Complete Streets are good for HEALTH

NJ Complete Streets Summit
Making a Case for Complete Streets

October 26, 2015

Laura Torchio, AICP, Eat. Play. Live... Better Program Coordinator
eatplaylivebetter.org
What is Health?
Determinants of Health

- General socio-economic, cultural and environmental conditions
  - Work environment
  - Unemployment
  - Water and sanitation
  - Health care services
  - Housing

- Social and community networks
  - Agriculture and food production
  - Education

- Individual lifestyle factors
  - Age, sex and constitutional factors

- Living and working conditions

This diagram illustrates the various factors that contribute to health determinants, categorized into general socio-economic, social and community networks, and individual lifestyle factors.
Eat. Play. Live... Better
Making Healthy Choices Easier

- Policies
- Programs
- Built Environment
Eat. Play. Live... Better

The Montclair Food Guide
SUIT FOR SCHOOL

Pilot

Towns

State

THE MOVEMENT TO MAKE HEALTHY CHOICES EASIER: A TIMELINE

2016
Planning begins with community LISTENING SESSIONS

2017
PUBLIC LAUNCH at the Tour de Montclair

2018
ACTIONS: Walking Groups and Community Gardens
BASELINE SURVEY confirms the need for services and support to enhance healthy eating and active living

2019
ACTIONS: Take the Stars initiative, mini-markets, bike parking at transit stations, restaurant partners, Walk & Bike to School Day

Three-year grant to Montclair State University to provide leadership and support as the BACKBONE ORGANIZATION

2020
COLLECTIVE IMPACT strategies based on where we live, work, learn and play
NEW COMMUNITIES get on board: Bloomfield, Glen Ridge, Caldwell, Verona, Hoboken and West Orange

2021
ACTIONS: Fight Hunger, the Healthy Way Campaign, TEQ/Montclair Safe Routes to School workshops, Bike Education

Align with state and national criteria and strategies to develop SMARTED MEASURES. A core of 85 community partners are engaged in the MOVEMENT!
Case Study: Montclair NJ

Partners
• Mayor Council and Town Staff
• Police
• School Health & Wellness Parent Liaisons
• Advocates
• Business Associations
• Advisory Committees

Safer = Healthier
Bloomfield Ave Corridor Study & Health Impact Assessment

- Spring 2014
- Multiple Town & County Coalition of Stakeholders
- Supporting Pedestrian and Bicycle Safety
- Built Environment impacts Health
Bloomfield Ave Corridor Study & Health Impact Assessment

Recommendations:

• General Policy and Education
• Pedestrian Safety and Traffic Calming
• Bike
• Transit
• Intersection
• Implementation Plan
Bloomfield Ave Corridor Study & Health Impact Assessment

- Reduce Crashes
- Reduce Stress
- Improve Social Cohesion
- Benefit Local Economy
A Better Bloomfield Avenue

Mark Ronson ft. Bruno Mars-"Uptown Funk" (Red Light Session Montclair Center)
OpenStreetsMtc 2015
Pop-up Bike Lanes
Sharrows
Artful Crosswalks
Paint the Pavement!
Completing Town Center

Before

After
Suddenly I See

NEW LENSES NEW VISION

Base your vision on **how**
you want to 
*live*, not what you've 
learned to live 
with.
Stop thinking THIS …or even THIS

Think about **Layering Activities** and **Complete Streets**
It matters!!

“Never ever feel like bicycle and pedestrian improvements are 'fluff.' Every time you enable a child to be physically active, you are helping to prevent chronic illness, disease and premature death.”

~Janet Heroux, NJDOH
Step it Up!

• Design and maintain streets and sidewalks.

• Design communities that support walking.

• Promote community programs and policies that support walkability.
Resources Health and Complete Streets

State
- NJ Health Impact Collaborative
  - http://njhic.rutgers.edu
- Sustainable Jersey
  - http://www.sustainablejersey.com
- NJ SRTS Resource Center
  - http://www.saferoutesnj.org
- NJ Bike Ped Resource Center
  - http://njbikeped.org
- NJ Healthy Communities Network
  - http://njhcn.org
- NJAPA
  - http://njplanning.org

National
- APA Health
  - https://www.planning.org/nationalcenters/health
- Health Impact Project
- The Society of Practitioners of Health Impact Assessment (SOPHIA)
  - http://hiasociety.org
Complete Streets are good for HEALTH!

Laura Torchio, AICP
Eat. Play. Live... Better
Program Coordinator
973 655 5364
torchiol@mail.montclair.edu

Thank You!