

Community Planners Safety Information



Program and policy planners, you can increase opportunities for physical activity in your community by improving safety and making changes in the built environment. Tip the scales for better health by spreading the **95210 for Health™** message and supporting **95210 for Health™** in your community. Here are some ideas for getting started:

Safety Ideas for Schools/Neighborhoods

- Increase availability of safe walking/biking routes to schools and in neighborhoods.
- Assist community members in assessing walkability of their neighborhoods.
- Develop a pedestrian safety action plan for neighborhoods.
- Educate drivers and pedestrians on the rules, rights, and responsibilities of different types of travel.
- Enforce traffic laws to ensure safe walking/biking environments.
- Provide funding and manpower to keep local parks, trails, courts, nature trails and pools safe, clean and staffed.
- Promote walking and health in your community.

Source: Pedestrian and Bicycle Information Center

Source: Federal Highway Administration: "Safety"

Source: American Public Health Association

Built Environment Ideas

- Remove barriers to active transportation by addressing safety concerns (e.g. crime, traffic, & poor lighting) of potential walkers and bicyclists.
- Incorporate traffic calming designs into streets with pedestrian traffic.
- Assure that streets include safety/access designs for special populations such as children, persons with disabilities, and older persons.
- Create good pedestrian/bicyclist infrastructure that has sidewalks, bike paths, and trails removed from automobile traffic.
- Encourage mixed land use to shorten the distance between homes, schools, workplaces, and recreation so that families can walk/bike more easily to them.
- Include access to green spaces and parks.

Source: American Public Health Association

Source: Pedestrian and Bicycle Information Center

Source: CDC Environmental Health web site (Healthy Community Design)

Go to www.NorthernVirginiaHealthyKids.org for more resources, tools, and information.

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