To promote equitable and safe opportunities for physical activity, collaborate with local partners to develop and/or implement new and/or existing jurisdiction-wide plans that support walking, biking, and rolling. Plans should focus on improving the *routes* which connect to everyday locations (e.g., work, school, grocery, parks, other essential services, etc.). Routes that connect to essential services and create opportunities for community connection, are strongly encouraged,

Expected Outcomes:
- Increased number of new or existing jurisdiction-wide plans with active transportation (walking, biking, rolling, and public transit) goals adopted, and/or
- Increased number of active transportation goals implemented from adopted jurisdiction-wide plans.

Health Equity Planning Principals:
To address health equity in transportation, consider the unique needs of historically marginalized populations who may be dependent upon walking, biking, rolling, and public transit (e.g., low socioeconomic status (SES), elderly, homeless, persons with disabilities and/or chronic health conditions, etc.) for travel to everyday destinations. Many people live in neighborhoods with poor sidewalk and street infrastructure or few safe spaces for physical activity. Where community opportunities for physical activities exist, they may not have been developed with all potential users in mind, such as older adults or persons with disabilities.

When addressing health equity in active transportation strategies, communities should provide opportunities for members of historically marginalized populations to participate in all phases of the planning, decision-making processes, and implementation process. Where applicable, projects should:
1. Prioritize enhancement of active transportation infrastructure in low-SES neighborhoods to everyday destinations.
2. Provide for sufficient, safe, connected, and accessible natural green spaces for all.
3. Support community-based, collaborative land use and planning processes that support health equity and public health.

Recommended Partners:
• local planning departments (e.g., regional, county, city/ municipal, rural) • local and/or regional transportation engineers • school officials • law enforcement • community groups/coalitions including impacted members from vulnerable populations • parks and recreation staff • health organizations (e.g., hospitals, free medical clinics, etc.) • local businesses • local civic groups • elected officials • neighborhood associations • local libraries • key stakeholders representing racial and ethnic minority populations

Intervention Examples [Note: Examples may include construction work (e.g., paving) for which Healthy Communities funds cannot be used.]:
A. A city identified a need to create a walking route between destinations of cultural and economic activity that are divided by a locked parking lot that prohibits public and

pedestrian access. The community included this project as a goal within their adopted Active Transportation Plan.

B. A neighborhood worked with their local municipality to reduce traffic fatalities by reducing the average vehicle speed in a busy area serviced by four bus stops, by implementing traffic calming techniques. This created a safer and more pedestrian-friendly environment, which improved access to buses and connected residents to community destinations.

C. A county approved a new pedestrian plan which contains recommendations for new and enhanced facilities that promote active transportation. Strategies to increase the number of miles of activity-friendly routes include expanding sidewalk access, implementing ADA-compliant ramps, improving crosswalks, and adding multi-use trails, bike lanes.

D. A city approved a Complete Streets Policy and updated a zoning code that specifies standards (e.g., building mass and scale, type of streets or blocks, and a mix of land uses) for redevelopment and new development within the city limits that supports active community environments.

E. A rural community adopted a plan that will improve a local park. They also made improvements to the route that connects the park to a nearby residential area by installing signage and creating a new entrance for better access.

F. A city obtained grant funding to revitalize an old road connecting the middle and high schools that had been blocked off for years. This new pathway created a safe route between the schools and provided residents with a newly surfaced track.

Related Programs:

The Community and Clinical Connections for Prevention and Health Branch collaborates with state and local partners to **establish activity-friendly routes that connect everyday destinations to increase safe, accessible physical activity** by:

1. Supporting partners in the planning and implementation of multi-modal transportation networks that safely accommodate access and travel for all users including, but not limited to NC Complete Streets policies, NC BikePed Plan, NC Vision Zero, and the Great Trails State Plan,

2. Providing support to municipalities to enhance current or develop new wayfinding systems implemented into jurisdiction-wide plans or policies designed to increase walking,

3. Supporting school systems' development of siting policies that increase walking, biking, and rolling to and from school,

4. Supporting targeted pedestrian, bicycling, and community design improvements to increase the connectivity between where people live, learn, play, and pray with access to healthy food and places for physical activity, and

5. Supporting the planning and implementation of county and municipal master and land use plans.

Recommended Tools/ Resources:

A. The Community Guide Physical Activity: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design
www.thecommunityguide.org/findings/physical-activity-built-environment-approaches

B. Connecting Routes + Destinations: Implementing the Built Environment Recommendation to Increase Physical Activity
www.cdc.gov/physicalactivity/community-strategies/beactive/index.html

C. National Center on Health, Physical Activity and Disability – Resources –
www.nchpad.org/Select~Resources

D. A Practitioner's Guide for Advancing Health Equity
cdc.gov/NCCDPHP/dch/pdf/health-equity-guide/Practitioners-Guide-section1.pdf

E. Step it Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities
www.hhs.gov/sites/default/files/call-to-action-walking-and-walkable-communites.pdf

F. At the Intersection of Active Transportation and Equity
www.saferoutespartnership.org/sites/default/files/pdf/At-the-Intersection-of-Active-Transportation-and-Equity.pdf

G. The Planner's Playbook: A Community-Centered Approach to Health Equity
https://www.changelabsolutions.org/product/planners-playbook

H. PHRASES (Public Health Reaching Across Sectors) Toolkit - a web-based toolkit to help public health leaders effectively communicate the value of public health to potential partners and decision makers in other sectors
https://www.phrases.org/tools/

North Carolina Resources:
A. Eat Smart, Move More NC, Programs and Tools, Local and State Government
www.eatsmartmovemorenc.com/resources/government/

B. Move More Walk Now Engage Your Community
https://movemorewalknownc.com/engage-your-community

C. North Carolina Guide to Incorporating Health Considerations into Comprehensive Plans
www.eatsmartmovemorenc.com/resource/north-carolina-guide-to-incorporating-health-considerations-into-comprehensive-plans/

D. North Carolina Metropolitan and Rural Planning Organizations
https://connect.ncdot.gov/projects/planning/Pages/MPO-RPO.aspx

E. North Carolina Department of Transportation Complete Streets
https://connect.ncdot.gov/projects/BikePed/Pages/Complete-Streets.aspx

F. Building Active Communities Through Activity-Friendly Routes Connecting Everyday Destinations: A Guide to Counting Bicyclists and Pedestrians
https://movemorewalknownc.com/wp-content/themes/WalkNow/downloads/GuideToCountingBicyclistsAndPedestrians.pdf

G. H. NC Vision Zero
https://ncvisionzero.org

Data Sources:

A. Social Determinants of Health by Regions
   http://nc.maps.arcgis.com/apps/MapSeries/index.html?appid=def612b7025b44eaa1e0d7af43f4702b

B. County Physical Activity and Nutrition Data Profiles
   www.communityclinicalconnections.com/data

C. PLACES: Local Data for Better Health https://www.cdc.gov/places/

D. North Carolina Community Mapping System and Environmental Justice Tool
   https://files.nc.gov/ncdeq/EJ/nccms/DEQ-NC-CommunityMappingSystemEJ-Tool-1FINAL.pdf

E. NC DOT Integrated Mobility Research & Data Links
   https://www.ncdot.gov/divisions/integrated-mobility/multimodal-planning/Pages/research-data.aspx

F. NC Equity & Transportation Disadvantage Screening Tool
   https://storymaps.arcgis.com/stories/7e3bbd00fe014a77b5f1620334209712