

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

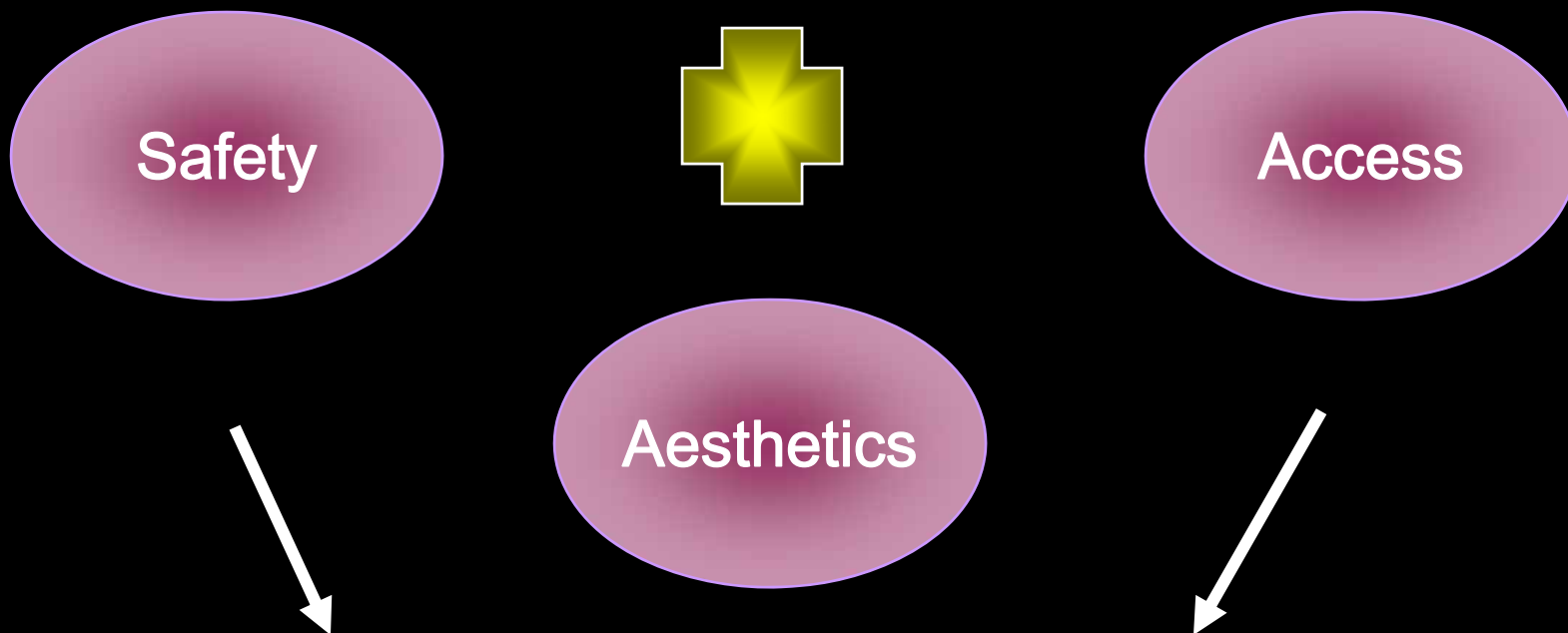




III. Plan of Action



Elements of Livability



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 Building

The Street

The Sidewalk



Focus on low cost, easy to implement solutions





Before



After

Health and the Built Environment

The result?



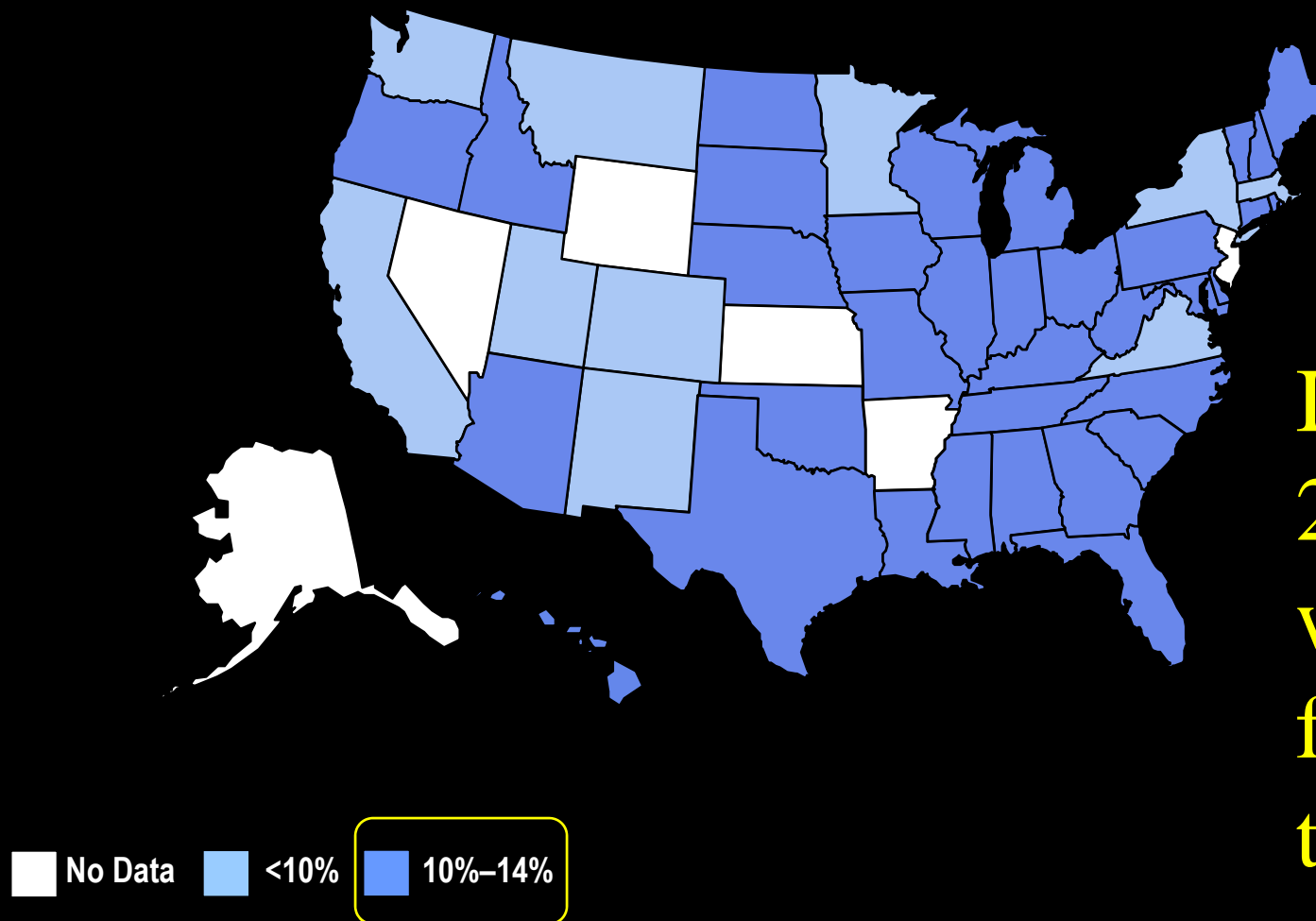
1956



2006



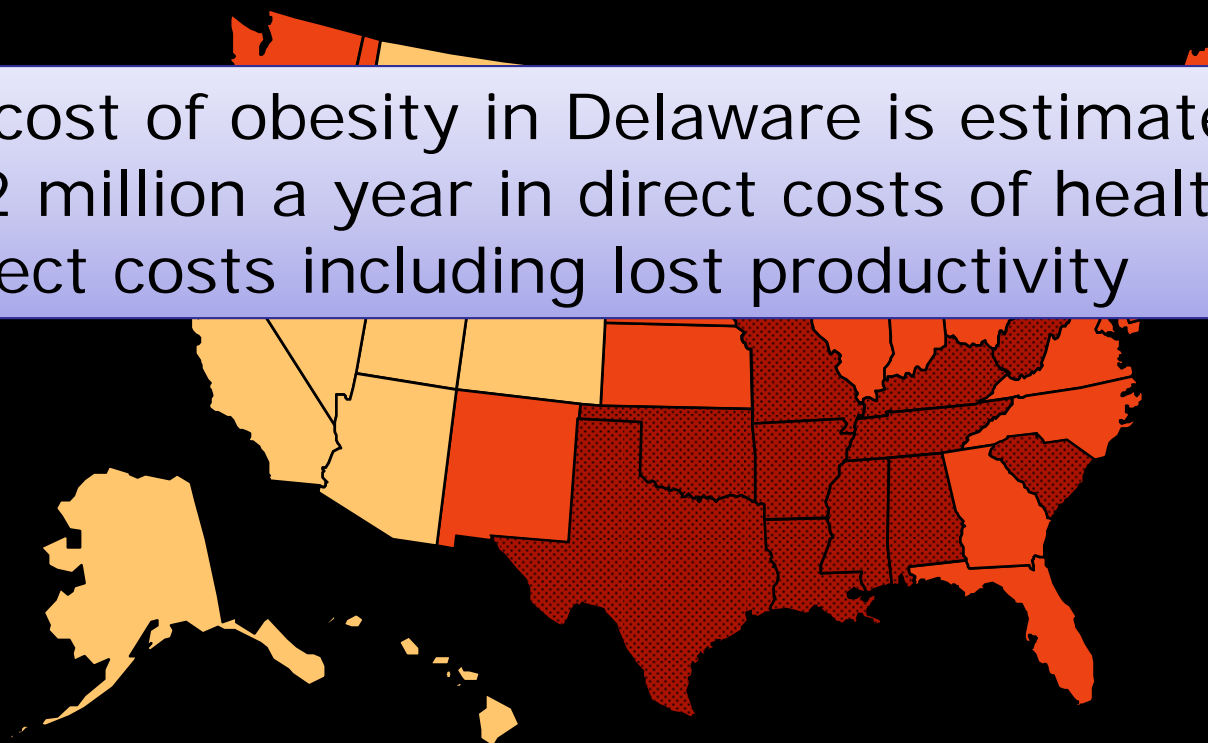
Obesity Trends* Among U.S. Adults 1990



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



■ No Data ■ <10% ■ 10%–14% ■ 15%–19% ■ 20%–24% ■ 25%–29% ■ ≥30%

(*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



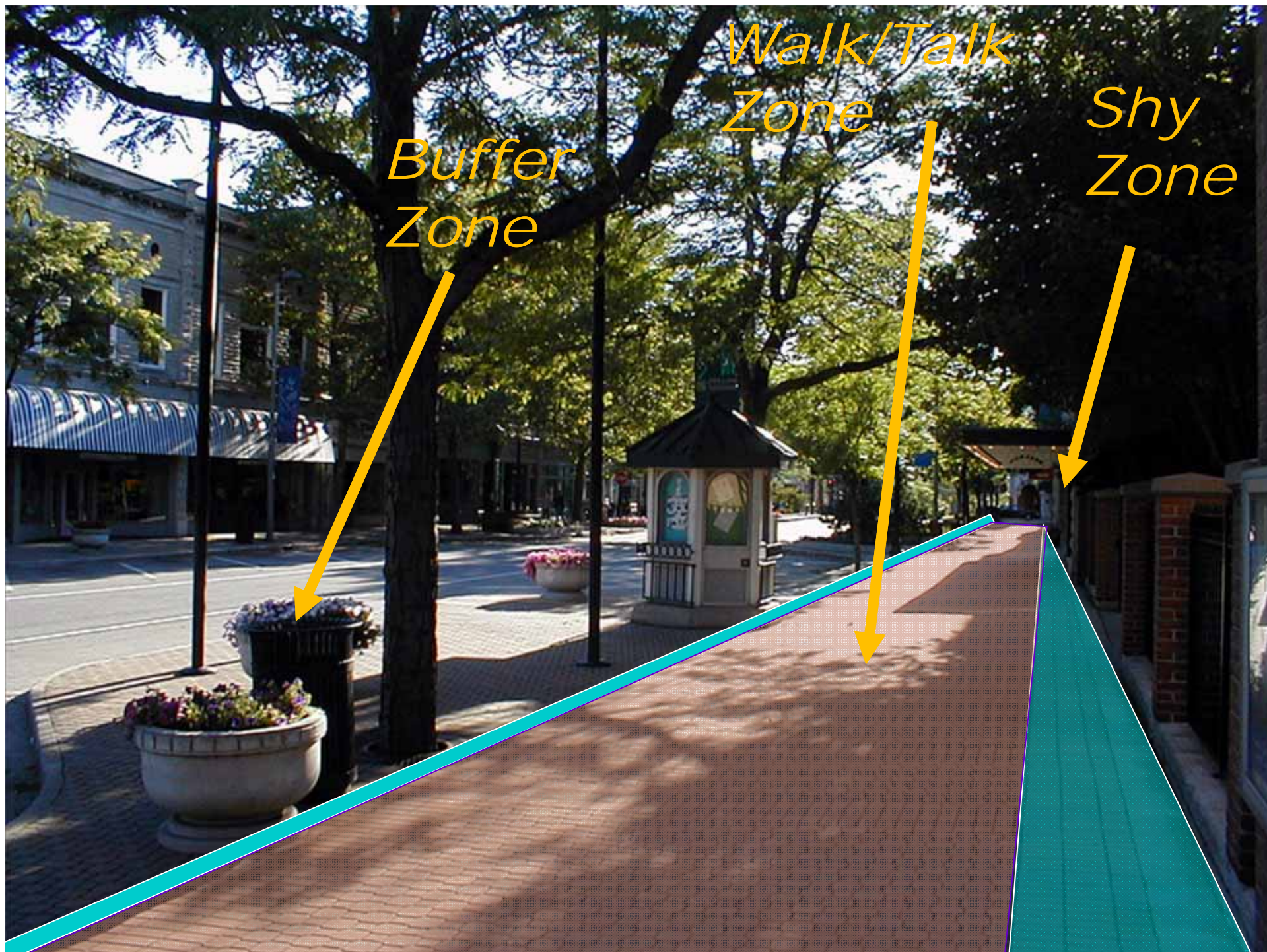


*People want a safe place to
raise a family*

I. Getting Along the Streets

Sidewalks





*Buffer
Zone*

*Walk/Talk
Zone*

*Shy
Zone*



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

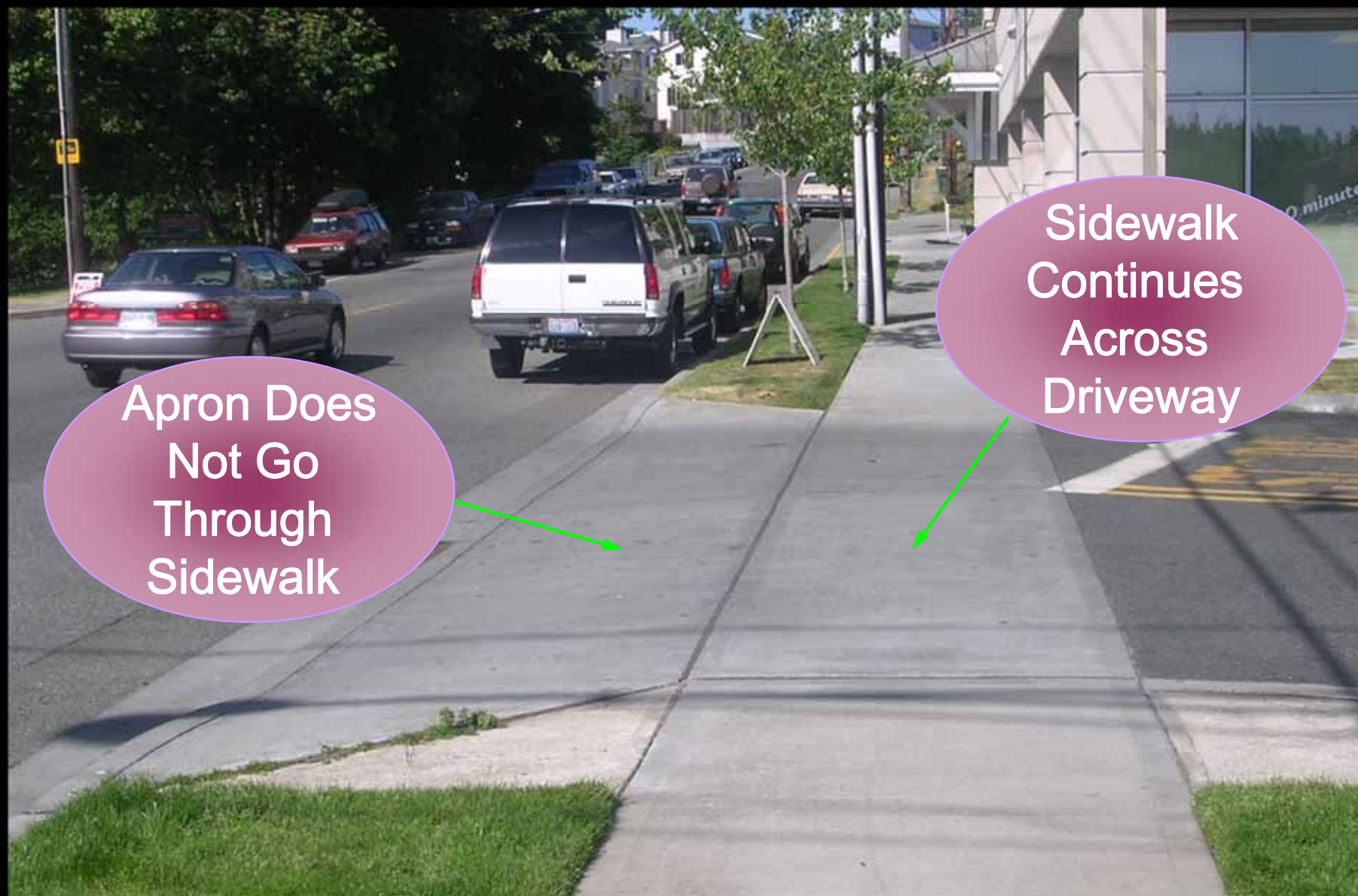


It's About All of Us

Wheelchair Accessible?



Apron Goes Through Sidewalk



Apron Does
Not Go
Through
Sidewalk

Sidewalk
Continues
Across
Driveway

Good Engineering Invites Right Use



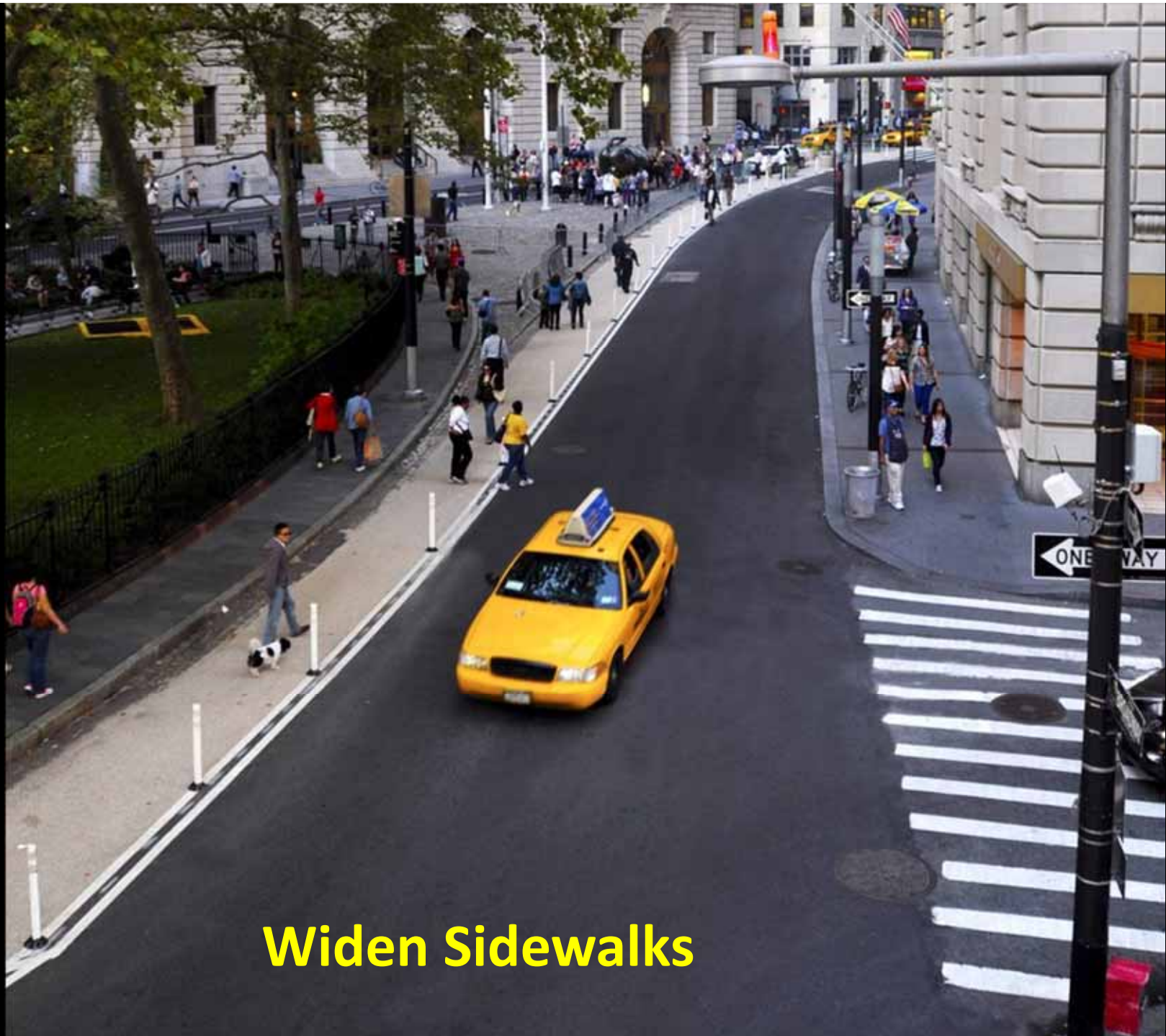
Pavers and bricks are hard on wheelchair users

Obstacle Course





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

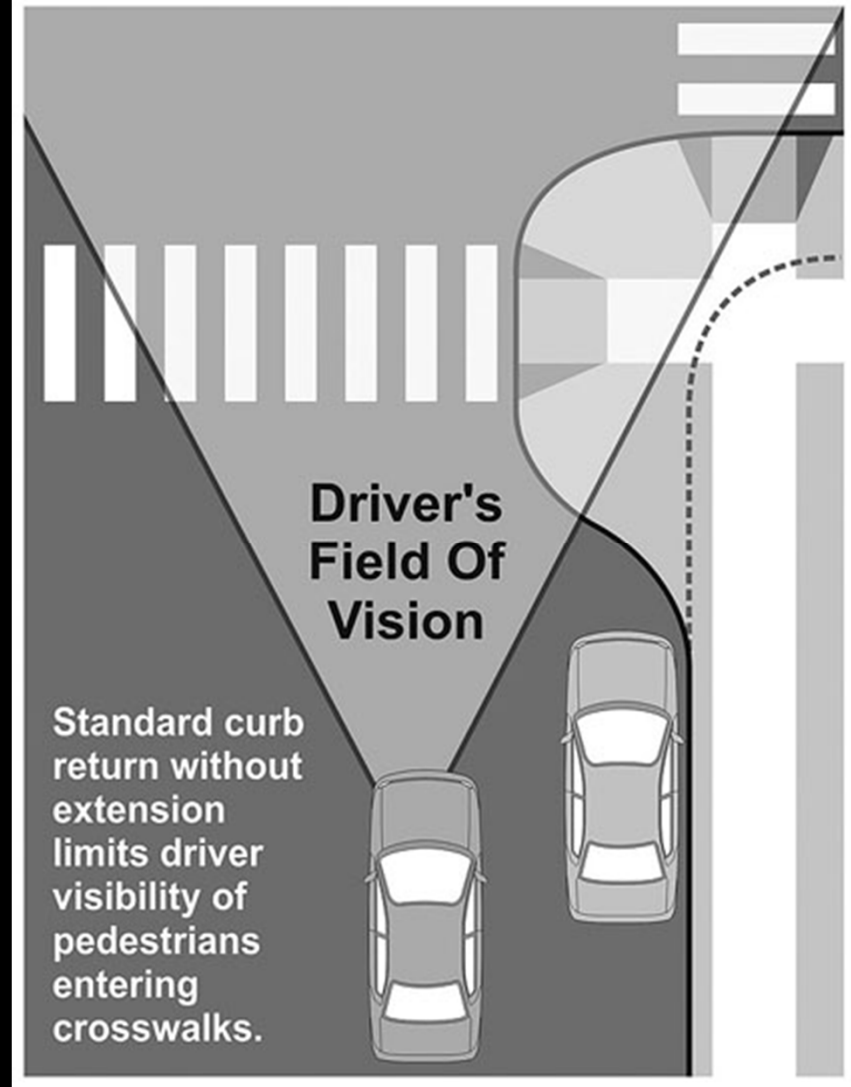
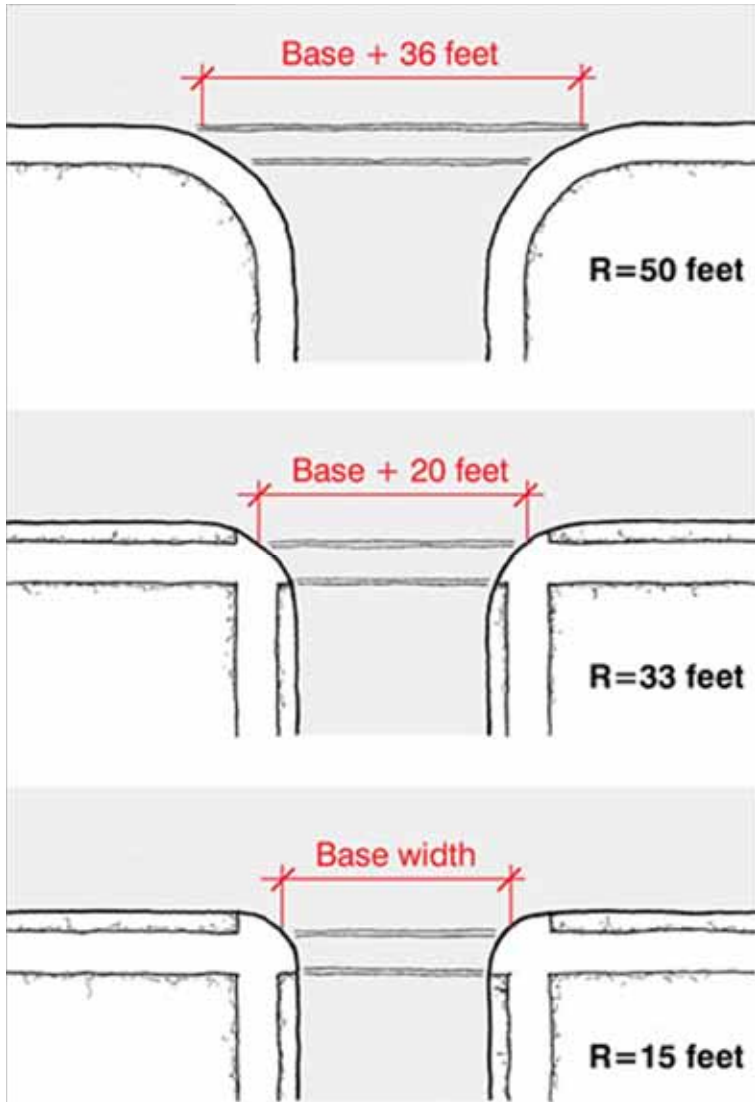
Pedestrian signs: new color increases visibility



Effect of Large Radius on Drivers

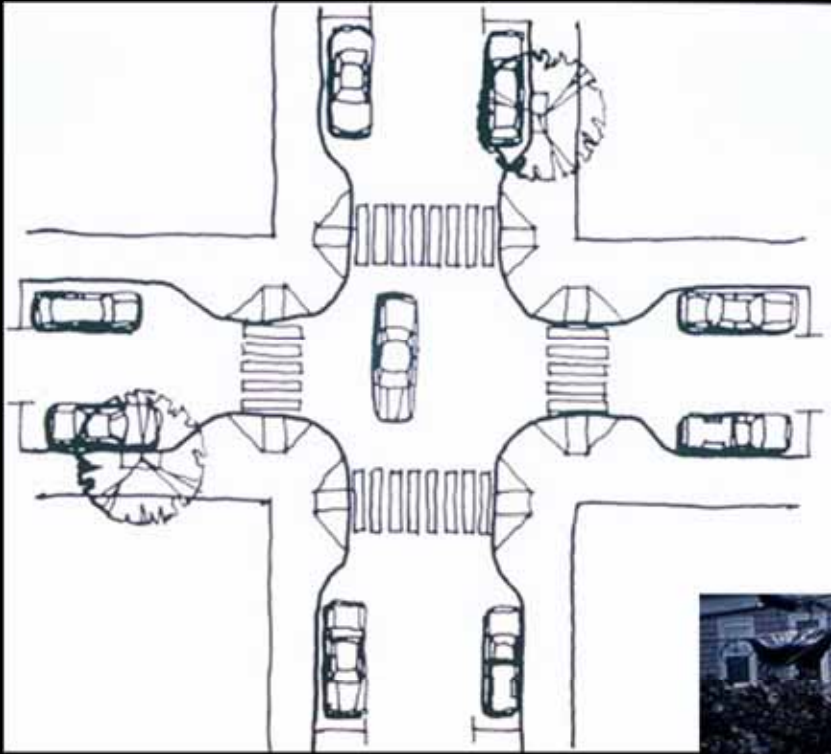


They drive fast...



- 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



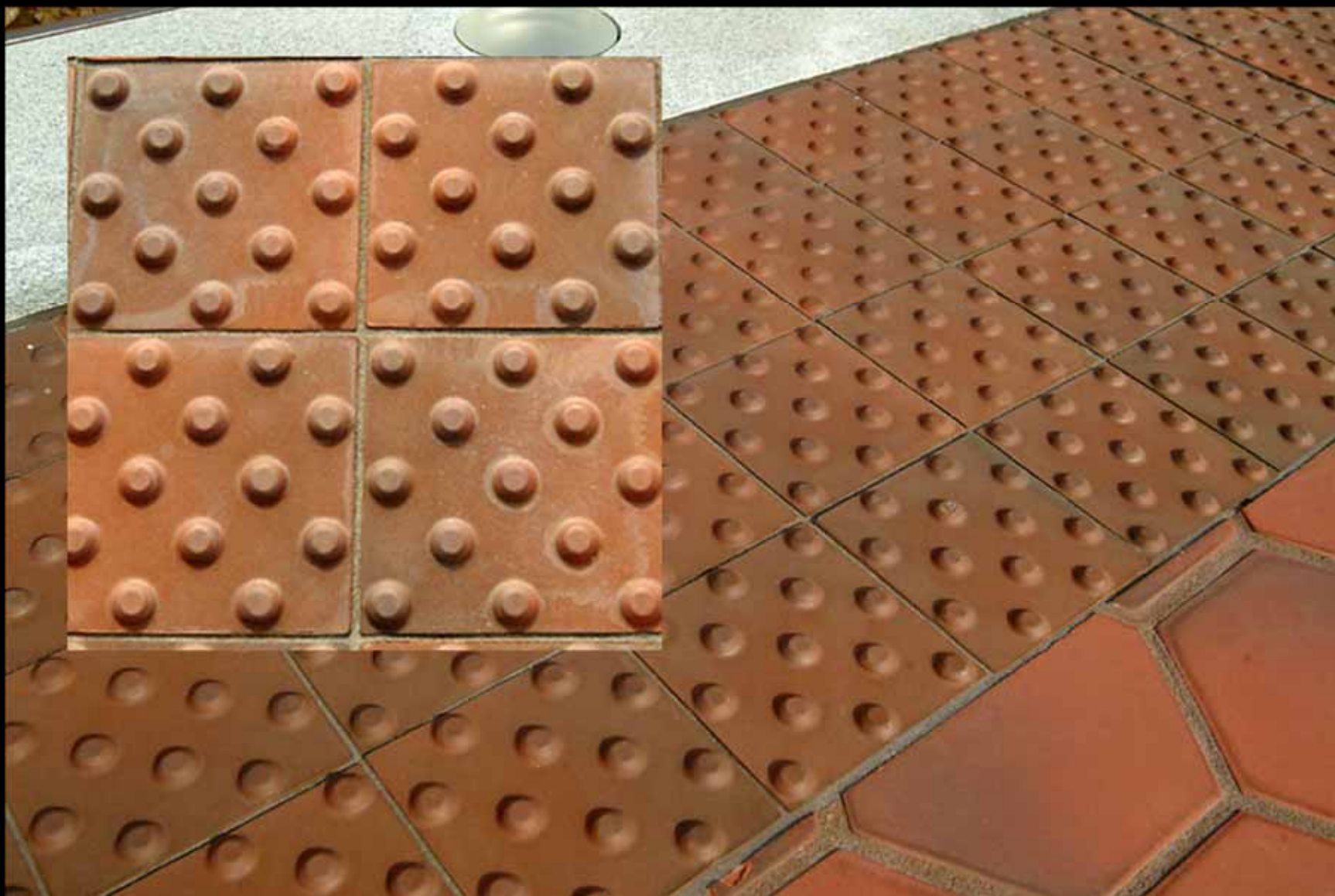


Two Ramps Per
Corner

Eight Ramps Per
Intersection

Truncated Domes







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

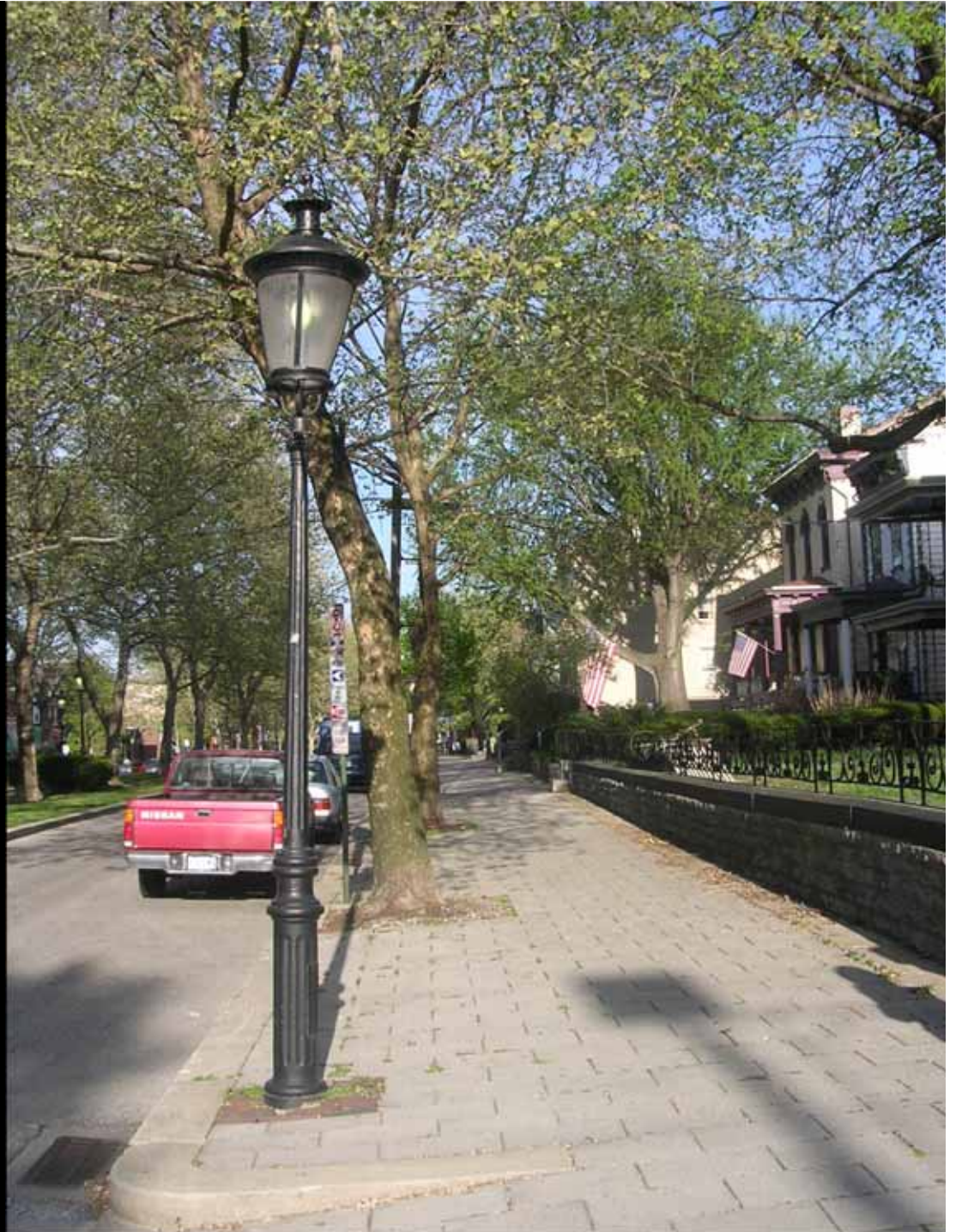
Ten Foot Up, or
Knee High



Lighting can reduce crime

National Crime
Prevention Council has
found that crime can be
reduced by 40% after the
installation of street lights

Street Lighting



Defining Place







Functional Art



Great Cities Have Great Places to Sit



Outdoor Cafes



Safe routes to
school





Right Design
Invites Right Use

Which Street Has
Lower Speeds?



Narrow lanes reduce speeds



Portable speed limit signs





Mini-Circles

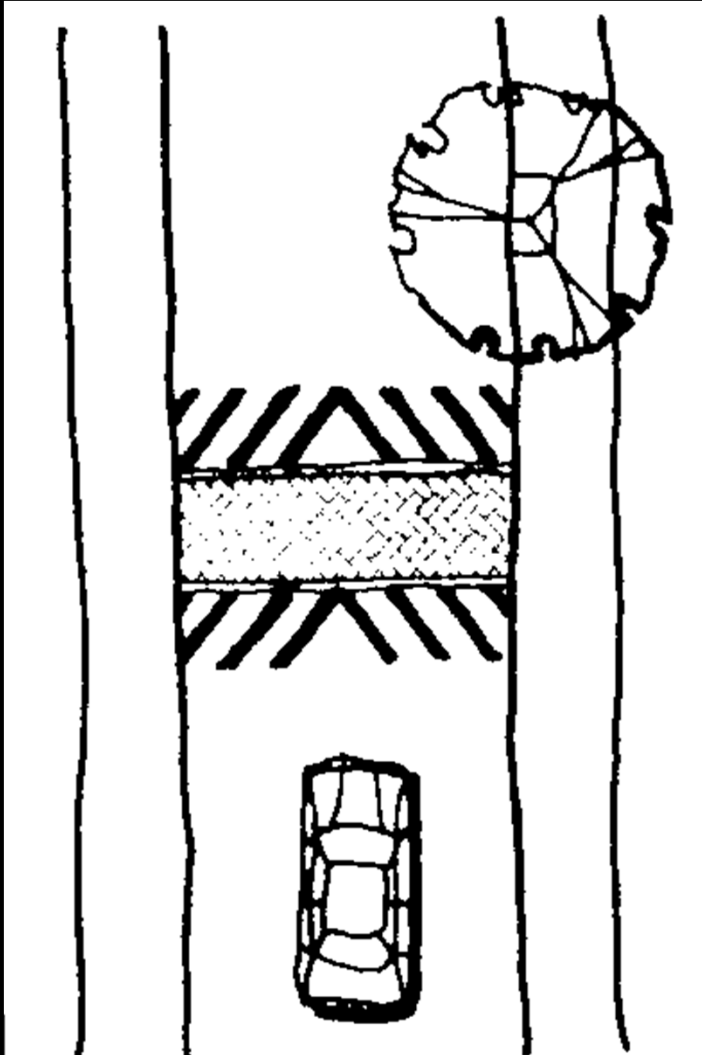




Median Slow Points



Raised Crosswalk



Road Diet





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 lets get walking!

Thank you!

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