



# Resources

## Public Health Facts & Figures

- Jackson, R.J., Kochtitzky, C. *Creating A Healthy Environment: The Impact of the Built Environment on Public Health*. Washington, DC: Sprawl Watch Clearinghouse, 2001. A report by doctors and researchers with the Centers for Disease Control and Prevention finds several primary connections between suburban sprawl and public health. Download at [www.sprawlwatch.org/health.pdf](http://www.sprawlwatch.org/health.pdf).
- [www.bikewalk.org/PubHealth.htm](http://www.bikewalk.org/PubHealth.htm). Washington, DC: National Center for Bicycling & Walking (NCBW). Introduces public health concepts and tools to promote healthy communities and nonmotorized transportation.
- [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa). Atlanta, GA: National Center for Chronic Disease Prevention and Health Promotion. A Centers for Disease Control and Prevention (CDC) website that provides much information on nutrition and physical activity. Available slides provide an effective, dramatic presentation on the consequences (and magnitude) of the physical inactivity and obesity problem. The slides are at [www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm).

## Transportation Facts & Figures

- *Mean Streets 2000*. Surface Transportation Policy Project (STPP), 2000. The report examines pedestrian safety problems through analysis of federal safety, health and spending statistics. Identifies cities where pedestrians are most at risk. One of several reports produced by STPP and available on their website. [www.transact.org/Reports/ms2000](http://www.transact.org/Reports/ms2000).
- [www.bikewalk.org/data\\_&\\_statistics.htm](http://www.bikewalk.org/data_&_statistics.htm). A National Center for Bicycling & Walking (NCBW) website that provides an introduction to data and statistics on nonmotorized travel.

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# Land-Use Planning & Community Design

## America WALKs

P.O. Box 29103  
Portland, Oregon 97296  
Tel: (503) 222-1077  
Fax: (503) 228-0289  
Email: [info@americawalks.org](mailto:info@americawalks.org)  
[www.americawalks.org](http://www.americawalks.org)

## National Center for Bicycling & Walking

1506 21st Street, NW Suite 200  
Washington, DC 20036  
Tel: (202) 463-6622  
Fax: (202) 463-6625  
Email: [info@bikewalk.org](mailto:info@bikewalk.org)  
[www.bikewalk.org](http://www.bikewalk.org)

## Centers for Disease Control and Prevention

1600 Clifton Rd.  
Atlanta, GA 30333  
Tel: (800) 311-3435  
Email (web): [www.cdc.gov/netinfo.htm](http://www.cdc.gov/netinfo.htm)  
[www.cdc.gov](http://www.cdc.gov)

- Burden, D. *Street Design Guidelines for Healthy Neighborhoods*. Sacramento, CA: Local Government Commission, 1999. A 52-page guide to help local governments and community leaders be proactive in their land-use and transportation planning, and to adopt programs and policies that lead to more livable and resource-efficient land-use patterns. Order at [www.lgc.org](http://www.lgc.org).
- Burden, D. *Streets and Sidewalks, People and Cars: The Citizen's Guide to Traffic Calming*. Sacramento, CA: Local Government Commission, 2001. A 52-page guide to help communities better understand the dynamics of vehicle and pedestrian movement, identify traffic-calming opportunities and recommend street improvements. Order at [www.lgc.org](http://www.lgc.org).
- Kulash, W.M. *Residential Streets*. Washington, DC: Urban Land Institute, 2001. The 76-page guide describes practical approaches to planning and designing residential streets and enhancing livability. Order at [www.uli.org](http://www.uli.org).
- *Main Street...When A Highway Runs Through It: A Handbook for Oregon Communities*. Salem, OR: Oregon Transportation and Growth Management Program, 1999. A 102-page handbook for communities with a main street that is also a state highway. Provides many examples of design options applicable to all main streets. Order or download at [www.lcd.state.or.us/tgm/publications.htm](http://www.lcd.state.or.us/tgm/publications.htm).
- *New Community Design to the Rescue: Fulfilling Another American Dream*. Washington, DC: National Governors' Association. Report explains how states and communities can encourage New Community Design — mixed-use, mixed-income, walkable development that is distinctly different from sprawl — by eliminating institutional barriers in the marketplace. Order or download from [www.nga.org](http://www.nga.org).
- [www.bikewalk.org/cdc\\_active\\_community\\_environments.htm](http://www.bikewalk.org/cdc_active_community_environments.htm). National Center for Bicycling & Walking (NCBW) website describes Active Community Environments (ACEs) and provides links to related resources, such as the CDC website at [www.cdc.gov/nccdphp/dnpa/aces.htm](http://www.cdc.gov/nccdphp/dnpa/aces.htm).
- [www.bikewalk.org/smart\\_growth.htm](http://www.bikewalk.org/smart_growth.htm). National Center for Bicycling & Walking (NCBW) website discusses smart growth and provides links to related resources.
- [www.lgc.org/center/index.html](http://www.lgc.org/center/index.html). Sacramento, CA: Center for Livable Communities, Local Government Commission (LGC). Website helps governments to identify and implement solutions to today's problems. The LGC provides a forum and technical assistance for local governments to create and

sustain healthy environments, healthy economies and social equity.

- *www.sierraclub.org/sprawl*. San Francisco, CA: Sierra Club. Website provides a list of publications and a forum for discussing sprawl and its impacts.
- *www.vtppi.org*. The Victoria Transport Policy Institute is an independent research organization dedicated to developing innovative and practical solutions to transportation problems. They provide many free, up-to-date resources to help address the challenges of effective nonmotorized transportation planning and policy analysis.

## Facility Planning & Design

- Ewing, R. *Traffic Calming: State of the Practice*. Washington, DC. Institute of Transportation Engineers (ITE), 1999. Report contains a synthesis of traffic-calming experiences to date in the United States and Canada. Includes information on traffic calming in residential areas and in areas where high-speed rural highways transition into rural communities. The intended audience is transportation professionals. Order or download at *www.ite.org/traffic/tcstate.htm*.
- Flink, C. A., et al. Rails-to-Trails Conservancy. *Trails for the Twenty-First Century (Second Edition): Planning, Design, and Management Manual for Multi-Use Trails*. Washington, D.C.: Island Press, 2001. For planners, landscape architects, local officials and community activists interested in creating a multi-use trail. Order at *www.islandpress.com/books*.
- *FHWA Guidance on the Bicycle and Pedestrian Provisions of the Federal-Aid Program*. Guidance for state DOTs and MPOs on implementing pedestrian and bicycle components of the Transportation Equity Act for the 21st Century (TEA-21). Guidance and transmittal letter from the FHWA Administrator are available on line at *www.bikewalk.org*.
- *Guide for the Development of Bicycle Facilities (3rd Edition)*. Washington, DC. American Association of State Highway and Transportation Officials (AASHTO), 1999. The most referenced bicycle-facility document in the U.S. Order from *www.aashto.org*.
- *Implementing Bicycle Improvements at the Local Level*. Washington, DC: Bicycle Federation of America (now the NCBW). Report for the Federal Highway Administration. Written for local governments, advocates and others who want to improve existing conditions for bicyclists. Download at *www.bikewalk.org/bike\_guide\_online.htm*.
- *Implementing Pedestrian Improvements at the Local Level*. Washington, DC: Bicycle Federation of America (now the NCBW). Report produced for the Federal Highway Administration. It outlines typical problems confronting pedestrians and

### Local Government Commission

1414 K St, Ste 600  
Sacramento, CA 95814  
Tel: (916) 448-1198  
Fax: (916) 448-8246  
Email: [info@lgc.org](mailto:info@lgc.org)  
[www.lgc.org](http://www.lgc.org)

### Pedestrian and Bicycle Information Center

730 Airport Road, Suite 300,  
Campus Box 3430  
Chapel Hill, NC 27599  
Tel: (919) 962-2203  
Fax: (919) 962-8710  
Email: [pedbike@willow.hsrc.unc.edu](mailto:pedbike@willow.hsrc.unc.edu)  
[www.pedbikeinfo.org](http://www.pedbikeinfo.org)

### Sprawl Watch Clearinghouse

1400 16th Street NW, Suite 225  
Washington, DC 20036  
Tel: (202) 332-7000  
Fax: (202) 265-0182  
Email: [allison@sprawlwatch.org](mailto:allison@sprawlwatch.org)  
[www.sprawlwatch.org](http://www.sprawlwatch.org)

**Office of the Surgeon General**  
 U.S. Department of Health and  
 Human Services  
 Public Health Service  
 200 Independence Avenue, S.W.  
 Washington, D.C. 20201  
 Tel: (877) 696-6775  
 Email: [hhs@mail@os.dhhs.gov](mailto:hhs@mail.os.dhhs.gov)  
[www.surgeongeneral.gov](http://www.surgeongeneral.gov)

**Surface Transportation Policy  
 Project**

1100 17th St. NW, 10th Floor  
 Washington, DC 20036  
 Tel: (202) 466-2636  
 Fax: (202) 466-2247  
 Email: [stpp@transact.org](mailto:stpp@transact.org)  
[www.transact.org](http://www.transact.org)

**Walkable Communities, Inc.**

320 S. Main St.  
 High Springs, FL 32643  
 Tel: (386) 454-3304  
 Fax: (386) 454-3306  
 Email: [DBurden@aol.com](mailto:DBurden@aol.com)  
[www.walkable.org](http://www.walkable.org)

provides information on actions that can be taken by local governments and others to improve conditions for walking. Download at [www.bikewalk.org/pedestrian\\_guide.htm](http://www.bikewalk.org/pedestrian_guide.htm).

- [www.enhancements.org](http://www.enhancements.org). The National Transportation Enhancements Clearinghouse (NTEC), an online information service sponsored by the Federal Highway Administration (FHWA) and Rails-to-Trails Conservancy (RTC) to provide professionals, policy makers and citizens with information about transportation enhancements: how TE is implemented, how to make use of this provision of the nation's transportation program, an explanation of the TE program, documents about the program, a directory of people in each state who work with TE projects, and example projects.
- [www.pedbikeinfo.org](http://www.pedbikeinfo.org). Chapel Hill, NC: Pedestrian and Bicycle Information Center (PBIC). A clearinghouse for information about health and safety, engineering, advocacy, education, enforcement, access and mobility. The PBIC serves anyone interested in pedestrian and bicycle issues, including planners, engineers, private citizens, advocates, educators, police and the health community.

## Schools

- [www.bikewalk.org/safe\\_routes\\_to\\_school.htm](http://www.bikewalk.org/safe_routes_to_school.htm) and [www.bikewalk.org/walk\\_a\\_child\\_to\\_school.htm](http://www.bikewalk.org/walk_a_child_to_school.htm). Washington, DC: National Center for Bicycling & Walking (NCBW). Two NCBW websites about school transportation programs and links to related websites.

## Funding Sources & Programs

- *A Guide to Transportation Enhancements*. Washington, DC: Federal Highway Administration, June 1999. The 34-page guide describes the Transportation Enhancements program as provided under the Transportation Equity Act for the 21st Century (TEA-21), federal requirements for eligibility, how to navigate your way around state transportation agencies, a typical project development process, and 21 case studies of enhancement projects. See [www.fhwa.dot.gov](http://www.fhwa.dot.gov) and [www.enhancements.org](http://www.enhancements.org).
- *The Transportation Enhancement & Congestion Mitigation and Air Quality Programs*. Concord, NH: State of New Hampshire Department of Transportation, May 2001. An 82-page manual about the TE and CMAQ programs. Intended for use by current and potential sponsors of New Hampshire projects but useful for others who would benefit from a greater understanding of the funding processes. See [webster.state.nh.us/dot/municipalhighways/tehome.htm](http://webster.state.nh.us/dot/municipalhighways/tehome.htm).

# Advocacy

- *America WALKs*. A national coalition of walking advocacy groups dedicated to promoting livable communities, where people walk because it's a real choice. See [www.americawalks.org](http://www.americawalks.org).
- *Association of Pedestrian and Bicycle Professionals (APBP)*. A national nonprofit organization representing the interests of engineers, planners, advocates, academics and safety experts who work to improve conditions for bicyclists and pedestrians. See [www.apbp.org](http://www.apbp.org).
- *Guide to Bicycle Advocacy*. Brookline, MA: Bikes Belong Coalition, September 1999. A 40-page guide on how to make communities more bicycle friendly, TEA-21 and what it provides, what needs to be done and how to get what you want, and tools and tactics for advocacy. Download at [www.bikesbelong.org](http://www.bikesbelong.org) under Political Effectiveness.
- *League of American Bicyclists (LAB)*. A national organization that promotes cycling for fun, fitness and transportation. The LAB membership includes individuals, recreational clubs and advocacy organizations that share an interest in working through advocacy and education for a bicycle-friendly America. See [www.bikeleague.org](http://www.bikeleague.org).
- *National Center for Bicycling & Walking (NCBW)*. A nonprofit organization working for more bicycle-friendly and walkable communities. The NCBW offers information support, training, consultation services and resources to public agencies, non-governmental organizations and advocates, maintains an Internet support center, and organizes the biennial Pro Bike/Pro Walk conference series and other special meetings. See [www.bikewalk.org](http://www.bikewalk.org).
- *Pro Bike/Pro Walk conference series*. A biennial symposium on bicycling and walking sponsored by the National Center for Bicycling & Walking. Held during even-numbered years for anyone interested in improving conditions for bicycling and walking and the quality of life within their communities. See [www.bikewalk.org/conference.htm](http://www.bikewalk.org/conference.htm).
- *Rails-to-Trails Conservancy*. The nation's largest trails organization dedicated to connecting people and communities by a nationwide network of public trails, many built along former rail lines and connecting corridors. See [www.railtrails.org](http://www.railtrails.org).
- *Thunderhead Alliance*. A national coalition of more than 40 state and local bicycle advocacy organizations working to increase the capacity, funding, membership and strategic ability of bicycle advocacy organizations, while representing bicyclists' interests at the federal level. See [www.thunderheadalliance.org](http://www.thunderheadalliance.org).
- *Walkable Communities, Inc.* A nonprofit corporation dedicated to helping communities become more walkable and pedestrian-friendly. See [www.walkable.org](http://www.walkable.org).

# Glossary & Index

<i>ACE</i>	Active Community Environment. [pages 1, 5]
<i>Bike Lane</i>	A portion of the roadway designated for preferential use by bicyclists. [19]
<i>CDC</i>	Centers for Disease Control and Prevention. [1]
<i>CIP</i>	Capital Improvement Program. [29]
<i>CMAQ</i>	Congestion Mitigation and Air Quality Improvement Program. [34]
<i>Crosswalk</i>	Marked or unmarked area of an intersection where pedestrians cross, or a marked roadway crossing mid-block. Pedestrians have special rights at crosswalks. [17]
<i>Curb Extension</i>	A section of curb that extends into the roadway, which shortens crossing distance and improves pedestrian visibility. Also known as a bulb-out, neckdown, flare or choker. [18]
<i>Curb Radius</i>	The curved edge of the roadway at an intersection. [18]
<i>Design Speed</i>	A selected speed used to determine the various geometric design features of the roadway. [23]
<i>ISTEA</i>	Intermodal Surface Transportation Efficiency Act of 1991. Landmark legislation for balanced federal highway funding and the predecessor to TEA-21. [31]
<i>NCBW</i>	National Center for Bicycling & Walking. [41]
<i>NPTS</i>	Nationwide Personal Transportation Survey. [3]
<i>Shared Roadway</i>	Bicyclists and motorists share the travel lanes. [19]
<i>Shared-Use Path</i>	A facility separated from motor vehicle traffic by an open space or barrier, and typically used by pedestrians, joggers, skaters and bicyclists as two-way facilities. [21]
<i>Shoulder Bikeway</i>	Paved and smooth roadway shoulder at least 4 feet wide. [20]
<i>Sidewalk</i>	An improved facility for pedestrians that is usually, but not always, located in the public right-of-way next to a roadway and constructed of concrete or other hard, smooth surface. [13, 15]
<i>Smart Growth</i>	Community development pattern that is economically sound, environmentally friendly and supportive of community livability. [6, 24]
<i>TE</i>	Transportation Enhancement. [33]
<i>TEA-21</i>	Transportation Efficiency Act for the 21st Century. [31]
<i>TIP</i>	Transportation Improvement Program. [29]
<i>Traffic Calming</i>	A set of techniques that reduce the speed and aggressiveness of traffic. [23]
<i>TND</i>	Traditional Neighborhood Development. A human scale, walkable community with moderate to high residential densities and a mixed-use core. [6]
<i>Wide Outside Lane</i>	A lane of at least 14 feet that allows an average-size motor vehicle to safely pass a bicyclist without crossing over into the adjacent lane. [19]

