**2020 Building Active, Healthy and Inclusive Communities GEAR Group**

*This GEAR Group explored strategies to increase access to safe, active, healthy, equitable, and inclusive community infrastructure that makes it possible for people of ALL abilities, including those with disabilities of any type, to thrive.*

**Participating states:**

Colorado, Florida, Hawaii, Kentucky, Minnesota, New Hampshire, North Dakota, Northern Mariana Islands, Rhode Island, Texas, Virginia, and Wyoming

The 2020 GEAR Groups focused broadly on **health equity and upstream factors .**  **The Building Active, Health and Inclusive Communities GEAR Group** members focused specifically on evidence-based and promising practices for policy, systems and environmental changes and programmatic interventions to support physical activity access and opportunity in urban and rural settings. State case presentations highlighted coordination between state and local health departments to promote active community environments, walkability, and place-based approaches to preventing and managing chronic diseases through a physical activity focus.

**Resources and References**

Participants shared the following resources during the four week GEAR Group process in February 2020.

**Facilitating Policy, Systems, and Environmental (PSE) Change**

* AARP Network of Age Friendly Communities and States: <https://www.aarp.org/livable-communities/network-age-friendly-communities/>
  + AARP Community Challenge Grants (might be a great way to get started in the transition from programmatic events to PSE interventions): <https://www.aarp.org/livable-communities/>
  + AARP Livability Index: <https://livabilityindex.aarp.org>
* What is PSE Change?: <http://healthtrust.org/wp-content/uploads/2013/11/2012-12-28-Policy_Systems_and_Environmental_Change.pdf>
* “Becoming a community health strategist and moving people towards thinking about more population level type of change and capacity”: <http://www.phf.org/consulting/Pages/Becoming_the_Community_Chief_Health_Strategist.aspx>

**Rural Health Transportation Resources**

* Rural Health Information Hub’s Rural Transportation Toolkit: <https://www.ruralhealthinfo.org/toolkits/transportation/4/implementation-considerations>
* Example from one the MN rural communities implementing a demonstration project: <https://www.youtube.com/watch?v=3ZkEZ3kJfFM>
* AARP Rural Livability report (available soon): <https://www.aarp.org/livable-communities/tool-kits-resources/info-2020/rural-livability-workshop-report.html?cmp=EMC-DSM-NLC-LC-HOMFAM-20200226_LivableCommunities_899300_1269701-022620-F1-Report-CTA_Button-CTRL-4395942&encparam=cbV1VCarxLgvWjv2v8fg12MiFFQrZ4ndEx2I3UXoc%2bs%3d>

**Transportation Planning and Policy**

* CDC Resources-
* Recommendations for Improving Health through Transportation Policy <https://www.cdc.gov/transportation/docs/Transportation-Fact-Sheet.pdf>
* 2020 The Active Communities Tool: An Action Planning Guide and Assessment Modules to Improve Community Built Environments to Promote Physical Activity - <https://www.cdc.gov/physicalactivity/community-strategies/active-communities-tool/index.html>
  + Community Preventive Services Task Force Recommendations for built environment and land use implementation one-pager: <https://www.cdc.gov/physicalactivity/downloads/built-environment-recommendation.pdf>
* <https://www.cdc.gov/healthyplaces/transportation/promote_strategy.htm>
* <https://www.cdc.gov/nccdphp/dnpao/features/walk-friendly-communities/index.html>
* Smart Growth America-
  + State of Transportation and Health Equity report- <https://smartgrowthamerica.org/resources/the-state-of-transportation-and-health-equity/>
  + 2019 Dangerous By Design- <https://smartgrowthamerica.org/resources/dangerous-by-design-2019/>
* ChangeLab Solutions-
  + <https://www.changelabsolutions.org/healthy-neighborhoods/transportation-collection>
  + Long-Range Planning for Health, Equity & Prosperity <https://www.changelabsolutions.org/sites/default/files/2019-12/Long-Range-Planning-Primer_FINAL_20191212.pdf>
* Universal Design-
  + <http://universaldesign.ie/What-is-Universal-Design/Definition-and-Overview/>
  + Benefits of Universal Design for Built Environment: <http://universaldesign.ie/Built-Environment/>
* TRB’s A Guidebook for Communications between Transportation and Public Health Communities: <https://apps.trb.org/cmsfeed/TRBNetProjectDisplay.asp?ProjectID=4101>
* MN demonstration project guide and program: <http://www.dot.state.mn.us/mnsaferoutes/resources/demonstration_projects.html>
* Tactical Urbanism Materials and Design Guide: <http://tacticalurbanismguide.com>
* The Official Guide to Tactical Urbanism: <https://www.citylab.com/design/2012/03/guide-tactical-urbanism/1387/>
* University of South Florida's Center for Urban Transportation Research: <https://www.cutr.usf.edu/>

**Economic Impact of Active Transportation**

* Assessing the economic impact and health benefits of bicycling in Minnesota: <http://www.dot.state.mn.us/bike/economic-health-impact.html>
* Smart Growth America “working paper” Metrics for Transportation Investments that Support Economic Competitiveness, Social Equity, Environmental Stewardship, Public Health, and Livability:<https://smartgrowthamerica.org/app/legacy/documents/mndot-working-paper-1-august-2014.pdf>
* Active Transportation Health and Economic Impact Study <http://urbandesign4health.com/wp-content/uploads/2015/11/2016ATHealthEconomicImpactStudy_REPORT.pdf>
* The National Realtor Association has great resources for walking and bicycling effects on ROI and property values: <https://www.nar.realtor/search-results?qu=walking>
  + National Association of Realtors *On Common Ground*: <https://www.nar.realtor/on-common-ground>
* ROI data resource for walking and bicycling: <http://www.pedbikeinfo.org/>
* CO example of partnering with DOT and Department of Economic Impact to look at health impacts and savings on healthcare; this served as a starting place; <https://choosecolorado.com/wp-content/uploads/2016/06/Economic-and-Health-Benefits-of-Bicycling-and-Walking-in-Colorado-4.pdf>
* Article about ROI of local rail trail projects from West Virginia: <https://wvutoday.wvu.edu/stories/2019/03/21/wvu-researchers-evaluate-impact-of-local-rail-trails>
* Study that used an ROI model for an obesity intervention.  It describes which model was chosen and how it was implemented: <https://journals.lww.com/joem/Fulltext/2008/09000/Using_a_Return_On_Investment_Estimation_Model_to.1.aspx>

**Vision Zero Resources**

* Vision Zero Maui: <https://mauimpo.org/vision-zero-maui>
* Vision Zero Network: <https://visionzeronetwork.org/>
* Complete Streets and Vision Zero: Engineering for Safe Streets: <https://smartgrowthamerica.org/app/uploads/2017/10/Vision_Zero_Statement.pdf>
* Liz Young Winne’s complete streets folder and Vision Zero document ([zip folder](https://drive.google.com/a/co.larimer.co.us/file/d/1rKQqogHMMfFKpIjtkSzt-xj2l2Kx1wvk/view?usp=drive_web)).
* Resource from Richmond City, VA which outlines how they put their vision zero plan and complete streets resolution in guidance: <http://www.richmondgov.com/PublicWorks/documents/RightOfWay/Better_Streets_2018_Part_I.pdf>
* Los Angeles County geo hub for vision zero work: <http://visionzero.geohub.lacity.org/>
* North Dakota Vison Zero resources: <https://visionzero.nd.gov/strategies/Infrastructure/>

**Transportation and the Environment**

* US Environmental Protection Agency – About Smart Growth: <https://www.epa.gov/smartgrowth/about-smart-growth>
* Climate Change – Incomplete Streets Will Hamper Climate Change Strategies: <http://old.smartgrowthamerica.org/complete-streets/complete-streets-fundamentals/factsheets/climate-change>
* Getting Back on Track – Aligning State Transportation Policy with Climate Change Goals: <https://smartgrowthamerica.org/app/legacy/documents/getting-back-on-track.pdf>
* Urban Land Institute – Growing Cooler, The Evidence on Urban Development and Climate Change: <https://www.smartgrowthamerica.org/app/legacy/documents/growingcoolerCH1.pdf>
* EPA Guide to Sustainable Transportation Performance Measures: <https://www.epa.gov/sites/production/files/2014-01/documents/sustainable_transpo_performance.pdf>

Addressing Asthma

* US Environmental Protection Agency –
  + Building Capacity to Measure Air Pollution Mitigation Strategies at Schools: <https://www.epa.gov/innovation/building-capacity-measure-air-pollution-mitigation-strategies-schools>
  + Best Practices for Reducing Near-Road Pollution Exposure at Schools: <https://www.epa.gov/sites/production/files/2015-10/documents/ochp_2015_near_road_pollution_booklet_v16_508.pdf>
* Reach out to state DOT air quality coordinator as they have funding for air quality related issues; Rhode Island example- <http://www.dem.ri.gov/programs/air/>
* Reach out to state radon specialist regarding air quality issues

**Walk Audits and Built Environment Assessment Tools**

* Ped Bike Info Walkability Checklist: <http://www.pedbikeinfo.org/cms/downloads/walkability_checklist.pdf>
* EPA Smart Growth Walkability Checklist: <https://www.epa.gov/sites/production/files/2014-03/documents/checklist_walkability_0.pdf>
* SRTS National Partnership Walkability Assessment Checklist: <https://www.saferoutespartnership.org/resources/fact-sheet/walkability-checklist-0>
* Walk Score (online tool for finding out walk score of your location): <https://www.walkscore.com/score/>
* MN resource for how to do walk audits around/with schools: <http://www.dot.state.mn.us/mnsaferoutes/assets/downloads/MN_SRTS_Tip%20Sheet_WALK%20AUDIT.pdf>
* MDH's walk audit planning guide: <https://www.health.state.mn.us/communities/physicalactivity/docs/letsgoguide.pdf>
* CDC Built Environment Assessment Tool and Manual (an adoption of MAPS): <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/built-environment-assessment/pdfs/BuiltEnvironment-v3.pdf>
* (Guide) Ten Healthy Built Environment Tools for Local Governments: <https://planh.ca/sites/default/files/take-action/hbetoolsforlocalgovernments.pdf>
* CDC Active Communities Tool: <https://www.cdc.gov/physicalactivity/community-strategies/active-communities-tool/index.html>
* (Article) Wisconsin Assessment of the Social and Built Environment: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4289353/>
* Community Health Inclusion Index (NCHPAD): <https://www.nchpad.org/1261/6287/Community~Health~Inclusion~Assessment~Tools>

Inclusive Transportation Design Tools

* Universal Design concepts and the National Disability Authority: <http://universaldesign.ie/What-is-Universal-Design/Definition-and-Overview/>
* National Center for Health, Physical Activity, and Disability (NCHPAD) is the national disability resource group for healthy eating and physical activity for persons with disabilities. They have a number of articles pertaining to the built environment that are imperative to read when considering how community built design can support or hinder accessible movement and belonging. Suggest access their site at [www.nchpad.org](http://www.nchpad.org) and doing a search for built environment.
* Transit agencies have a direct connection to the ADA and equity groups in the areas they serve and can be a great resource.

**Physical Activity in the School**

* Five Approaches to Physical Education in Schools: <https://www.ncbi.nlm.nih.gov/books/NBK201493/>
* Physical Activity Design Guidelines for School Architecture: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4521876/>.
* Answering FAQs about Adapted Physical Education: <https://www.shapeamerica.org/events/upload/Answwering-Frequently-Asked-Questions-About-Adapted-Physical-Education.pdf>
* The Association between School-Based Physical Activity, Including Physical Education and Academic Performance: <https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf>
* Every Student Succeeds Act (ESSA) State Plans to Support Health and Wellness- <https://www.ed.gov/essa?src=rn>
* CDC Health in Academics resource helps to build evidence for physical activity in schools- <https://www.cdc.gov/healthyyouth/health_and_academics/index.htm>
* Journal article “Effects of physical activity on executive functions, attention and academic performance in preadolescent children: a meta-analysis” <https://www.jsams.org/article/S1440-2440(17)31641-9/fulltext>

**Active Communities - Funding Resources**

* Better Block empowers communities to reshape and reactivate built environments to promote the growth of health and vibrant neighborhoods: <https://betterblock.org>
* <https://www.fhwa.dot.gov/environment/bicycle_pedestrian/funding/funding_opportunities.pdf>
* Energy Impact Funds – varies by state
* [The Community Builders](https://www.tcbinc.org/) - provides TA, community engagement and planning for rural communities in the mountain west, and sometimes they have funding from Project for Public Spaces to work with local communities
* Use of FSA funds to pay for gym membership if a “Letter of Medical Necessity” is issued by a doctor: [https://fsastore.com/learn/eligibility/fitness-expenses-fsa-eligible #3](https://fsastore.com/learn/eligibility/fitness-expenses-fsa-eligible%20#3)

**Active Communities – Bike/Walk Resources**

* Tools, guides, resources to encourage participation in active transportation. Active Living Research (clearinghouse website of research and searchable by topic including active living in rural areas): <https://activelivingresearch.org/>
* <http://www.pedbikeinfo.org/>
* US DOT and Federal Highway Administration’s Guidebook for Developing Pedestrian and Bike Performance Measures: <http://www.mvphip.org/content/sites/bassett/Mark_Fenton/Guidebook_for_Developing_Pedestrian__Bicycle_Performance_Measures.pdf>
* CDC Activity Friendly Routes to Everyday Destinations: <https://www.cdc.gov/physicalactivity/community-strategies/beactive/index.html>
* CDC State Physical Activity and Nutrition Implementation Guide: <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/SPAN-Implementation-Guide-508.pdf>
* Walk/Bike Resource link from KY: <https://transportation.ky.gov/BikeWalk/Pages/Bicycle-and-Pedestrian-Travel-Planning-Resources.aspx>
* Active People, Healthy Nation Creating an Active America, Together <http://americawalks.org/wp-content/uploads/2017/12/Active-People-America-Walks-Ken-Rose.pdf>
* CDC Active People Healthy Nation: <https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html>
* [ParkRx America](https://parkrxamerica.org/about.php) – a partner to link healthcare providers with local park systems for exercise referrals.
* The American College of Sports Medicine and *Exercise is Medicine* tools and guides-
  + <https://www.exerciseismedicine.org/>
  + <https://exerciseismedicine.org/assets/page_documents/HCP_Action_Guide(3).pdf>