Active!

A call to action for South Dakota community leaders.

Built environments that **encourage** physical activity **can improve** health & **decrease** chronic disease

The design of communities and neighborhoods can either encourage or discourage physical activity among residents.

Built Environment

refers to human-made resources and infrastructure that can either hinder or support physical activity, such as buildings, roads, trails, parks, and other structures.

Communities with high rates of walkability, bikeability and use of transit have lower rates of chronic disease.

Safe, walkable neighborhoods can promote regular and routine physical activity for all individuals in a community regardless of fitness level.

Active Transportation

refers to approaches that encourage individuals to actively travel between their destinations throughout the day, such as walking or biking, decreasing the use for motorized transportation.

It is the integration of physical activity into daily routines such as walking or biking to destinations such as work, grocery stores, or parks.

Active transportation benefits all communities, whether small and rural, or large urban centers.

Beyond Health

Enhancing walkability and encouraging active transportation creates vibrant neighborhoods, increases community engagement, civic connectedness, enhances economic vitality and air quality, and decreases the burden on healthcare systems.

Jump Start!

Here's an **easy** to use starter kit to help you jump-start an Active Transportation overhaul in your community. Use it as a **general guide** and feel free to adapt, add and subtract to suit the unique needs of your community.

Healthy Community Design Principles

- **Encourage mixed land use and greater land density to shorten distances between homes, workplaces, schools and recreation so people can walk or bike more easily to them.**

- **Provide good mass transit systems to reduce the dependence upon automobiles.**

- **Build strong pedestrian and bicycle infrastructure: bike racks and facilities, sidewalks and bike paths that are safely removed from automobile traffic, strong right of way laws and clear, easy to follow signage.**

- **Create community gathering places and destinations so residents have a place to walk to for mingling as part of their daily activities.**

- **Increase availability and access to green space and parks.**

Active! Transportation Checklist

1. Active Champions
Find your leaders, wellness champions, healthy community coalitions, and build your multi-disciplinary team.

Recruit your team from diverse community sectors.
- City and County Officials
- Planning District Representatives
- DOT, MPO & RPO
- Public Transit & Transit Authority
- DGFP, Parks & Recreation
- Schools, Cultural & Arts Groups
- Social Services, Law Enforcement
- Engineering, Public Works, Planners & Zoning Boards
- Wellness Champion
- Public Health and Health Care Professionals
- Walking & Bicycling Advocates
- Media, Marketing and Service Groups
- Tourism / Economics
- Youth and Senior Service Groups

Meet and discuss community strengths, weaknesses, problems, opportunities, goals and priorities.

2. Active Advocacy
Champions educate and engage the community at large.

- Hold town hall meetings
- Meet with civic groups
- Organize community workshops
- Get people talking and motivated

3. Active Assessment
Start with easy, doable tasks to establish overall needs and priorities.

Conduct Walk/Bike Audits
- Walkability Checklist – **walksteps.org, walkscore.com**
- Bikeability Checklist – **pedbikeinfo.org, bikescore.com**
- Walk Audit Grant Opportunity – **goodandhealthysd.org**

Community Health Needs Assessment
goodandhealthysd.org/communitytoolkit/

Transportation Health Impact Assessments
cdc.gov/healthyplaces/transportation/HIA_toolkit.htm

Built Environment Assessment Training
www.med.upenn.edu/beat

Safe Routes to Schools Assessments – **SafeRoutesinfo.org**

DOH & SDSU Assessment Collaboration
goodandhealthysd.org

4. Active Planning & Goal Setting
Plan what you are going to do based on the evidence you've assembled.

Short Term
Mayoral Directives   Safe Routes to Schools
Resolutions, Ordinances   Worksites
Traffic Calming Strategies   Ciclovias / Open Streets

Long Term
Complete Streets Policy
Infrastructure Investments – sidewalks, bike lanes, trails, streetscape & design
Changes to the Built Environment
Integrate with Existing Master Long Range Plans & Complete Street Standards

Partnering State's Resources
Minnesota   Montana   Utah   Wisconsin

Complete Streets Local Policy Workbook – **www.smartgrowthamerica.org**

Identify Performance Measures & Evaluation Tools

5. Active Implementation
Time to gauge your progress, process and evaluate. Here are some questions to ask:

Are all key stakeholders present?
Have we considered the interests and needs of our community?
What do these assessments tell us about what our community needs are?
Do we have short and long-term projects that improve active transportation for all residents?
What advocacy and education efforts will we implement to keep the community involved?

6. Active Funding
*Check with these organizations to identify potential sources of funding
for any stage of your process.*

DOH – Walk Audit, Assessment Collaboration
DOT – TAP Grants, Transportation Planning Grants
DGFP – RTP Grants
Wellmark, Foundations, Local Grants
National –   **nps.gov**   **epa.gov**   **smartgrowthamerica.org**

7. Active Future/Evaluation
Expand and adjust your plan to stay current with changing community needs.

Active Living Research Evaluation Tools – **activelivingresearch.org/toolsandresources/all**
Healthy South Dakota Physical Activity Infographic
2008 Federal Physical Activity Guidelines for Americans
Healthy People 2020
State Indicator Report on Physical Activity 2014 – **cdc.gov/physicalactivity/resources/reports.html**
National Physical Activity Plan – **nationalphysicalactivityplan.org**

Make your community happier, healthier, and stronger.

Take the first step & put your team together.
Get going!

Active! Resources

Here's a go-to shortlist of resources to help you customize your process to the unique needs of your community.

- **Active Living Research**
  activelivingresearch.org

- **America Walks**
  AmericaWalks.org

- **CDC Healthy Community Design Toolkit**
  cdc.gov/healthyplaces/toolkit

- **Every Body Walk!**
  everybodywalk.org

- **Good & Healthy South Dakota**
  goodandhealthysd.org

- **Healthy South Dakota**
  HealthySD.gov

- **Healthy South Dakota Trails**
  facebook.com/HealthySDTrails

- **League of American Bicyclists**
  bikeleague.org

- **Mark Fenton**
  markfenton.com

- **Minnesota Complete Streets Toolkits**
  mml.org/pdf/resources/21c3/MN_CSLocalGovtToolkit.pdf

- **Montana Complete Streets Toolkit**
  dphhs.mt.gov/Portals/85/publichealth/
  documents/NutritionAndPhysicalActivity/
  MontanaCompleteStreetsToolkitSmall.pdf

- **National Complete Streets Coalition**
  completestreets.org

- **Partnership for Active Transportation**
  partnership4at.org

- **Pedestrian & Bicycle Information Center**
  pedbikeinfo.org

- **Safe Routes To School**
  SafeRoutesinfo.org

- **Smart Growth America**
  smartgrowthamerica.org

- **South Dakota Department of Transportation**
  sddot.com

- **SD Department of Game, Fish and Parks**
  gfp.sd.gov

- **Utah Bicycle & Pedestrian Design Guide**
  choosehealth.utah.gov/documents/pdfs/
  Utah_Bike_Ped_Guide.pdf

- **WalkSteps**
  walksteps.org

- **Wisconsin Active Community Environments**
  dhs.wisconsin.gov/publications/p0/p00036.pdf

Abbreviation Glossary

CDC - Centers for Disease Control & Prevention
DGFP - Department of Game, Fish & Parks
DOH - Department of Health
DOT - Department of Transportation
EPA - Environmental Protection Agency
HSD - Healthy South Dakota
MPO - Metropolitan Planning Organization
RPO - Regional Planning Organization
RTP - Recreational Trails Program
SDSU - South Dakota State University
TAP - Transportation Alternatives Program

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Live better. Grow stronger.

SOUTH DAKOTA DEPARTMENT OF HEALTH

Good & HEALTHY
SOUTH DAKOTA COMMUNITIES