

Integrating Health & Accessibility

GuideBox

Where do people need to go?

How do they get there?



Integrating Health & Accessibility



Healthy places are well-connected to a complete network of streets, sidewalks, paths, and lanes. Because many cities and communities were designed to move as many cars as possible, there can be barriers and gaps for people on foot, their bike, or using transit. Safe and convenient street networks meet the diverse needs of all community members while improving health, increasing safety, and reducing harm to the environment.

The set of questions that follows offer discussion points for planning a meeting or session with a focus on accessibility, connectivity, and mobility. After the questions, there is a list of discussion points that encourage a more detailed discussion of related topics. These lists are not exhaustive and should be discussed while thinking about your community.

Note, some of these questions may require some advance preparation and research on the part of the organizers or facilitators.

Questions for Discussion

1 How do people get around?

What mobility options are available?

- Car
- Ridesharing / Carpool
- Bus
- Rail / Train
- Walking
- Biking
- Scooters

Using the same choices as above, which options are the best fit for the area and community members?

If public transit is available, what is the cost and what areas are serviced? How frequently does transit run?

2 Where are people traveling to?

What destinations are most frequent for residents?

- Schools
- Places of employment
- Retail and commercial services
- Child care services
- Health care services
- Parks and recreational facilities
- Entertainment

How can people in your area get to these destinations?

What factors keep people from being able to get around?

- Distances between location of residences and destinations
- Costs of transportation (vehicle ownership and/or public transportation)
- Limited or no access to a car
- Infrequent or missing transit options
- Heavily-traveled roads or streets
- Incomplete, narrow, or missing pedestrian paths and sidewalks
- Poor lighting or infrastructure
- Steep hills or physical barriers



3 What is the quality of the current mobility network?

What is the physical condition of streets, bike paths, and sidewalks?

- Smooth, in good repair *or* cracked or uneven pavement
- Continuous connections *or* gaps or missing links
- Good maintenance *or* unkempt and littered

What kinds of sidewalks are in the area?

- Wide or narrow sidewalk next to a road
- Sidewalk separated from road
- Landscaping on both sides of sidewalk
- No sidewalk

Are there crosswalks or signs for pedestrians and bicyclists?

- Yes, there are many signs and crosswalks
- Yes, there are few signs and crosswalks
- No, there are no signs not crosswalks

If crosswalks and signs are present, are they located in necessary areas?

- Near schools
- On high-trafficked or high-speed roads
- In parking lots or garages

Additional Discussion Points

The following are in-depth discussion topics with a focus on the relationship between health and access, connectivity, and mobility.

- Discuss how health is impacted, positively and negatively, by the current mobility network (such as, sidewalks, bike paths, transit stops, parking).
- Discuss how the current street and path network of the community (such as, sidewalks, alleyways, bike paths) could be improved to better support healthy and safe movement.
- Discuss gaps in the mobility network and determine who is impacted. Discuss strategies on how to improve the gaps discussed previously.
- Discuss other factors that may be limiting access, connectivity, and movement within your community (other than physical limitations). Discuss strategies on how to overcome other limiting factors.
 - Perceived barriers (safety and comfortability)
 - Cultural barriers
 - Language barriers
- Discuss what could be done to improve safety on streets and roadways in the community?
 - Narrowing streets
 - On-street parking
 - Protected bike lanes
 - Landscaping
 - Adding sidewalks
 - Additional signage to provide directions
 - Separating routes for car, bike, and foot travel
 - Traffic calming measures
 - Lowering street speeds

- Are there nonprofits or other organizations that provide services? If so, how can you connect the community member to the service(s) they need?
 - Mobility for people with disabilities, youth, or older adults
 - Bike sharing services
 - Car sharing services
- How can suggested improvements in access and connectivity be tried or implemented?
 - Pop-up events
 - Community led efforts
 - Targeted development initiatives
 - Safe routes to school
 - 10-Minute Walk Campaign
 - Vision Zero
- Discuss how to implement long-term maintenance of sidewalks, paths, and crosswalks.

Additional Resources



Learn more about SAFE SIDEWALKS and PEDESTRIAN-ORIENTED STREET DESIGN in Section 6 of the *Creating Healthy Places Guidebook*

https://coloradohealthyplaces.org/wp-content/themes/Divi-child/files/Creating-Healthy-Places-Guidebook_Chapter6_Web.pdf



Learn more about WALKABILITY in Section 7 of the *Creating Healthy Places Guidebook*

https://coloradohealthyplaces.org/wp-content/themes/Divi-child/files/Creating-Healthy-Places-Guidebook_Chapter7_Web.pdf

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