



# **Pedestrian Planning for Communities**

**A Transferable Training and Implementation  
Program from Kentucky**



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**Kentucky continues to rank  
as one of the most obese  
states across all ages.<sup>1</sup>**

**12<sup>th</sup>**  
adults

**1<sup>st</sup>**  
adolescents

**6<sup>th</sup>**  
pre-k  
children

# Access to Physical Activity through Community Design



**16.6% of adults and 31% of middle school students meet recommended physical activity guidelines.**



**68% of children have sidewalks or walking paths in their neighborhoods.**

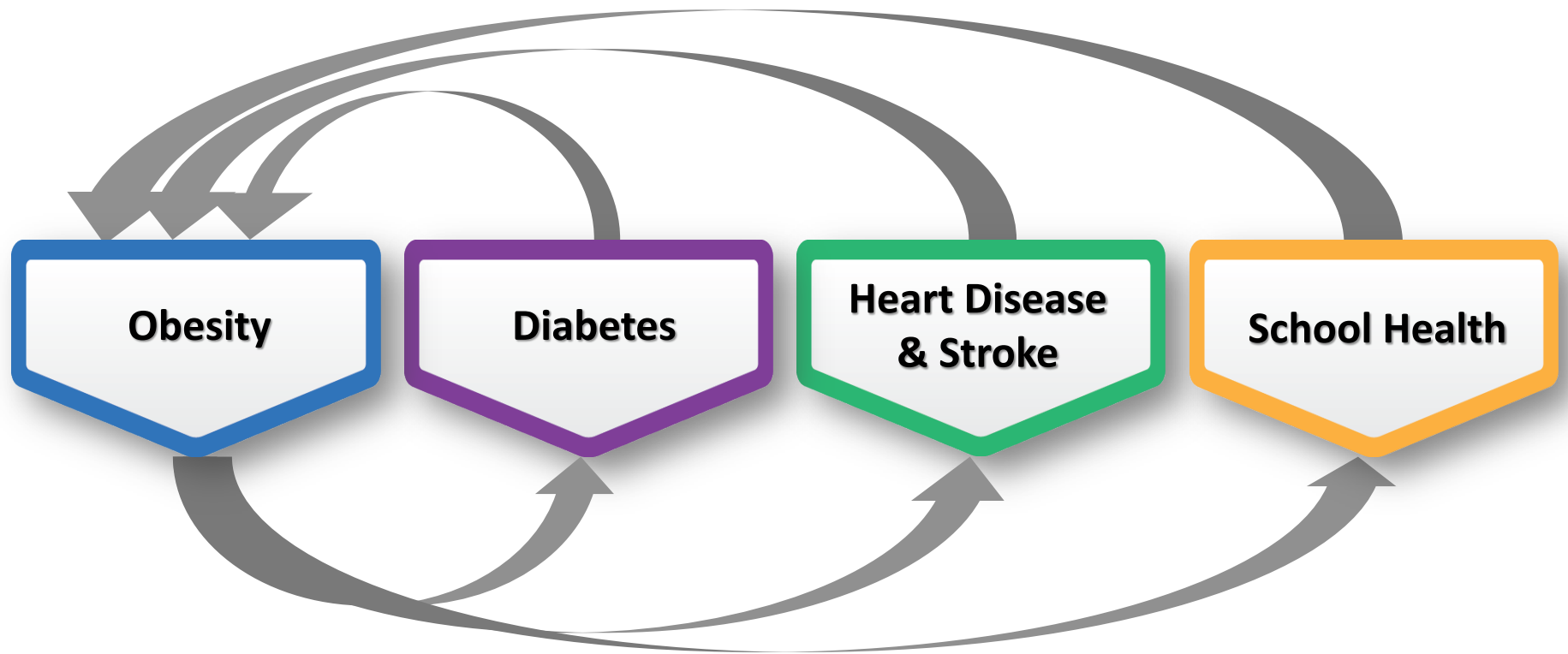


**Only 27 of the 500 cities and towns in Kentucky have adopted pedestrian plans.**

# Walkability Assessments



# CDC 1305: State Public Health Actions to Prevent and Control





# Committee Partners

Federal Highway Administration—Kentucky Division

Foundation for a Healthy Kentucky

Kentucky Association for Economic Development

Kentucky Department for Public Health

Kentucky Department of Education

Kentucky Office of Adventure Tourism

Kentucky Injury Prevention Research Center (KIPRC)

Kentucky Safety and Prevention Alignment Network  
(KSPAN)

Area Development Districts

Kentucky Department of Aging and Independent  
Living

Kentucky Cancer Consortium

Kentucky Main Street Program

Kentucky YMCA

Kentucky Office of the Americans with Disabilities  
Act

Kentucky Rails to Trails Council

Kentucky State Parks

Kentucky Transportation Cabinet

Kentucky Youth Advocates

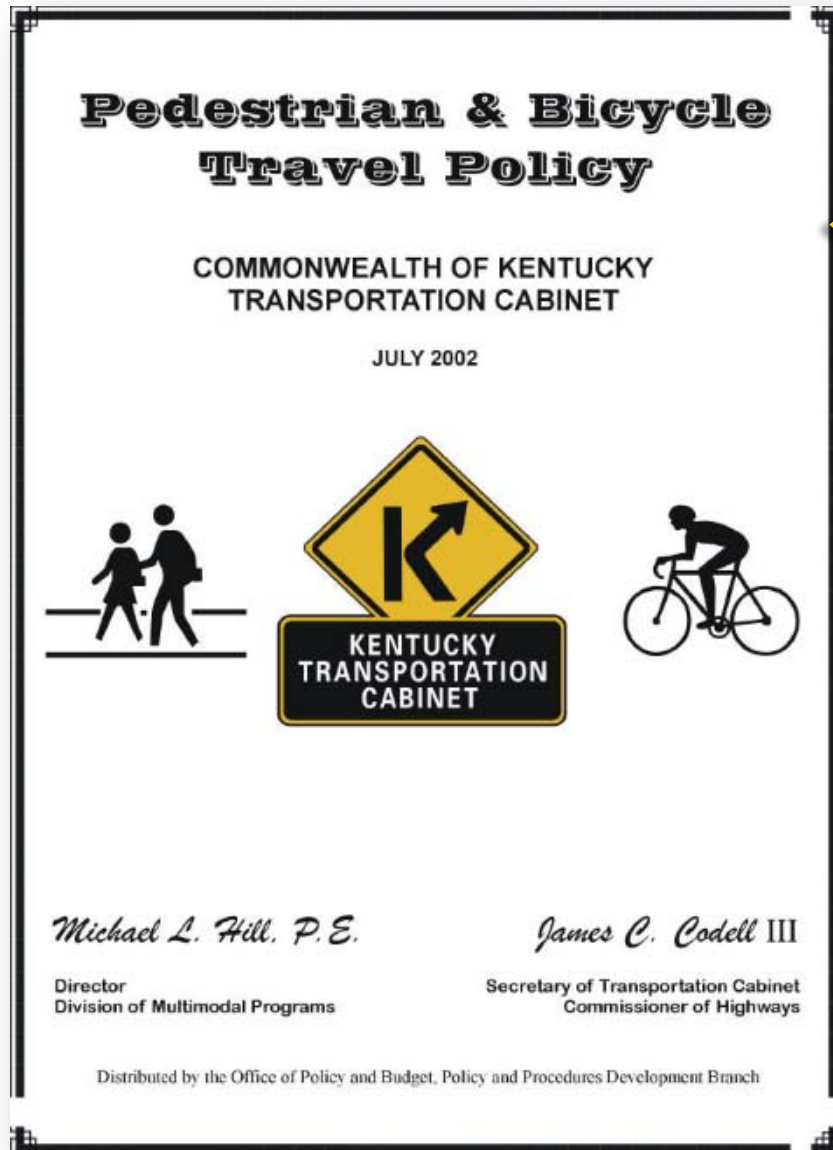
National Park Service

University of Kentucky—Cooperative Extension

University of Kentucky Transportation Research  
Center

Kentucky American Association of Retired Persons





Requires all new or reconstruction of state-maintained roadways to consider the incorporation of pedestrian and bicycle accommodations during the planning process.

The best way to help with these considerations is to have a plan for pedestrian and bicycling improvements.

# Pedestrian Plan

Pedestrian Plan – a detailed plan that engages community members to identify priorities for creating a safe, attractive walking and biking environment for people of all ages and abilities.



When adopted by local government will serve as official documentation of your community's need and readiness for improvements





## **OUR VISION**

All Kentucky communities will accommodate all modes of transportation and provide access to safe, attractive and convenient opportunities for physical activity, whenever and wherever possible.

# Communication Goals

Increase awareness for the need of a pedestrian plan

Establish pedestrian planning as a top priority

Create a demand for training

# What do communities need to develop pedestrian plans?

Easy to Use  
Resources

Training, Technical  
Assistance &  
Networking

Community  
Engagement

# **PEDESTRIAN PLANS: BENEFITS**

## *First Steps to a More Walkable Kentucky*

**Health**

**Safety**

**Economics**

# Engage Multiple Audiences



# Feedback from 2014-2015 Grantees

## Barriers

Community Outreach

Communicating with local officials

Lack of dedicated staff and funding

## Facilitators

County GIS

Elected officials

ADD Office

Partners with funding

University staff

Health Department

Local newspaper

City clerk

Extension

Concerned citizens

Troy Hearn

## Need for Funds

Expand to master plan

Promotion

Printing maps and plans

Staff time

Implementation

## Suggestions

Engage stakeholders from the start

Start with a strong mission and vision

Identify dedicated staff

Find your champion

Identify on-going technical assistance



# Next Steps

Showcase success stories

Develop social media  
campaign

# Contact Us!

Shellie Wingate

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[www.fitky.org](http://www.fitky.org)



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