Active Community Environment Teams

Increasing levels of physical activity and improving public health by promoting walking, bicycling, and accessible recreation facilities.

Active Community Environments

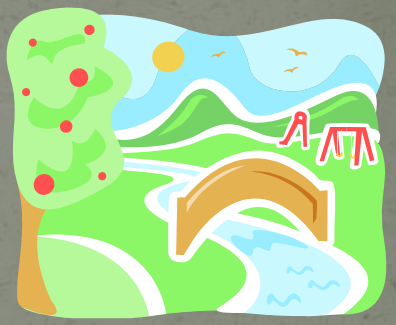
Places where people of all ages and abilities have the opportunity to live, work and play in a safe and inviting environment which enables physically active recreation and transportation, particularly walking and biking.

These places:

- Support and promote physical activity for ALL people
- Have sidewalks, safe roads for biking, multi-use paths and trails, parks and open spaces and facilities for recreation
- Have quality connections between homes, stores, workplaces, schools, downtowns and/or village centers

Active Community Environments:

- Promote walking and bicycling opportunities
- Provide accessible recreation facilities
- Address street design and housing density
- Foster trail connectivity
- Improve availability of public transit
- Encourage neighborhood school sites
- Provide safe routes to school



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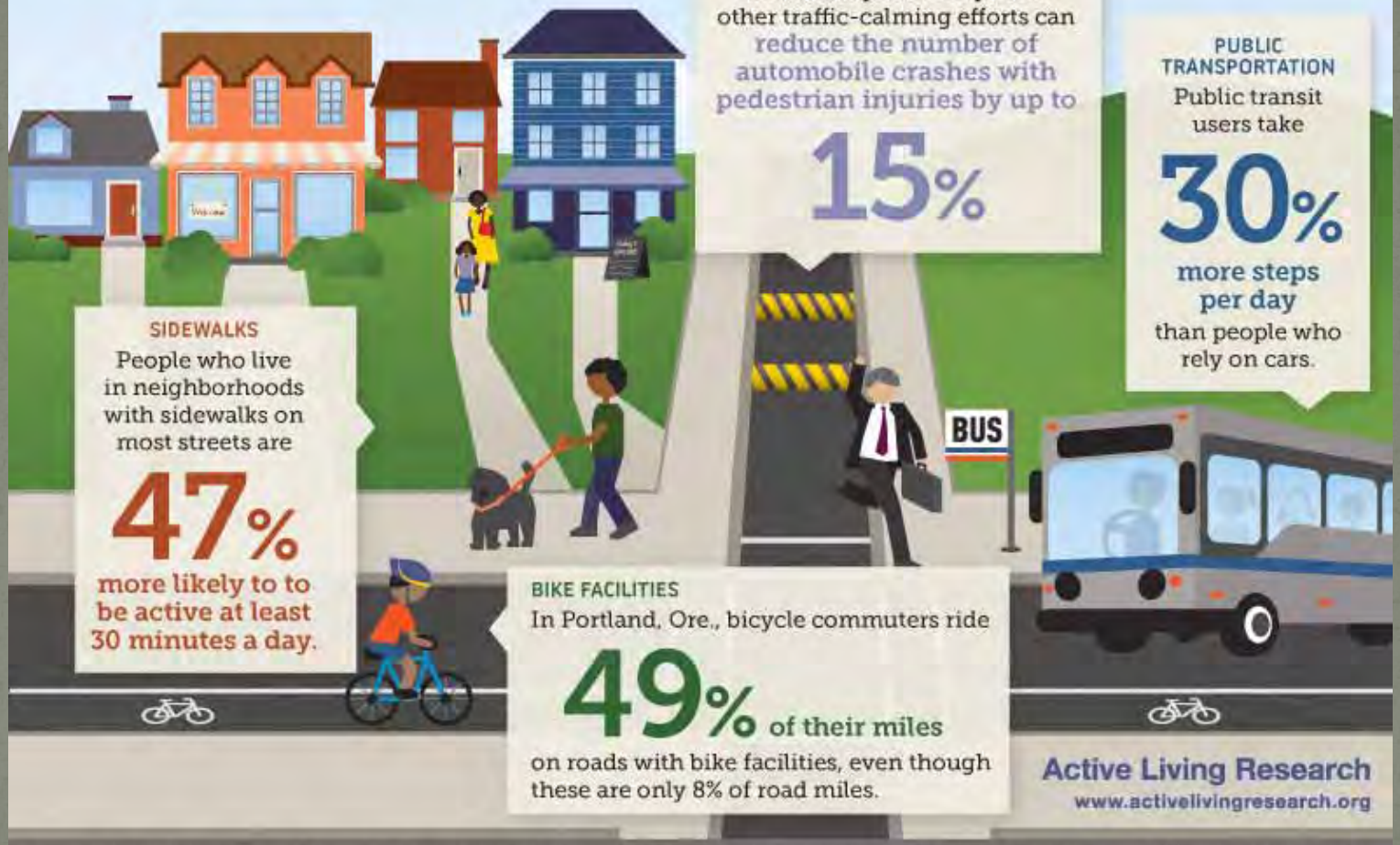
THE ROLE OF

Transportation

IN PROMOTING PHYSICAL ACTIVITY



TRAFFIC CALMING

Medians, speed bumps and other traffic-calming efforts can reduce the number of automobile crashes with pedestrian injuries by up to

15%

PUBLIC TRANSPORTATION

Public transit users take

30%

more steps per day

than people who rely on cars.

SIDEWALKS

People who live in neighborhoods with sidewalks on most streets are

47%

more likely to to be active at least 30 minutes a day.

BIKE FACILITIES

In Portland, Ore., bicycle commuters ride

49% of their miles

on roads with bike facilities, even though these are only 8% of road miles.

Active Living Research

www.activelivingresearch.org

Sources: SIDEWALKS: Sallis J, Bowles H, Bauman A, et al. "Neighborhood Environments and Physical Activity among Adults in 11 Countries." American Journal of Preventive Medicine, 36(6): 484–490, June 2009. BIKE LANES: Dill J et al. Bicycling for Transportation and Health: The Role of Infrastructure. Journal of Public Health Policy (2009) 30, S95–S110. doi:10.1057/jphp.2008.56). TRAFFIC CALMING: Bunn F, Collier T, Frost C, et al. "Area-Wide Traffic Calming for Preventing Traffic Related Injuries." Cochrane Database of Systematic Reviews (1), January 2003; Elvik R. "Area-Wide Urban Traffic Calming Schemes: A Meta-Analysis of Safety Effects." Accident Analysis and Prevention, 33(3): 327–336, May 2001. PUBLIC TRANSPORTATION: Edwards R. "Public Transit, Obesity, and Medical Costs: Assessing the Magnitudes." Preventive Medicine, 46(1): 14–21, January 2008

Local environment influences

- Municipal Offices & Officials
  - Parks & Recreation
  - Planning
  - Public Works
  - School department
  - City/Town Manager
  - Elected Officials
- Local Advocates
  - Bike/Ped committees
  - Trail committees
  - Conservation commissions & Community Forest boards

ACE Teams

- Encourage environmental and policy change that will increase levels of physical activity and improve public health by promoting walking, bicycling, and the development of accessible recreation facilities.
- Advise policy makers and planners in supporting and enhancing community designs that encourage all citizens to be physically active in their daily lives.
  - Promote communication across sectors / silos within municipalities to discover opportunities
- ACET's are the key to implementing Active Community Environment concepts.

ACET Functions i.e.

- Promote “Health in All Policy” (HiAP) deliberations within their district/community.
- Identify needs and priorities
- Sponsor educational/workshops, invite experts to inform and educate
- Advise Local / Regional Planning Organizations
- Provide guidance to other local/regional policy makers.
- Conduct community assessments (Built Environment Assessment Tools, Health Impact Assessment)
- Advocate for policy change
- Provide guidance on the allocation of funding
- Review comprehensive plans

ACE Team Organization

- An ACET may be formed within a single larger community, or among several smaller communities depending on local resources and conditions.
  - Many communities are not large enough to sustain an ACE Team – look for logical / existing partnerships
  - Bigger is not better – ACE is local and involves day to day decisions. If an ACET is too regional in nature it will lose its ability to influence local municipal decisions.
- ACE Teams will take many forms across the state due to local conditions but should at all times strive to work at the most local level practical.

ACE Team Core Membership

- City / Town administrators and or elected officials
- City / Town planner
- Director of Parks & Recreation or their representative.
- Director of Public Works or their representative.
- Superintendent of Schools (in RSU locales – local high school principal – or commensurate highest school level staff for local community)
- Representative of local trails / bicycle-pedestrian coalition or similar citizen based organization
- Representative of local business community

ACE Team At Large Membership

- Local / regional health/Healthy Maine Partnerships
- PTA / PTO reps
- Planning board members
- School board members
- P&R advisory board members
- Police Department representatives
- Citizens (especially older 50+ and younger 17-)

For the Long Haul

- Changing the built environment takes time, energy and persistence.
  - This work is not for those requiring immediate gratification
  - Some short term success must be won, but as incremental steps toward the larger community transformation.

Designing Healthy Communities

- Understanding the relationship between built environment and health is critical to moving this work forward.
  - http://designinghealthycommunities.org/
  - This is a 4 part series aired in early 2012
    - Designed for general consumption
    - Will build a good foundation and larger scale perspective.
  - Find a way to view together and discuss before proceeding with ACE Team work.

HIAP

- Ultimately ACET is about creating an environment within Maine communities where “Health In All Policy” is a constant – if not driving the process at least being considered.

Healthy Maine Downtowns

- Looks to the local built environment to enhance employee health via:
  - Increase the number of adults with increased access to physical activity opportunities.
  - Increase the number of people with access to environments with healthy food or beverage options.
- This will raise awareness of the relationship between the built environment and health.

- *What happens after September 2014?*

Transformation of another kind

- Initiatives through CTG can and should be sustained
  - Wellness Councils could enhance ACET's by:
    - Becoming the foundation of a new ACET if none exists
      - WC members add other community members to become an ACET
    - Being a catalyst for the creation of an ACET in none exists
      - WC members promote the creation of ACET in the community but are not members of the new team
    - Merging with an existing ACET
      - Become absorbed by an existing ACET
      - Gain representation from WC onto an ACET, but maintain WC status
    - Are there other models?

Technical Assistance & Support

- If you have any questions about the information provided in this presentation, please contact Doug Beck at doug.beck@maine.gov or 287-5041.