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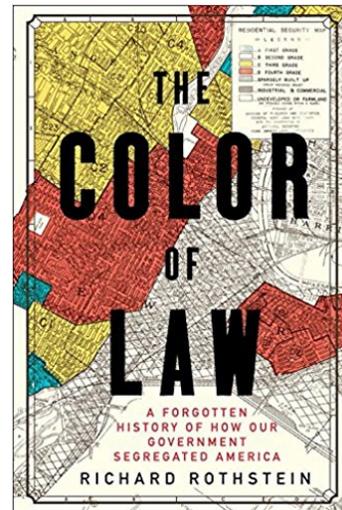
# 20 years strong AMERICA WALKS

August 2017

## Walking Toward Equity

What role did government policy play in fueling sprawl and segregation and what can be done to reverse it? Does walkability have to come at the expense of neighborhood affordability? How can we crack down on unsafe driving without exacerbating inequities in our nation's criminal justice system? These important topics and others will be covered in America Walks' brand new free discussion series, **Walking Toward Justice**.

The first episode in the series will look at the book, **The Color of Law: A Forgotten History of How Government Segregated America**, and will be held at 2 p.m. EST Sept. 27th. **Register here** to join the author and a panel of thought-leaders in the field. Consider supporting America Walks by **purchasing the book using AmazonSmile**.

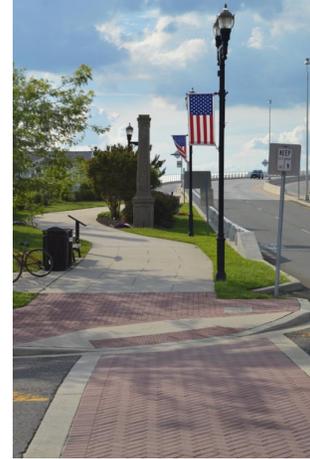


## New Jersey Embraces Complete Streets

"So many people give my adopted home state a bad rap," writes America Walks Executive Director Kate Kraft in a **recent blog post**. "They joke about our parkway exits and revel in our Bridgegate. But I am here to tell you they are wrong."

Kraft argues New Jersey has proven to be a leader in shifting the paradigm in favor of accommodating all users in its streets, pointing to her state transportation department's

**early adoption of a complete streets policy** and the proliferation of similar policies on the municipal and county level. She also finds inspiration in **new resources** aimed at helping with implementation of those policies.



Despite its reputation, NJ is taking steps towards people-first design.

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## What Honolulu Gets Wrong in its New Restrictions on Pedestrians Using Cell Phones

CityLab's Laura Bliss is one of many observers weighing in on Honolulu's new law penalizing pedestrians for being distracted by cell phones. Bliss writes in this thoughtful piece that the problem isn't cell phones but **unsafe streets**. In light of the **growing number of pedestrian fatalities**, America Walks believes it is important to not be distracted by victim-blaming or other legislation that does little to improve safety. Communities need to look to **recent speed-reduction recommendations** and other changes that put people first in design and planning.

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## Wilkes-Barre Family YMCA Gets Pennsylvanians Moving with Outdoor Walking Lecture Program

One of our 2016 micro grant recipients, the Wilkes-Barre Family YMCA is putting its grant funding to use on in-bus marketing to entice transit riders to take part in its free summer walking program, Y Walk Wednesdays. The 90-minute walks kick off at 6 p.m., are led by volunteers on a variety of topics, and are centered on a theme. The program kicked off in June when more than 200 people turned out for a walk focused on the history of Wilkes-Barre's downtown.

**Read more about some of the work our grant recipients are doing here.**



A free, weekly walking lecture series advertised with the help of a micro grant is attracting big turnout in Wilkes-Barre.

Meantime, another micro grant recipient, **the city of Opelousas, Louisiana**, has been getting attention for its mural project which aims to bring new life and interest to its historic downtown.

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## Meet New America Walks Board Member Laura Shipman

America Walks is growing and we are excited to introduce our network to the new team. To that end, we are running an occasional series of Q and As with our board members in this

space. This month, **meet Laura Shipman**, an urban planner and designer with the Maryland-National Capital Park and Planning Commission.



Laura Shipman

## How to Support Wellness In and Around the Workplace

Recognizing the connection between employee and community health, ChangeLab Solutions developed **Walk This Way** to outline state and local policies that support physical activity and wellness in and around the workplace. Developed for wellness promoters, including decision makers, business leaders, health department staff, and other stakeholders, this resource provides common strategies for supporting workplace wellness. Want more on this topic? Check out our webinar on **Walking at Work**.



**How to Support Physical Activity and Wellness in and Around the Workplace**

Workplace wellness doesn't begin and end at the office. Here are some state and local strategies supporting wellness in and around the workplace.

- POLICIES FOR RAISING AWARENESS**
  - Bike to Work
  - Walk @ Lunch
- POLICIES FOR GOVERNMENT AGENCIES**
  - Workplace Wellness Councils
  - Workplace Wellness Programs for Government Workers
  - Paid Time for Physical Activity
- POLICIES FOR BUSINESSES**
  - Tax Credits for Workplace Wellness
- POLICIES FOR COMMUNITIES**
  - Complete Streets
  - Comprehensive Plans
  - Zoning
  - Transportation Demand Management

MARKET: Fresh Produce

Cafe

PHARMACY

ChangeLab Solutions | Learn more at [changetlabsolutions.org/workplace-wellness](http://changetlabsolutions.org/workplace-wellness)

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## Rails-to-Trails Conservancy- 2017 National Walking Summit Sponsor

The team at **Rails-to-Trails Conservancy (RTC)** knows that when trails are connected they have the

power to deliver countless benefits-in transportation, the economy, health and wellness, the environment and social equity. That's why RTC is focused on creating trail networks that connect people and places and transform communities nationwide. Learn more about [RTC's TrailNation program](#) and its work to create a future where trails are at the heart of healthy, thriving communities.



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## Worth a read: Interesting Stories Being Passed Around Our Network this Month

- CityLab explores how [New Orleans' Lafitte Greenway](#) has transformed an abandoned rail line into an active transportation hub.
- The New York Times describes how [the rise of air conditioning](#) has made walking more difficult. Air conditioning helped to give rise to the sprawling, car-dependent Sun Belt; made people more willing and able to cope with the traffic generated by it; and has helped to fuel a changing climate that is making it harder for the rest of the country to avoid a climate-controlled existence.
- Yes, it's hot outside. But taking your workout outside can boost intensity, mood, and make your workout seem easier, [according to this article in the UK's Telegraph](#) (which puzzlingly leaves out walking in its list of outdoor exercises).

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## Looking for a gift that yields dividends?

Did you know you can support America Walks *and* honor change makers? **Donations are accepted** in honor of people (and even places) who are making a difference! Gifts to America Walks are also gratefully accepted in memory of extraordinary people who impacted lives and locations for the better. **Honor someone with a gift to America Walks today!**

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Help Make Every Community a Walkable Community

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## Our Donors

America Walks would like to thank those individuals and organizations who have made donations to America Walks in the previous month. We are grateful for their support of this publication and all of the work we do to make America a great place to walk.

Alta Planning + Design, Inc., American Council on Exercise, Anne Nagle, David Levinger, James Sallis, John K. Zaid & Associates, PLLC, Josy Delaney, The Knight Foundation Fund, Lillian Jacobson, Michigan Workers Comp Lawyers, Molly O'Reilly, National Physical Activity Plan Alliance, Ronald J. Bua & Associates, Steven Hooker, SteVon Edwards

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## Our Sponsors

America Walks thanks our sponsors for their generous support of this publication and all of the work being

done by America Walks to promote the walkable movement. Thanks for helping to make America a great place to walk!

APBP, Belt & Bruner, PC, Bhatt Law Group, Cardinal Digital, Carmanah, CDC, Daniel Rose Law, Ehline Law Firm, Every Body Walk!, Health by Design, Idaho Bike Walk Alliance, John K. Zaid & Associates, PLLC, Kaiser Permanente, Keep Highways Safe, Kellogg Foundation, LAD Solutions, Landman Family Charitable Trust, Michigan Workers Comp Lawyers, MIG, Inc., Matchbox Design Group, McKneely Law Firm, Michigan Auto Law, Michigan Workers Comp Lawyers, PEDS, re:Streets, Robert Wood Johnson Foundation, Ronald J. Bua & Associates, Sally Flocks Charitable Fund, San Diego Personal Injury Lawyers, Shaping New Jersey, ShoreWalkers, Inc., Staver Law Group, Straight North, Synergy, LLC, US Fish and Wildlife Services, Vinson Litigation Finance, W-Trans, Weissman-Landman Family Trust

Have an item for our newsletter or a question for our team? Contact America Walks

503.610.6619 | [info@americawalks.org](mailto:info@americawalks.org) | [www.americawalks.org](http://www.americawalks.org)

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