

# Complete Streets are good for HEALTH

NJ Complete Streets Summit  
Making a Case for Complete Streets

October 26, 2015

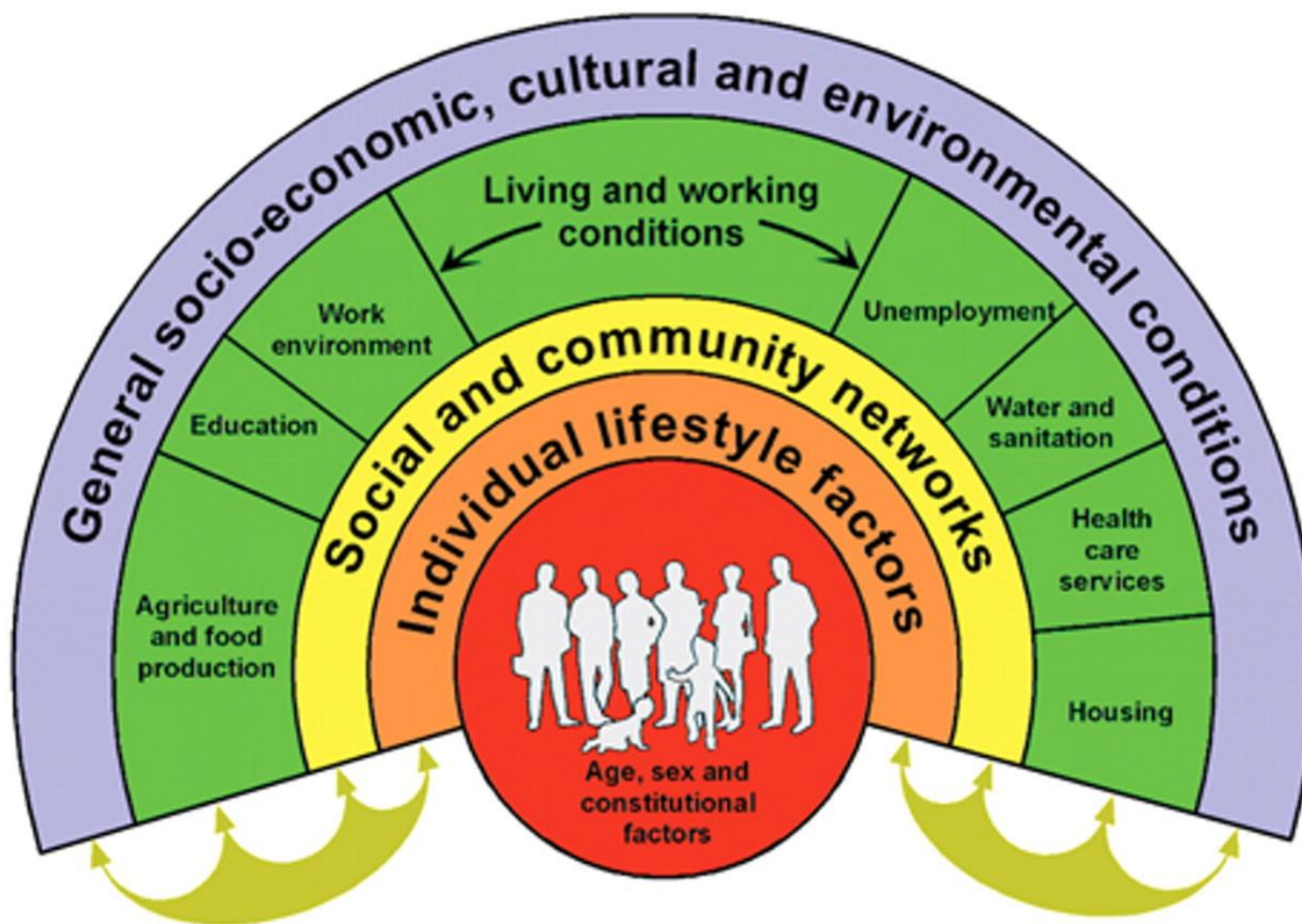
Laura Torchio, AICP, Eat. Play. Live... *Better* Program Coordinator  
[eatplaylivebetter.org](http://eatplaylivebetter.org)



# What is Health?



# Determinants of Health



Eat.  
Play.  
Live...  
Better



# Eat. Play. Live... *Better*

*Making Healthy Choices Easier*

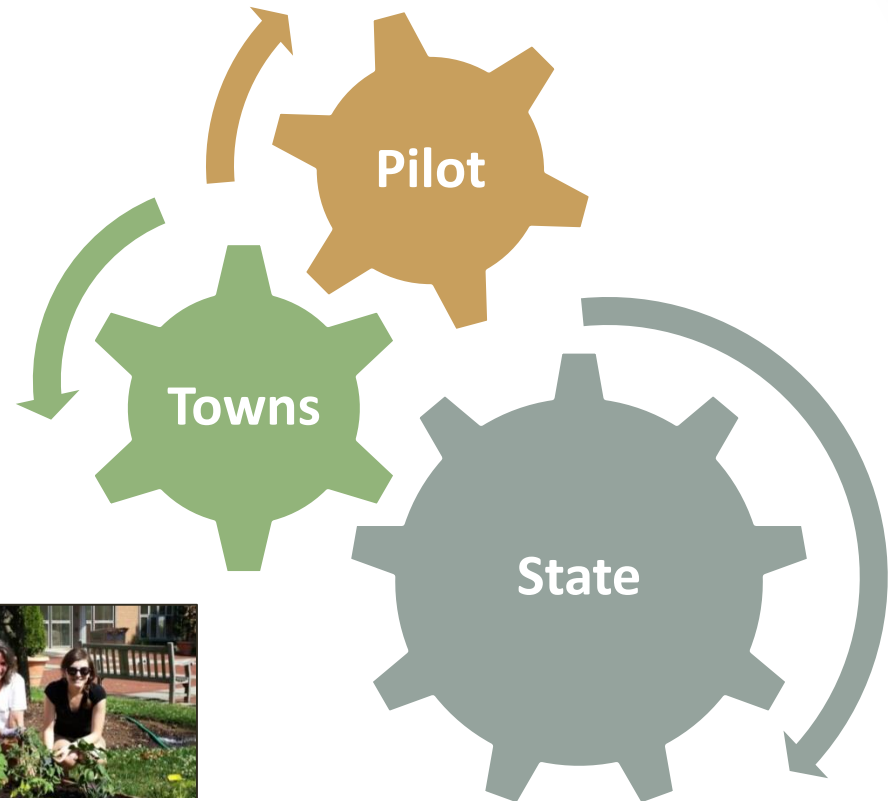
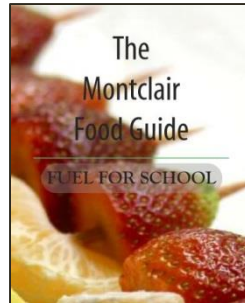


- Policies
- Programs
- Built Environment





# Eat. Play. Live... *Better*



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## THE MOVEMENT TO MAKE HEALTHY CHOICES EASIER: A TIMELINE

**2010**

Planning begins with community **LISTENING SESSIONS**



LET'S MAKE MONTCLAIR A HEALTHIER COMMUNITY!

**2011**

**PUBLIC LAUNCH** at the Tour de Montclair



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



**2012**

**ACTIONS:** Take the Stairs toolkit, mile markers, 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**

**2013**

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



**ACTIONS:** Fight Hunger the Healthy Way Campaign, TEDxMontclair, Safe Routes to School workshops, Bike Education



**2014**

Align with state and national criteria and strategies to develop **SHARED MEASURES**. A total of 85 community partners are engaged in the **MOVEMENT!**



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# Case Study: Montclair NJ

## Partners

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



Bike&Walk  
Montclair  
2002

NJ SRTS Pilot  
2005

First NJ CS  
Policy 2009

EPLB Pilot  
2010

## 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



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# Bloomfield Ave Corridor Study & Health Impact Assessment



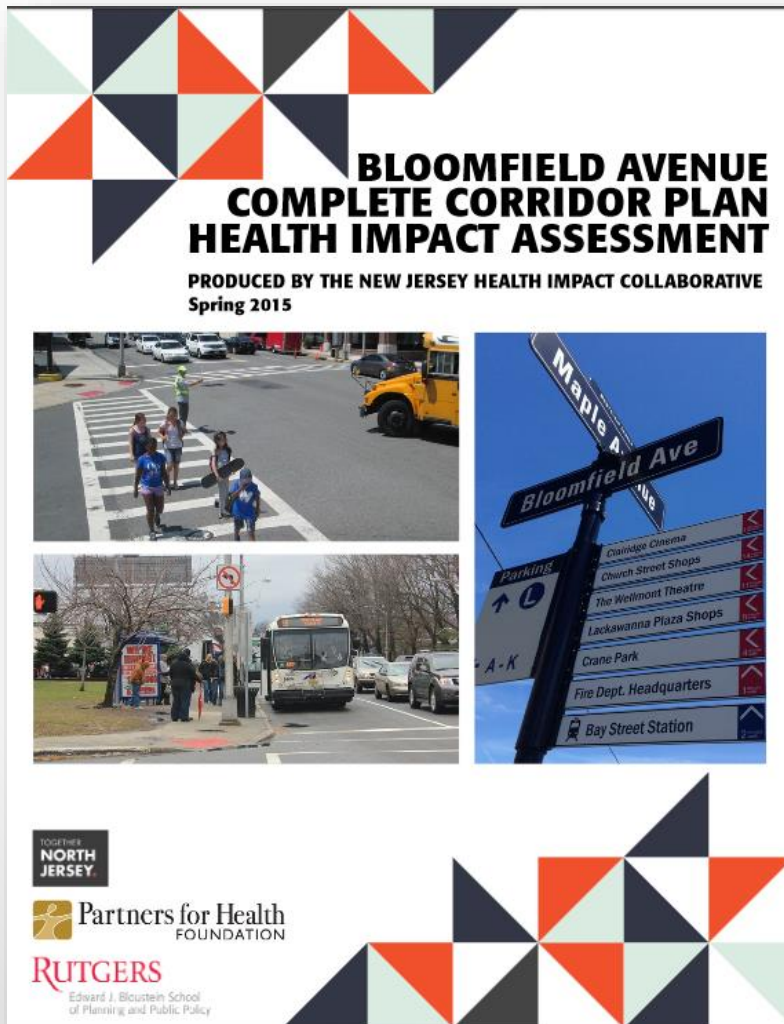
## Recommendations:

- General Policy and Education
- Pedestrian Safety and Traffic Calming
- Bike
- Transit
- Intersection
- Implementation Plan

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# Bloomfield Ave Corridor Study & Health Impact Assessment



- Reduce Crashes
- Reduce Stress
- Improve Social Cohesion
- Benefit Local Economy

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# A Better Bloomfield Avenue



Mark Ronson ft. Bruno Mars-"Uptown Funk" (Red Light Session Montclair Center)



# OpenStreetsMtc 2015



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# Pop-up Bike Lanes





# Sharrows





# Artful Crosswalks



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# Paint the Pavement!



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# Completing Town Center



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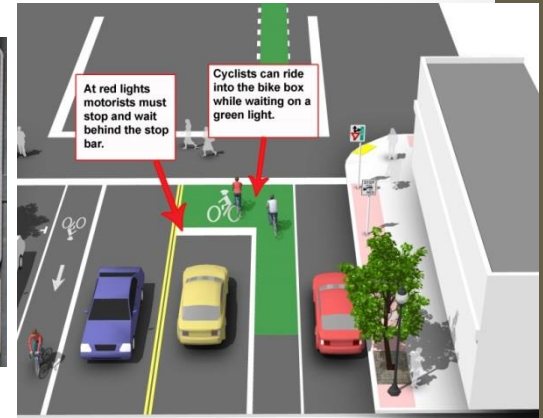


Base your vision on **how**  
**you want to**  
**live**, not what you've  
learned to live  
**with.**

Suddenly I See

**NEW LENSES NEW VISION**





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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.



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Live...  
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# 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
  - <http://www.pewtrusts.org/en/projects/health-impact-project>
- The Society of Practitioners of Health Impact Assessment (SOPHIA)
  - <http://hiasociety.org>



# Complete Streets are good for **HEALTH!**



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Eat. Play. Live... *Better*

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## Thank You!

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