Complete Streets Basics and Benefits

November 14, 2017

Complete Streets Workshop
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Benefits of Complete Streets

• Improves reliability, capacity, efficiency, utilization of transportation system

• Reduces household expenses on transportation

• Enhances mobility and access - All Ages and Abilities

• Economic development and revenue generator

• Demonstrates vision and intent

• Helps achieve County development vision and goals
Allegheny Places

• Allegheny Places - Established overall vision for land use and development

• Transportation Element - Bicycle and Pedestrian Goals
  • An excellent multi-modal transportation network that:
    • Connects people to jobs
    • Supports mobility of existing communities
    • Provides efficient access to proposed development
    • Encourages multi-modal connectivity

RECOMMENDATIONS FOR BICYCLE AND PEDESTRIAN FACILITIES
A. Provide Integrated Transportation Alternatives Including Bikeways, Sidewalks, and Transit – Bicyclists and pedestrians should be encouraged through incorporating bicycle lanes and sidewalks into both roadway and transit projects.

B. Coordinate Transportation Systems and Modes to Increase Mobility – Increasingly, the need to integrate walking and bicycling with transit usage is being recognized, as is the need to provide ways to commute by bicycle. Roadway shoulders should be paved, routes suitable for bicycling should be identified, and the routes signed accordingly.
Goal: To integrate non-vehicular modes of transportation, specifically walking and biking, into the transportation system through creation of an ACTIVE Transportation plan

Objective: To accommodate and encourage walking and biking as an integral part, and common means, of getting around in Allegheny County
Active Allegheny

• Themes:
  • Connectivity
  • Access
  • Mobility
  • Health

• Plan Components
  • Bicycle
  • Walk & Roll
  • Complete the Street
  • Action Plan
  • Related Maps

www.alleghenyplaces.com
Current Initiatives

- Capital Projects on County Roads / Bridges
  - Roberto Clemente Bridge
  - Corrigan Drive in South Park
  - Neville Road and Grand Avenue
  - Pearce Mill Road - North Park

- County Road Assessment

- Active Allegheny Grant Program
Allegheny County Health Department

The mission of the Allegheny County Health Department is to protect, promote, and preserve the health and well-being of all Allegheny County residents, particularly the most vulnerable.
3 - 4 - 50%

3 Modifiable Behaviors

- Poor Nutrition
- Lack of Physical Activity
- Tobacco Use

4 Common Chronic Diseases

- Diabetes
- Cancer
- Lung Disease
- Heart Disease & Stroke

50% of Deaths

- 71% of deaths in Allegheny County
- 50% of deaths worldwide

What can you do?

Start with simple things like increasing your physical activity, eat more fruits and vegetables and take the stairs instead of the elevator. With a few easy steps, you, your family, and friends can live healthier and happier lives.

Live Well Allegheny
Improving the health and wellness of Allegheny County residents
Leading Causes of Death in Allegheny County, 2013

- Heart Disease: 26%
- Cancer: 22%
- Stroke: 5%
- Chronic Respiratory Disease: 5%
- Accidents: 5%
- Alzheimer’s: 3%
- Kidney Disease: 2%
- Influenza & Pneumonia: 3%
- Diabetes: 3%
- Septicemia (Infection): 2%
- Septicemia (Infection): 2%
- Cancer: 22%
Overweight and Obesity

BMI = Weight (Kg)/Height (m^2)

Error bars represent 95% confidence intervals
## Chronic Diseases in Allegheny County

<table>
<thead>
<tr>
<th>Diagnosed with Chronic Disease</th>
<th>Allegheny County</th>
<th>Pennsylvania</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>5%</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>5%</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>Stroke</td>
<td>3%</td>
<td>5%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Sources:
- Allegheny County Health Survey, 2015-2016
- CDC Behavioral Risk Factor Surveillance System, 2015
We know the health challenges from obesity & lack of physical activity, but what can we do about it?

Get moving!
3 Modifiable Behaviors

4 Common Chronic Diseases

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Improving the health and wellness of Allegheny County residents
Jan 2014 - Allegheny County Executive Rich Fitzgerald announced a new campaign to promote health and wellness among residents.

“Our residents are seeking an active, healthy lifestyle and are taking proactive steps to improve their health.”
Complete Streets encourage physical activity

- Increase walkability
  - Residents are 65% more likely to walk in a neighborhood with sidewalks
  - Individuals in walkable communities did 35-40 more minutes of physical activity/week than those in low-walkable areas
  - Every additional kilometer walked is associated with a 5% decrease in risk for obesity

Other Public Health Benefits...

- Reduce traffic emissions and improve air quality
- Improve overall traffic safety

US Surgeon General issues call to action on walking and creating more walkable communities.

http://j.mp/1UUCi8r
#LiveWellAllegheny
How Do Decisions Impact our Health?

Policies & Programs

Encourage people to make healthy choices

Goal = Make the healthy choice the easy choice for Allegheny County residents!
A Healthy Community

Source: Montefiore Healthy Community Mural Projects