Walkable Communities Workshop

Creating Livable Places that Work
Planning in West Side Wilmington

- West Side Grows Together Neighborhood Revitalization Plan
- Wilmington Bicycle Plan
- Hilltop/Little Italy Blueprint
I. Presentation
II. Walkabout
III. Plan of Action
Elements of Livability

Safety

Aesthetics

Access

Walkable Community
Benefits of Walkable Communities

- Less traffic, pollution & noise
- Less crime – “Eyes on the street”
- Better sense of community
- Economic benefits
- Travel choices for kids, seniors, people with disabilities, people w/out cars
- Healthy communities
Relationships are Everything

The Street

The Building

The Sidewalk
Focus on low cost, easy to implement solutions
Health and the Built Environment

The result?

1956

2006
In only 20 years, we went from this...
Obesity Trends* Among U.S. Adults 2010

The cost of obesity in Delaware is estimated to be $722 million a year in direct costs of health care and indirect costs including lost productivity

(*BMI ≥30, or ~ 30 lbs. overweight for 5’4” person)
If you’re inactive, you have a much higher risk of getting:

- Heart Disease and High Blood Pressure
- Colon Cancer
- Diabetes
- Osteoporosis/hip fractures
- Depression and anxiety
- Others - asthma, arthritis, back pain, alzheimers, stroke, premature mortality
Health Benefits of Walking:

- **3 hrs/wk** of brisk walking (3mph) reduced heart disease risk in women by **35-40%**
- Older adults who walked at least 4 hrs/week were **31% less likely** to be hospitalized for heart disease or stroke.
- Women who walked at least 1 hr/wk reduced risk of heart disease **by 50%** (amount more important than pace).
Travel choices

Up to 30% of Residents in Your Community Do Not Have Direct Access to an Automobile
People want a safe place to raise a family
I. Getting Along the Streets

Sidewalks
Which community is a better place to raise children?
What’s wrong with this picture?
What’s wrong with this picture?
What’s wrong with this picture?
Minimum Width – 5 Feet
Preferred Width – 6 Feet
Not Walkable
High Car Dependency
Serious Congestion

Walkable
Low Car Dependency
Moderate Congestion
Sidewalk Buffers
ADA - Universal Design

It’s About All of Us
Wheelchair Accessible?

Apron Goes Through Sidewalk
Apron Does Not Go Through Sidewalk

Sidewalk Continues Across Driveway

Good Engineering Invites Right Use
Pavers and bricks are hard on wheelchair users.
Lowest Cost Sidewalks
Widen Sidewalks
Bicycle facilities
Sidewalk/bicycle route issues

- Missing / damaged sidewalk or bike route
- Uneven / sloping walkway
- Sidewalk blocked
- Driveways
- No bike lane or too narrow / wide
- Network of paths for off-road trips
2. Getting Across the Street

Intersections & Crosswalks
What’s wrong with this picture?
What’s wrong with this picture?
Where would you rather cross?
Which crosswalk will get the driver’s attention?
What the Community Provided

What the Customer Wanted
High Visibility Crosswalk

Rectangular Rapid Flashing Beacon
High Visibility Crosswalk

In-street yield signs
Pedestrian signs: new color increases visibility
Effect of Large Radius on Drivers

They drive fast...
- Shorter crossing distance
- Slower turning vehicles
- More visible pedestrians
Curb Extensions
Paint
Is Your Friend
Maximum Width of a Curb Bulb: Six Feet

Curb Bulbs Improve Sight Distance
Crossing Islands
Two Ramps Per Corner

Eight Ramps Per Intersection
Truncated Domes
Truncated domes provide tactile clues.
What the pedestrian sees
What the driver sees
How colored crosswalks can be enhanced
Smooth Center for Wheelchairs and Strollers
Crossing Issues

- Broken or missing pedestrian ramps
  - Construct/restore ADA accessible ramps
- Faded or hard to see markings
  - Remark crosswalks / stopbars
- Turning vehicles failing to yield
  - Improve signs and pavement markings
  - Shorten crossing distance
- Poor draining or ponding in crosswalks
  - Drainage improvements
3. Transit
What’s wrong with this picture?
Transit Trips Are Partly Walking Trips

Transit Stop Equals Crosswalk
Transit Use

Directly Linked to Sidewalks
Rider needs

- Weather Protection
- Places to Sit
- Lighting
- Public Art
- Trash Receptacles
- Newspaper Boxes
- Schedule Information
- Place to cross the street
4. Aesthetics and Beyond
What’s wrong with this street?
Creature comforts

- Bathrooms
- Places to sit
- Lighting
- Public art
- Trash cans
- Newspaper boxes
- Maps/directions
Great Trees
Tree Whackers

Ten Foot Up, or
Knee High
Lighting can reduce crime

National Crime Prevention Council has found that crime can be reduced by 40% after the installation of street lights.
Defining Place
Functional Art
Great Cities Have Great Places to Sit
Safe routes to school
Which Street Has Lower Speeds?
Narrow lanes reduce speeds
Portable speed limit signs
Mini-Circles
Median Slow Points
Raised Crosswalk
Road Diet

Space for bike lanes, angled parking, wider sidewalks...
Steps to a walkable community

- Build ways to get **along** the street
- Create ways to get **across** the street
- Have comfortable and accessible **transit** facilities
- Plan nice **design** and **places** to walk or bike
- **Slow** speeding traffic
- Develop safe **routes to schools** (and shops, jobs, parks, libraries, churches, ...)
Now let's get walking!
Thank you!

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