



Community Assessment

ACTIVE COMMUNITY ENVIRONMENTS

RECOGNITION:

This tool has been adapted from Michigan's "Promoting Active Communities Award" a program of the Michigan Governor's Council on Physical Fitness, Health and Sports.

ACEs Community Assessment Levels of Excellence

This ACEs Community Assessment tool includes a point structure where an ACEs Level of Excellence can be calculated. Five distinct sections make up the tool and each section is scored separately. The sections are:

1. Policies and Planning for Non-motorized Transportation
2. Pedestrian and Bicycle Safety and Procedures
3. Community Resources for Physical Activity
4. Schools
5. Public Transportation

While this point structure and the Levels of Excellence may be helpful for your community, it is not the most important aspect of the tool. The interview questions address a broad array of ACEs-related issues and may help you to identify ways to increase opportunities for physical activity in your community. Think of the Levels of Excellence as providing benchmarks for community progress.

Criteria for Levels of Excellence

Level 1: Communities have made a commitment to becoming a healthier place to live and *have identified steps* toward removing barriers to physical activity. At least 15 points must be earned in the Policies and Planning section, and at least 55 additional points must be accumulated from at least three of the remaining four sections.

Level 2: Communities *have implemented initial steps* toward making it easier for people to be active. At least 22 points must be earned in the Policies and Planning section, and at least 73 additional points must be accumulated from all four remaining sections.

Level 3: Communities *have achieved significant progress* toward making it easy for people to be active. At least 30 points must be earned in the Policies and Planning section, and at least 85 additional points must be accumulated from all four remaining sections.

Level 4: Communities *can document outstanding achievements* in making it easy for people to be active. At least 38 points must be earned in the Policies and Planning section, and at least 100 additional points must be accumulated from all four remaining sections.

Level 5: Communities are *models of commitment to healthy, active living*. At least 44 points must be earned in the Policies and Planning section, and 120 additional points must be accumulated from all four remaining sections.

ACEs Community Assessment Summary Page

Municipality or County: _____

Number of Residents: _____

Assessment Team Information:

Name	Contact Information	Completed Which Sections?

Summary of Points Earned:

Section 1 Policies and Planning for Non-motorized Transportation	_____ pts
Section 2 Pedestrian and Bicycle Safety and Facilities	_____ pts
Section 3 Community Resources	_____ pts
Section 4 Schools	_____ pts
Section 5 Public Transportation	_____ pts
Add points for Section 2 through Section 5	_____ pts
<p>LEVEL OF EXCELLENCE</p> <p style="text-align: center;"> Level 1 Level 2 Level 3 Level 4 Level 5 </p> <p>Using the Criteria for Levels of Excellence on the previous page, determine the Level of Excellence your community achieved. Circle the appropriate Level</p>	

Section 1. Policies and Planning for Non-motorized Transportation

Planning

- 1.1 Has the community's governing body (e.g. city council, town board, etc.) assigned a staff person to be responsible for pedestrian and bicycle transportation?

No (0 points) Yes (1 point)

If yes, who is that person?

Name _____ Title _____

Address _____

Phone _____ E-Mail _____

- 1.2 Has the governing body created (or do they recognize) a citizens' advisory group dedicated to increasing and improving the opportunities for walking and biking in the community?

No (0 points) Yes (1 point) Who originally created the advisory group?
 Government Citizens

If yes, who is the chairman of that group?

Name _____ Title _____

Address _____

Phone _____ E-Mail _____

- 1.3 Has the governing body adopted an official plan for improving non-motorized transportation, including a timetable and a budget or a multimodal transportation plan? See Resources, Section 1, at the end of the ACEs Community Assessment for obtaining a report on incorporating bicycle and pedestrian elements into transportation plans.

No (0 points) Yes (2 points)

If so, is the plan being followed? Have some elements of the plan been implemented or are there contracts in place for implementation?

No (0 points) Somewhat (2 points) Mostly (3 points) Yes (4 points)

- 1.4 Does the community's operating budget include funding for non-motorized transportation facilities and activities? (This would include money for any improvements that would make walking and biking easier and safer.)

No (0 points) Yes (2 points)

What was last year's total allocation for non-motorized transportation facilities and activities?

\$ _____ Population of community: _____

What amount was allocated per person in the community (based on the figures above)?

\$0 (0 points) \$.01-\$3/person (1 point) \$3.01-\$6 (2 points) > \$6 (3 points)

- 1.5 In the past 2 years has the community shown a commitment to creating opportunities for physical activity by passing bonds, levying taxes, or obtaining grants to finance trails, recreation facilities, sports complexes, sidewalks, bikeways, and/or greenways?
 _____ No (0 points) _____ Yes (2 points)
- 1.6 Has municipal transportation planning, funding, and/or implementation addressed the following important safety concerns for bicyclists and pedestrians?
- Sewer grates at grade and placed so that bicycle tires hit perpendicularly
 _____ No (0 points) _____ Yes (2 points) _____ Planning (Check all that apply) _____ Funding _____ Implementation
 - Utility access covers at grade
 _____ No (0 points) _____ Yes (2 points) _____ Planning (Check all that apply) _____ Funding _____ Implementation
 - Pedestrian push buttons/ped heads at intersections
 _____ No (0 points) _____ Yes (2 points) _____ Planning (Check all that apply) _____ Funding _____ Implementation
 - Designated crosswalks
 _____ No (0 points) _____ Yes (2 points) _____ Planning (Check all that apply) _____ Funding _____ Implementation
 - Designated bikeways
 _____ No (0 points) _____ Yes (2 points) _____ Planning (Check all that apply) _____ Funding _____ Implementation
 - Maintenance: street shoulders, transition areas between streets and bridge decks, around grates, between streets and gutters are clear and free of debris.
 _____ No (0 points) _____ Yes (2 points) _____ Planning (Check all that apply) _____ Funding _____ Implementation
 - Sidewalk spot improvement program
 _____ No (0 points) _____ Yes (2 points) _____ Planning (Check all that apply) _____ Funding _____ Implementation
- 1.7 Does the community work to reduce traffic congestion by actively facilitating ride sharing or car pooling for frequently used commuter routes (e.g., constructing commuter lots, creating ride share bulletin boards or ride share web pages)?
 _____ No (0 points) _____ Somewhat (1 point) _____ Yes (2 points)
- 1.8 Are traffic regulations requiring cars to yield to pedestrians at crosswalks vigorously enforced?
 _____ Never (0 points) _____ Rarely (1 point) _____ Usually (2 points) _____ Always (3 points)

Zoning and Policies

- 1.9 Do zoning regulations encourage mixed land use, with placement of retail establishments and community services within walking distance of residential areas?
 _____ No (0 points)
 _____ Yes, but within designated areas only (1 point)
 _____ Yes, within the entire planning jurisdiction (2 points)

- 1.10 Do new subdivisions or housing developments require inclusion of recreational and/or open space?
 No (0 points) Yes (1 point) Describe _____
- 1.11 When roads are built or repaired, are designated bicycle facilities (bike lanes, wide outside lanes, or wide shoulders) included where possible?
 No (0 points) Somewhat (1 point) Yes (2 points)
- 1.12 Are public buildings required to have bike racks or bike storage facilities?
 No (0 points) Some (1 point) All (2 points)
- 1.13 Do municipal playgrounds meet safety standards set by the U.S. Consumer Product Safety Commission and does playground equipment meet safety specifications set by the American Society of Testing and Materials? *See Resources, Section 1, at the end of the ACEs Community Assessment for how to obtain a copy of these standards.*
 No (0 points) Somewhat (1 point) All (2 points)

Sidewalks

(See Resources, Section 1, at the end of the ACEs Community Assessment for obtaining information on potential funding sources for sidewalks.)

- 1.14 Are new residential areas required to have sidewalks?
 No (0 points) Yes (1 point) If yes, indicate the type of sidewalk requirement.
 One side only (0 points) Both sides of the street (1 point)
- 1.15a Are all new sidewalks required to be at least 5 feet wide, to allow safe walking in two directions?
 No (0 points) Yes (1 point)
- 1.15b Do all new sidewalks have a minimum 2' planting strip between parked cars and the sidewalk, or a 4'-6' planting strip when on-street parking is not present?
 No (0 points) Yes (1 point)
- 1.16 Does the local government do an effective job of removing debris, snow or ice from pedestrian and bike routes?
 No (0 points) Yes (1 point)
- 1.17 Has financial responsibility for sidewalk maintenance been assumed by the community government rather than by individual homeowners?
 - Snow and debris removal
 No (0 points) Yes (1 point)
 - Cracks/repairs
 No (0 points) Yes (1 point)
- 1.18 Is "sidewalk furniture" such as newspaper vending machines, advertising signs, flags, etc., required to be out of the path of walkers or wheelchair users?
 No (0 points) Yes (1 point)

Education for Safety

(See Resources, Section 1, at the end of the ACEs Community Assessment for obtaining Bicycle and Pedestrian Safety information.)

- 1.19 Does the community offer educational programs to encourage bicyclists and skaters to wear safety helmets and follow safe biking and skating practices?
_____ No _____ Yes _____ Yes, offered annually _____
(0 points) (1 point) (2 points) Specify who provides the program(s)
- 1.20 Does the community offer educational programs for motorists on sharing the road legally and safely with bicyclists?
_____ No _____ Yes _____ Yes, offered annually _____
(0 points) (1 point) (2 points) Specify who provides the program(s)

Promoting Physical Activity

- 1.21 Is an ACEs advocate (who may or may not be a public health practitioner) on a municipal board or committees dealing with land use and transportation decisions?
_____ No _____ Yes
(0 points) (1 point)
- 1.22 Are groups in the community working together to encourage physical activity and create opportunities for activity (i.e., public health agencies, recreation agencies, the local American Heart Association affiliate, bicycle clubs, etc.)?
_____ No _____ Yes
(0 points) (1 point)
- 1.23 Is there a plan in place for increasing opportunities for physical activity in the community such as a Bicycle & Pedestrian Plan, a Greenway Plan, a Parks & Recreation Plan, an Open Space Plan, etc.? Mark all that apply.
_____ No _____ Bicycle plan _____ Pedestrian plan _____ Greenway plan
(0 points) (1 point) (1 point) (1 point)
Other—please specify. (1 point each): _____

- 1.24 Has an inventory of physical activity facilities and/or opportunities been compiled for the community and is it available to the public?
_____ No _____ Yes Specify by whom _____
(0 points) (1 point)
- 1.25 Does the community sponsor public walks, biking events, or other events that promote physical activity?
_____ No _____ One a year _____ Two a year _____ Three or more a year
(0 points) (1 point) (2 points) (3 points)

End of Section 1. Policies and Planning for Non-Motorized Transportation

Number of points earned: _____ (Maximum Possible: 64 points)

* Note additional plans in question 1.23 could increase this maximum possible.

Section 2. Pedestrian and Bicycle Safety and Facilities

Routes and Facilities

2.1 Is there a comprehensive system of routes connecting residential areas with shopping, dining, and entertainment areas?

- For walkers and wheelchair users (sidewalks or greenways)

No (0 points) Partially (1 point) Yes (2 points)

- For bicyclists (bike lanes, wide outside lanes, wide shoulders or greenways)

No (0 points) Partially (1 point) Yes (2 points)

2.2 Are major transportation routes in the community continuous with no impassible barriers?

- For walkers and wheelchair users

None (0 points) Some (1 point) Most (2 points) All routes (3 points)

- For bicyclists

None (0 points) Some (1 point) Most (2 points) All routes (3 points)

2.3 Have abandoned railroad beds or utility corridors (where present) been converted to walking/bicycling trails or are they being considered for conversion to walking/bicycling trails?

No (0 points) Being considered for conversion (1 point) Have been converted (2 points)

2.4 Are multi-use recreational trails available? See Resources, Section 2 at the end of the ACEs Community Assessment for resources on trails.

No (0 points) Yes (1 point)

If so, do trails meet or exceed standards set by the American Association of State Highway and Transportation Officials (AASHTO)? See Resources, Section 2 at the end of the ACEs Community Assessment for how to obtain the AASHTO standards and other resources for designing safe trails.

No (0 points) Yes (1 point)

2.5 Do roads with four or more lanes have medians at intersections (with curb cuts at grade) that provide resting space for pedestrians with limited mobility (older persons, wheelchair users, children, etc.)?

No or a few (0 points) Some (1 point) Most or all (2 points) Community has no 4-lane roads (1 point)

2.6 Do sidewalks have up to date, ADA compliant, curb cuts (for wheel chairs and people with limitations in mobility) at all intersections?

No or a few (0 points) Some (1 point) Most or all (2 points) Have a plan to retrofit (1 point)

2.7 Are spot improvements (replace drainage grates, repair potholes, etc.) routinely completed?

No (0 points) Sometimes (1 point) Routinely (2 points)

2.8 During road and sidewalk repair, are physical accommodations and signs used to keep pedestrians and disabled people safely moving?

No (0 points) Sometimes (1 point) Always (2 points)

- 2.9 Are benches placed at regular intervals along walking routes to allow people with physical limitations to rest?
 ____ No (0 points) ____ Yes (1 point)
- 2.10 Are walking and biking routes lighted to enhance safety?
 ____ Never or rarely (0 points) ____ Some (1 point) ____ Most or all (2 points) ____ Have a plan to retrofit (1 point)
- 2.11 Do shopping malls and strip malls have safe approaches for pedestrians and cyclists?
 ____ No (0 points) ____ Some (1 point) ____ Most or all (2 points) ____ Have a plan to retrofit (1 point)
- 2.12 Are bike racks or bike storage lockers available in business or commercial districts?
 ____ No (0 points) ____ Some (1 point) ____ Yes or mostly (2 points)
 If so, are the bike racks designed in a way that enables users to secure both the frame and the rear wheel?
 ____ No (0 points) ____ 10-50% of the racks (1 point) ____ Yes or mostly (2 points)

Injury Prevention

- 2.13 In the past 2 years, has the community tracked the number of motor vehicle crashes in the community involving pedestrians and bicyclists? See Resources, Section 2 at the end of the ACEs Community Assessment for how to obtain crash data.
 ____ No (0 points) ____ Yes (1 point)
- 2.14 Is there a mechanism in place to evaluate the causes of pedestrian and bicyclist injuries and are recommendations made for needed safety improvements?
 ____ No (0 points) ____ Yes (1 point)
- 2.15 In neighborhoods where speeding automobiles have consistently presented a risk to pedestrians and cyclists, have “traffic calming” measures been introduced to slow down the traffic (e.g., speed humps, trees planted close to the shoulder, trees or flowers planted in medians, converting auto lanes to bike lanes, roundabouts, etc.)?
 ____ No (0 points) ____ 1-2 measures (1 point) ____ 3-4 measures (2 points) ____ 5 or more measures (3 points)
- 2.16 Are crosswalks in school areas and other major pedestrian routes well-marked on the pavement (i.e., with zebra stripes and stop bars) and are they supported by clear signage and lighting?
 ____ Never (0 points) ____ Rarely (1 point) ____ Sometimes (2 points) ____ Usually (3 points) ____ Always (4 points)
- 2.17 Are intersections designed with adequate “sight distance,” so that drivers and bike riders can see all other road users in time to avoid potential crashes?
 ____ Never (0 points) ____ Rarely (1 point) ____ Sometimes (2 points) ____ Usually (3 points) ____ Always (4 points)
- 2.18 Does a multidisciplinary pedestrian safety task force exist (members may include representatives from Public Safety, Public Health, Engineering, Design, Advocacy) to study, design, enforce and educate about safe pedestrian crossings?
 ____ No (0 points) ____ Yes (1 point)

End of Section 2. Pedestrian and Bicycle Safety and Facilities
Number of points earned: _____ (Maximum possible: 45)

Section 3. Community Resources for Physical Activity

- 3.1 Are shopping malls or other indoor community facilities open for community walkers?
 No (0 points) Sometimes (1 point) No Indoor Malls (0 points)
- 3.2 Are walking incentive programs available to residents?
 No (0 points) Yes (1 point)
- 3.3 Do senior citizen centers offer exercise programs on an ongoing basis?
 No (0 points) Yes (1 point) Not applicable (no centers or sites) (0 points)
- 3.4 In the community's current operating budget, are tax dollars allocated for parks and recreation facilities and activities, demonstrating a commitment to community recreation?
 No (0 points) Yes (1 point)
 Total allocation, including staff, facilities, and programs: \$ _____
 Population of community: _____
 Amount allocated per person in community (total allocation ÷ population):
 <\$3/person (0 points) \$3.01-\$50/person (1 point) \$51-\$100 (2 points) >\$100/person (3 points)
- 3.5 Are outdoor school physical activity facilities (track, tennis courts, basketball courts, etc.) accessible to the public after school and during weekend hours?
 No (0 points) Some (1 point) Most (2 points) All (3 points)
- 3.6 Are indoor school physical activity facilities (gymnasium, pool, basketball courts, etc.) accessible to the public after school and during weekend hours?
 No (0 points) Some (1 point) Most (2 points) All (3 points)
- 3.7 Are sports leagues available for adults?
 No (0 points) Available for a fee (1 point) Available regardless of ability to pay (2 points)
- 3.8 Are Sports leagues available for youth (over and above school athletic programs)?
 No (0 points) Available for a fee (1 point) Available regardless of ability to pay (2 points public)
- 3.9 Which of the following exercise and recreation facilities are available to the public?

Facilities	No (0 points)	Yes (1 point)	Provisions for Low-Income Families? (1 point)
Community ice-skating rink			
Roller skating/In-line skating rink			
Skateboard park			
Public Swimming Pools			
Weight training/Aerobic Facility or local YMCA/YWCA			
Trails/Greenways			Not Applicable
Other (please list):			
Total Points:			

- 3.10 Of the exercise and recreation facilities available in your community, how many are accessible by walking, cycling, or rolling (wheelchair, scooter, etc.)?
 _____ None (0 points) _____ Some (1 point) _____ All (2 points)
- 3.11 Of the exercise and recreation facilities available in your community, how many have bike racks or bike storage lockers?
 _____ None (0 points) _____ Some (1 point) _____ All (2 points)
- 3.12 Media work for physical activity in the community:
- How many press releases were there in the past six months to promote physical activity?
 _____ None (0 points) _____ 1-2 (1 point) _____ 3-5 (2 points) _____ 6 or more (3 points)
 - How many special interest stories were there in the past six months about physical activity promoted by any unit of local government or health coalition/organization?
 _____ None (0 points) _____ 1-2 stories (1 point) _____ 3-5 stories (2 points) _____ 6 or more stories (3 points)
 - Is the local government-access cable television channel used to promote physical activity or physical activity events?
 _____ No (0 points) _____ Yes (1 point) _____ Not applicable (no cable TV access channel) (0 points)

End of Section 3. Community Resources for Physical Activity

Number of points earned: _____ (Maximum possible: 39)

* Note additional facilities and provisions for low-income families in question 3.9 could increase this maximum possible.

Section 4. Schools

4.1 Have schools conducted studies to determine if children can walk or bike safely to school? See Resources, Section 4 at the end of the ACEs Community Assessment for help in doing such a study.

No schools (0 points) Some schools (1 point) All schools (2 points)

• Are Elementary schools encouraging students to walk or bike to school?

No schools (0 points) Some schools (1 point) All schools (2 points)

• Are Middle schools encouraging students to walk or bike to school?

No schools (0 points) Some schools (1 point) All schools (2 points)

• Are High schools encouraging students to walk or bike to school?

No schools (0 points) Some schools (1 point) All schools (2 points)

4.2 If children who live within walking or biking distance cannot safely walk or bike to school, are steps being taken to correct hazards?

No (0 points) Some steps (1 point) Significant steps (2 points) Already Safe (1 point)

4.3 Does the Community Education program or the community's Parks and Recreation Department offer classes and programs that provide opportunities for physical activity for school age children?

No (0 points) Yes (1 point)

4.4 What percentage of physical education teachers have a certification for teaching PE?

None (0 points) 25% (1 point) 50% (2 points) 75% or more (3 points)

4.5 On average, over the past school year, how many days per week are children receiving physical education?

• Grades K-5

0 days (0 points) 1-2 days (1 point) 3-4 days (2 points) 5 days (3 points)

• Grades 6-9 (or middle schools)

0 days (0 points) 1-2 days (1 point) 3-4 days (2 points) 5 days (3 points)

On days where PE is provided, how many minutes of activity take place? _____

4.6 In high school, what percentage of students, take more than the one required semester of physical education?

less than 10% (0 points) 10 - 30% (1 point) 31-50% (2 points) 100% (3 points)

4.7 Are all high school students required to take physical education, even if they are in marching band or on athletic teams?

No (0 points) Yes (1 point)

4.8 Do schools offer the following physical activity opportunities for students in addition to physical education classes?

- Walking club

____ No (0 points) ____ Some (1 point) ____ Most (2 points) ____ All (3 points)

- Practical, hands-on bicycle safety class (such as the *Basics of Bicycling* curriculum)

____ No (0 points) ____ Some (1 point) ____ Most (2 points) ____ All (3 points)

- After-school aerobics classes

____ No (0 points) ____ Some (1 point) ____ Most (2 points) ____ All (3 points)

- Other sports (cycling, hiking, skiing, etc.)

____ No (0 points) ____ Some (1 point) ____ Most (2 points) ____ All (3 points)

- Intramural sports

____ No (0 points) ____ Some (1 point) ____ Most (2 points) ____ All (3 points)

If intramural sports are offered, does every child who wants to play have access to the programs?

____ No (0 points) ____ Yes (1 point)

4.9 Can students participate in school athletic programs without paying any fees?

____ No (0 points) ____ No, but scholarships are available (1 point) ____ Yes (2 points)

4.10 Do schools offer health promotion programs for teachers and administrators?

____ No (0 points) ____ Some (1 point) ____ Most (2 points) ____ All (3 points)

End of Section 4. Schools

Number of points earned: _____ (Maximum possible: 45)

Section 5. Public Transportation

Having a system of public transportation promotes physical activity in two ways: (1) Public transit can reduce some of the traffic congestion that makes walking and biking hazardous and (2) People who use public transit generally walk some distance between their transit stops and their destinations.

5.1 Does the community have a system of public transportation? (For a small town, this could consist of a "Dial-A-Ride"-type program or a medical transportation system.)

No (0 points) Yes (2 points)

If yes:

Is the public transportation system a realistic option for regular commuting in that it is both frequent enough and serves many destinations?

No (0 points) Somewhat (1 point) Yes (2 points)

• Are park-and-ride lots available so that bicyclists and auto drivers can conveniently park vehicles while using public transportation or carpooling?

No (0 points) Yes (1 point)

• Is the system accessible by wheelchair users and individuals with limited walking ability?

No (0 points) Yes (1 point)

• Are public transportation vehicles (buses, trains) capable of carrying bicycles?

No (0 points) Some (1 point) Most (2 points) All (3 points)

5.2 In designing the public transportation system, was the presence of sidewalks and safe walking connections a consideration in choosing transit stops?

No (0 points) Yes (2 points)

5.3 Is there a program to improve pedestrian access to transit?

No (0 points) Yes (2 points)

End of Section 5. Public Transportation

Number of points earned: _____ (Maximum possible: 13)

Resources

Section 1. Policies and Planning for Non-motorized Transportation

North Carolina Bicycle Facilities Planning and Design Guidelines: This 95-page manual and 22 minute video provides the most current planning and design considerations available for safe and effective bicycle facilities development, construction and maintenance. It contains information specific to North Carolina and includes many illustrations, photographs, engineering specifications and references to supplemental documentation. The manual has received a national award for “Best Practices” in planning and design guidelines in the US for 1) Best detailed technical information on a variety of specific bike design issues and 2) Best operational procedures for bicycle and facility planning and development. Both are available to order, \$5 for the manual and \$15 for the video from NC Department of Transportation, 1522 Mail Service Center, Raleigh, NC 27699-1522 or contact the Division of Bicycle and Pedestrian Transportation at (919) 733-2804.

Safe Playground Standards: Although no formal policy exists in N.C. regarding safe playground standards, guidelines and recommendations can be obtained from:

- U.S. Consumer Product Safety Commission: *Handbook for Public Playground Safety, Publication No. 325*, Office of Information and Public Affairs, U.S. Consumer Product Safety Commission, Washington, D.C. 20207. The report can be downloaded and printed at no charge from the Internet at: <http://www.cpsc.gov/cpscpub/pubs/pubcat.html>
- American Society for Testing and Materials: *Standard Consumer Safety Performance Specification for Playground Equipment for Public Use*, ASTM F1487-01. Available for \$45 from ASTM. It can be ordered at www.techstreet.com.
- Centers for Disease Control and Prevention, <http://www.cdc.gov/safeusa/playgro/playgrou.htm>

Funding for Sidewalks:

- Powell Bill Funding: Municipalities in North Carolina that maintain their own roads receive a yearly allotment of funds that can be used for sidewalks and other road enhancements that support walking and bicycling. Local Powell Bill allocations are published on the DOT website at the following URL: http://www.dot.state.nc.us/planning/development/Enhancement/Powell_Bill/StateStreetAid98/streetaidmunic.htm. Allocations range from approximately \$2,000 to a small municipality to over \$10 million to a very large municipality.
- Transportation Improvement Program (NC DOT): Communities and planning staff can request funding for sidewalk projects through the NC DOT Enhancement Program. More information can be found at: <http://www.ncdot.org/planning/development/Enhancement/Enhancement.htm>.

Bicycle and Pedestrian Safety Information: For educational materials and information regarding policies focusing on bicycling and pedestrian issues, contact the NC Division of Bicycle and Pedestrian Transportation, 919.733.2804 or visit their website <http://www.ncdot.org/transit/bicycle>.

Section 2. Pedestrian and Bicycle Safety and Facilities

Resources on Trails: The Trails and Greenways Clearinghouse provides technical assistance, information resources and referrals to trail and greenway advocates and developers across the nation. Services are available to individuals, government agencies, communities, grassroots organizations and anyone else who is seeking to create or manage trails and greenways. The Clearinghouse is a project of Rails-to-Trails Conservancy. Toll free: 1-877-GRNWAYS or e-mail: greenways@transact.org www.trailsandgreenways.org

Standards for Building Safe Trails: Resources for designing and building safe facilities for walkers and bikers might already be available in a community in the office of the traffic engineer. If not, two excellent publications are available. Each of them is clearly written, with illustrations.

1. *Guide for the Development of Bicycle Facilities* (1999) #GBF-3. \$40. American Association of State Highway and Transportation Officials Publications Sales, PO Box 96716, Washington, DC 20090; phone (800) 231-3475, fax (800) 525-5562, Internet: www.AASHTO.org/publications/bookstore.nsf/Home?OpenForm

2. *Design and Safety of Pedestrian Facilities*. 1998. \$43. Institute of Transportation Engineers, 1099 14th Street, NW, Suite 300 West, Washington, DC 20005-3438; phone (202) 289-0222, fax (202) 289-7722, Internet: www.ite.org

Crash Data: To find out the numbers of motor vehicle crashes in the community involving pedestrians and bicyclists contact the Governor's Highway Safety Program, (919) 733-3083. You can review crash statistics at <http://www.ncdot.org/transit/bicycle/safety/pbcat.html>.

Section 3. Community Resources for Physical Activity

The Eat Smart, Move More...North Carolina initiative has a state plan titled *The North Carolina Blueprint for Changing Policies and Environments In Support of Increased Physical Activity*. For more information contact the NC Division of Public Health, Physical Activity and Nutrition Unit (919) 733-9615 or visit <http://www.eatsmartmovemorenc.com>

Promoting Physical Activity: A Guide for Community Action. U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity, Human Kinetics. Ordering information is available at the Human Kinetics web site: www.humankinetics.com

Section 4. Schools

Walk To School: For information on how to conduct a project to see how safe it is for children to walk to school (and then work to make it safer), contact the Partnership for a Walkable America, an alliance of public and private organizations and individuals who are committed to promoting the changes needed to make America more walkable. This group supplies the "Walk Your Child to School" checklist and other helpful community resources. The address is Partnership for a Walkable America, The National Safety Council, 1121 Spring Lake Drive, Itasca, IL 60143. Phone: (630) 285-1121; fax: (630) 285-1315. Internet: www.nsc.org/walk/wkcheck.htm

For information on the National and International Walk to School Day visit <http://www.iwalktoschool.org> and <http://www.walktoschool-usa.org>

Also find information on the NC Walk to School Initiative at <http://www.eatsmartmovemorenc.com>

Photo Credit

Cover photos (from left) 2, 3, and 5 from www.pedbikeimages.org/Dan Burden