalks or shoulders facing traffic where there were no sidewalks?

- Yes
- No

Cross with lights?

- Yes
- No

Rating: *Poor* 1 2 3 4 *Excellent* 5 6

Locations of problems: \_\_\_\_\_

5. Was your walk pleasant?

- Yes
- Some unpleasant things (see below)
- Needed more grass, flowers or trees
- Scary dog
- Not well-lighted
- Dirty, or lots of litter or trash
- Something else?

Rating: *Poor* 1 2 3 4 *Excellent* 5 6

Locations of problems: \_\_\_\_\_

How does your neighborhood stack up?

Add up your ratings from inside:

Question 1 \_\_\_\_\_

Question 2 \_\_\_\_\_

Question 3 \_\_\_\_\_

Question 4 \_\_\_\_\_

Question 5 \_\_\_\_\_

Total \_\_\_\_\_

26-30: Celebrate! You have a great neighborhood for walking

21-25: Celebrate a little. Your neighborhood is pretty good

16-20: Okay, but it needs work

11-15: It needs lots of work. You deserve better than that

5 - 10: Call out the National Guard before you walk. It's a disaster area.