

Active!

A call to action for South Dakota community leaders.



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 and civic connectedness, enhances economic vitality and air quality, and decreases the burden on healthcare systems.

Walkability as defined by The Walkable and Livable Communities Institute, Inc. is "The measure of the overall walking and living conditions in an area, defined as 'the extent to which the built environment is friendly to the presence of people walking, living, shopping, visiting, enjoying, or spending time in an area.'"

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.
- In urban areas, provide 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 (also known as placemaking) 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 in small, rural, and remote communities may look different than in larger areas. Creating active routes to everyday destinations is key in any community. Rural communities may also need to create active recreation opportunities even if residents must drive to them.

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
 - Tribal Council
 - Chamber of Commerce
 - Planning District Representatives
 - DOT, MPO & RPO, Region Traffic Engineers
 - Public Transit & Transit Authority
 - GFP, Parks & Recreation
 - Schools, Cultural & Arts Groups
 - Social Services, Law Enforcement
 - Engineering, Public Works, Planners & Zoning Boards
 - Wellness Champions
 - Public Health and Health Care Professionals
 - Walking & Bicycling Advocates
 - Media, Marketing, and Service Groups
 - Tourism / Economics
 - Extension Offices
 - Older Adults
 - People with Disabilities
 - Youth
- 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 and listening/visioning sessions
- Meet with civic groups and priority populations
- Organize community workshops
- Get people talking and motivated, and survey community

3. Active Assessment

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

- Conduct Built Environment Assessments
 - Walkability Checklist – pedbikeinfo.org/cms/downloads/walkability_checklist.pdf
 - Bikeability Checklist – pedbikeinfo.org/cms/downloads/bikeability_checklist.pdf
 - Wellmark Healthy Hometown Walk Audit – goodandhealthysd.org/about/healthyhometown
- Community Health Needs Assessment – goodandhealthysd.org/communitytoolkit
- Safe Routes to Schools Assessments – SafeRoutesinfo.org
- Active Transportation Assessment Collaboration – healthysd.gov/fundingopportunities
- HealthySD Walkable Communities Toolkit – healthysd.gov/walking-toolkit-improve-your-health-well-being-quality-of-life
- Livable605 Coalition – livable605.org
- AARP Livability Workbooks – aarp.org/livable-communities/toolkits-resources/info-2017/roadmap-to-livability-collection

- Rural-specific Assessments – activelivingresearch.org
 - HEAL MAPPS
 - RALA
 - RALPSS
- SDDOT TAP Assessment – dot.sd.gov/programs-services/programs/transportation-alternatives
- Collect other helpful data to support assessments

4. Active Planning & Goal Setting

Plan what you are going to do based on the evidence you've assembled. Identify a facilitator to walk you through the process, and based on your assessment, identify your top three goals or quick wins to get started.

- Short Term
 - Neighborhood Scale Demos/Pop-ups – temporary projects to showcase possible built environment changes, i.e. a cross-walk painted with sidewalk chalk.
 - Open Streets Events – temporary closing of a street for pedestrian use only to encourage foot traffic.
 - Activity Friendly Routes to Everyday Destinations – cdc.gov/physicalactivity/community-strategies/beactive/index.html
 - Mayoral Directives
 - Resolutions, Ordinances
 - Traffic Calming Strategies
 - Safe Routes to Schools
 - Wayfinding Signage, Bike Racks, Benches
- Long Term
 - Complete Neighborhoods – streets that are safe and attractive for all users – smartgrowthamerica.org/program/national-complete-streets-coalition
 - Infrastructure Investments – sidewalks, bike lanes, trails, streetscape & design
 - Integrate with existing Master Long Range Plans & Complete Street Standards
- Complete Streets Local Policy Workbook – smartgrowthamerica.org
- Identify Performance Measures & Evaluation Tools
- Include Engineering/Planning Expertise in Planning & Goal Setting (see resources for contacts)

5. Active Implementation

This stage requires patience, persistence, and determination. Here are some tips:

- Focus on your community's top three goals identified in your planning session.
- Identify sources of funding for those projects, and attach timelines.
- Include short, mid, and long-term goals.
- Continue to include planners and engineers during implementation to assist with design standards.
- Educate your community on progress being made toward long term goals.

6. Active Funding

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

- DOT – TAP Grants, Transportation Planning Grants
- GFP – RTP Grants, LWCF Grants
- Wellmark, Foundations, Local Grants, Livable605 Coalition, Good&HealthySD, HealthySD
- PeopleforBikes, Smartgrowth America, AARP, AmericaWalks, SDCF, Bush Foundation, SDPRA

7. Active Future/Evaluation & Sustainability

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

- Are all key stakeholders present?
- Are planners, engineers, landscape architects, transportation officials 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?

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 Walking College**
AmericaWalks.org
- **CDC Healthy Community Design Toolkit**
cdc.gov/healthyplaces/toolkit
- **Every Body Walk!**
everybodywalk.org
- **Good & Healthy Built Environment White Paper**
goodandhealthysd.org/wp-content/uploads/2015/06/BuiltEnvironmentDataBrief_Final.pdf
- **League of American Bicyclists**
bikeleague.org
- **Mark Fenton**
markfenton.com
- **Partnership for Active Transportation**
partnership4at.org
- **Promoting Walking and Walkable Communities**
physicalactivityplan.org/docs/NPAP_Recommendations_rept_031518_FINAL.pdf
- **Smart Growth America**
smartgrowthamerica.org
- **South Dakota Department of Transportation**
sddot.com
- **South Dakota DOT Region Traffic Engineers**
dot.sd.gov/inside-sddot

- **South Dakota Department of Game, Fish and Parks**
gfp.sd.gov
- **South Dakota Planning Districts**
denr.sd.gov/dfta/wwf/Planning%20Districts%202019%20map%20with%20contact%20info.pdf
- **South Dakota Walking Network**
AmericaWalks.org

Abbreviation Glossary

CDC - Centers for Disease Control & Prevention
GFP - 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
RALA - Rural Active Living Assessment
HEAL MAPPS - Healthy Eating & Living Active Mapping Attributes Using Participatory Photographic Surveys
RALPES - Rural Active Living Perceived Environment Support Scale
SDCF - South Dakota Community Foundation
SDPRA - South Dakota Parks and Recreation Association
LWCF - Land and Water Conservation Fund



For more information, healthysd.gov/contact-us

