



SAFE PHYSICAL ACTIVITY ACCESS RESOURCES

(updated 8/3/2021)

General Resources

BRIC Guidance Document: [Safe physical activity access and related allowable costs for policy, systems, and environmental changes](#)

2021 ParkScore Index is a tool from the **Trust for Public Land**. This tool compares park systems across the 100 most populated cities in the United States. Published annually, the index measures park systems according to five categories: access, investment, amenities, acreage, and—new for 2021—equity.

American Trails webinar [RECORDING](#) on *Effective Programs to Improve Access to and Use of Trails for Youth from Under-Resourced Communities*. This webinar is part of the [Advancing Trails Webinar Series](#)

The State Bicycle and Pedestrian Coordinator can be a valuable contact. For a listing of state contacts visit the [US Department of Transportation, Federal Highway Administration page](#).

The Community Guide, [Physical Activity: Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design](#) includes a snapshot of the review, what the Community Preventive Services Task Force (CPSTF) found, supporting materials and considerations for implementation. Also available is a one page summary fact sheet, [Increasing Physical Activity: Built Environmental Approaches](#).

CDC Active People, Healthy Nation (APHN) website for information, strategies, the design element and more.

[CDC's Division of Nutrition, Physical Activity, and Obesity's \(DNPAO\) SPAN Implementation Guide](#), August 2018, provides guidance and resources to help implement the required strategies under the SPAN cooperative agreement (CDC-RFA-DP18-1807).

America Walks Webinar Series – Learn more [HERE](#)

- Authentic Community Engagement – Best Practices for Equitable Work (July 2021 [RECORDING](#))
- Inclusive Planning in Tribal Communities, Engaging People With Disabilities in Designing Safe and Accessible Transportation Systems (Dec 2020 [RECORDING](#) and [WHITE PAPER](#))

Complete Streets

[Smart Growth America](#) provides information and resources on **Complete Streets** and how they help create livable communities, improve equity, safety, and public health, while reducing transportation costs and traffic woes.

The [National Complete Streets Coalition](#) promotes the development and implementation of Complete Streets policies and professional practices.

Safe Routes

Safe Routes Partnership provides fact sheets, toolkits, infographics, videos and many other resources related to [Safe Routes to Parks](#), ten-minute walks or bike rides to parks.

Comprehensive Community Health Plans

ChangeLab Solutions provides information on the toolkit - [How to Create & Implement Healthy General Plans](#), produced with Raimi + Associates and in partnership with The California Endowment.

Crime Prevention through Environmental Design

[Crime Prevention Through Environmental Design \(CPTED\) Learning Portal](#) that is intended to educate and provide resources for anyone wishing to learn about CPTED. Portal is intended for beginners and experienced practitioners.

Zoning

Developed by the **Institute for Health Research and Policy (IHRP) at the University of Illinois at Chicago (UIC)**, [Components of Local Land Development and Related Zoning Policies Associated with Increased Walking: A Primer for Public Health Practitioners](#) provides a primer for public health practitioners and others interested in engaging with local planning and zoning officials.

PolicyLink [Equitable Development Toolkit: Inclusionary Zoning](#) provides an overview of inclusionary zoning and considers the key issues when implementing an effective program.

[Licensing and Zoning: Tools for Public Health](#) is a fact sheet developed by **ChangeLab Solutions** to provide an overview of how licensing and zoning laws can help promote public health, and help communities choose a strategy that will help them achieve their particular health goals.

[Rural Development Policy Toolkit: Providing Well-Placed Housing in Rural Communities](#) by **Smart Growth America** examines how local governments can provide affordable housing in locations that are close to key necessities with little or no upfront cost by changing zoning restrictions, protecting existing Section 515 housing, and taking advantage of federal assistance.

The **Pedestrian and Bicycle Information Center (PBIC)** has crowdsourced a dataset to track local community actions and policies that are either temporarily or permanently implemented. The dataset is open-access and available as a reference for other communities that are looking to draft their own action plans. [Local Actions to Support Walking and Cycling During Social Distancing Dataset](#)

HEALTH EQUITY AND PLANNING & TRANSPORTATION

[“12 Strategies for Centering and Prioritizing Health Equity in Transportation”](#) by **Charles Brown** is an article in the February 2020 edition of *ITE Journal* about effective strategies in centering and prioritizing equity in transportation.

[Long-Range Planning for Health, Equity & Prosperity: A Primer for Local Governments](#) developed by **ChangeLab Solutions** is a resource to help planners across the country prioritize health and equity in their communities.

An EJBeings People-First Planning webinar, [Trenton Reconnected](#) is a webinar presented by grad students of Charles Brown on **leveraging anchor institutions, specifically planning programs, to help underserved communities.**

[“Moving Beyond the Aesthetics and Pageantry of Equity and Inclusion in Transportation”](#) is an article by Charles Brown in [Forward: Issue 2: Transportation](#), a digital publication and conversation series by Forecast Public Art.

[Pandemic Toolkit: Manual for Rebuilding Community Health and Opportunity Post COVID-19](#) is a summation of strategies to help local and regional governments respond to challenges imposed by COVID-19 and become more resilient. The Toolkit is organized by action steps related to regulatory policy, planning, and community design.

[Equitable Processes Lead to More Equitable Outcomes](#) is a **Healthy Places by Design** blog by Phil Bors that discusses equity and provides equity-advancing resources for practitioners and community leaders.

A link to download [The Toolkit for Health, Arts, Parks and Equity](#) from **The Trust for Public Land** in partnership with the National Association of County and City Health Officials. The **Toolkit offers health advocates case studies, principles, and policy guidelines** on using place-based arts and culture to achieve health equity.

COMMUNITY PROCESS/ENGAGEMENT/ASSESSMENT

[Planner's Playbook: A Community-Centered Approach to Improving Health & Equity](#) from **ChangeLab Solutions** offers guidance, providing resources, concrete steps, and examples for planners who wish to center equity in their planning practice so that their communities promote opportunity and prosperity for all.

The [Community Engagement Guide to Sustainable Communities](#) from **PolicyLink** describes the Sustainable Communities Initiative, where communities are catalyzing new networks of relationships, finding new problem-solving methods, and creating new inclusive decision-making tables to craft an authentic vision for an equitable and prosperous future.

The National Association of Chronic Disease Directors [Walkability Action Institute](#) is a multi-day "course" for interdisciplinary teams. Each year, interdisciplinary four-to-six-member teams, comprised of public health, transportation, planning, elected officials, and other disciplines apply to receive travel assistance to attend the course, develop team action plans, and implement PSE outcomes to make their communities, regions, and states more walkable over the long term.

Virginia Department of Health, Walkability Action Institute (VWAI) [2021 Team Application Overview](#) and a [YouTube video highlighting the VWAI](#). The 2019 and 2020 VWAI heavily emphasized and encouraged the consideration of health equity, racial equity, transportation equity, and effective and intentional community outreach and involvement throughout the curriculum

The [CDC Active Communities Tool \(ACT\): An Action Planning Guide and Assessment Modules to Improve Community Built Environments to Promote Physical Activity](#) helps committed, cross-sector teams create an action plan for improving community built environments that promote physical activity consistent with their community context.

The **Smart Growth America [Model Policies for activity friendly routes to everyday destinations](#)** resource is designed to help communities pass policies that can help get more Americans physically active—specifically by creating connected, healthy communities where people can safely and easily walk, bike, roll, or move actively with assistive devices to reach nearby key destinations.

[Four Shifts to Heal Communities](#) is a December 2020 brief by the Prevention Institute that describes four shifts in land use policies and practices that have the potential to fix the broken land use planning system and reveal the full potential of land use decisions that prioritize community needs to contribute to health equity, racial justice, and place-based healing.

[9 Reasons to Eliminate Jaywalking Laws Now](#) is a blog from Bloomberg City Lab that discusses why it is time for cities to consider decriminalizing jaywalking or eliminating the infraction altogether.

[10 Local Laws That May Be Doing More Harm Than Good](#) is a blog from ChangeLab Solutions that discusses ten types of common local laws that may seem like good ideas but can be surprisingly harmful.