Support the Prevention Agenda by
Promoting Complete Streets

You can support the Prevention Agenda goal of **Reducing Chronic Disease** by encouraging implementation of Complete Streets policies by municipalities in your county.

**AIM:**
Increase the number of municipalities that have Complete Streets policies.

**Why address Complete Streets in your county’s municipalities?**

- Many New Yorkers—both adult and youth—are not meeting physical activity recommendations. Less than half (49%) of adult New Yorkers reported being physically active for 30 minutes per day and only 64% of New York high school youth are meeting the recommended 60 minutes of daily physical activity. i, ii

- Between 2000 and 2009, over 3,000 people were killed while walking in New York State. A disproportionate number of these fatalities were children, older adults, and racial/ethnic minorities. iii The mortality rate of pedestrians older than 65 is significantly higher than younger pedestrians (4.6 per 100,000 vs. 1.2 per 100,000), putting New York 4th in the nation for the fatality rate for pedestrians over 65. iv

- Many studies have found that people who live in neighborhoods with greater infrastructure to accommodate walking and bicycling have higher participation in active modes of transportation and lower risk of obesity. v, vi, vii

- Designing environments that facilitate physical activity and active living is an effective method of addressing low levels of physical activity. viii

- Complete Streets policies require that transportation planners and engineers consistently plan, design, and build roadways with all users in mind—including bicyclists, public transportation vehicles, and pedestrians of all ages and abilities. Complete Streets allow all users of the road to travel safely.

- New York State has a Complete Streets law, but a recent study shows that local policies are important to ensure adequate implementation across all New York roads. ix
**ACTION:**

Take these steps to create, implement, or enhance Complete Streets policies in your community:

<table>
<thead>
<tr>
<th>Recommended Step</th>
<th>Brief Description</th>
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| **Review the existing policy environment** | **How to identify existing plans:**  
• Contact the local Department of Transportation (DOT) or Metropolitan Planning Organization (MPO).  
• Contact municipalities about comprehensive plans and bicycle and pedestrian plans.  
• Identify other local agencies and officials that have roles in updating local streets or maintenance plans:  
  1. Planning boards or councils  
  2. Decision-making entities in the local government, like community boards or town councils  
  3. Local planning organizations  
  4. Bicycle and pedestrian advocacy groups  
  5. Disability service and advocacy organizations  
  6. Community-based organizations  
• In addition to looking for “Complete Streets” policies, look for concepts like “Smart Growth,” “Location Efficiency,” “Livability,” “Universal Design,” “Green Codes,” zoning codes, and other existing planning efforts that affect pedestrian and bicycle access to roads. |
| **Convene stakeholders** | **Potential partners and organizations to whom to reach out:**  
• Bicycle and pedestrian groups  
• Businesses  
• Community-based organizations  
• Departments of Public Works  
• Developers  
• Elected officials  
• Engineering and road design specialists  
• Law enforcement  
• Local Departments of Transportation  
• Local Health Departments, hospitals, and health coalitions  
• Schools and parent-teacher organizations  
• Disability service and advocacy organizations  
• Municipal and city planners  
• Parks and recreation departments  
• Public housing tenants  
• Runners’ and bicyclists’ clubs  
• Transportation equity advocacy groups  
• Tri-State Transportation Campaign  
• University programs in public health or planning  
*Partners can help you identify and connect with other partners.* |
**ACTION:**

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<td><strong>Prioritize needs and develop an action plan to address them</strong></td>
<td>Depending on your community’s needs, you may want to work toward ensuring equitable implementation of existing policies, enhancing existing related policies, or implementing new policies.</td>
</tr>
</tbody>
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|                                                        | **Focus on disparities:**  
  - Low-income neighborhoods and communities of color often have higher rates of disease and lack access to safe and convenient bicycle and walking routes. Are existing policies reaching them? How might policies be changed?  
  - Older adults, people with disabilities, and young children are at high risk of accidents on unsafe streets. Do plans incorporate safety considerations?  
  - Older adults and people with disabilities experience greater impact to quality of life (e.g., lack of independence, decreased physical activity, and increased social isolation) when environments lack elements of Complete Streets.  
  - Partner with communities with disparate health outcomes to present their needs and opportunities for improvement to decision-makers. |
| **Monitor implementation of your action steps**        |                                                                 **How your partners can help:**  
  - Work with partners that can help you to set targets and milestones for Complete Streets implementation  
  - Identify partners who can help obtain and track data  
  - Set a schedule for reporting milestones to partners and other stakeholders                                                                 |
|                                                        |                                                                                                                                                                                                                  |
Objective 1.1.3
By December 31, 2017, increase the number of municipalities that have passed complete streets policies from 23 (2011) to 46.

Local Health Departments can include the above objective in the Community Health Assessment.

Tracking performance and process measures can be important for reporting progress to stakeholders and for fundraising. Here are measures that you should use to track progress:

Short-Term Performance Measures
- Number or percent of residents that reside in a jurisdiction with Complete Streets policies, plans, and practices
- Percent of roads in a jurisdiction that become subject to Complete Streets policies, plans, and practices
- Number of municipalities where new or enhanced policies, plans, and practices that promote Complete Streets are proposed
- Number of municipalities that adopt and implement policies, plans, and practices that promote Complete Streets

Long-Term Performance Measures
- Percentage of youth and adults who obtain recommended levels of daily physical activity
- Percentage of youth who are overweight or obese
- Percentage of adults who are overweight or obese
### RESOURCES:
Ready to get started? These resources can help:

#### Model Policies

**ChangeLab Solutions: Model Laws and Resolutions: Complete Streets**
These policies call for increased public participation and accountability.
[changelabsolutions.org/publications/laws-resolutions-cs](changelabsolutions.org/publications/laws-resolutions-cs)

**National Complete Streets Coalition: Elements of a Comprehensive Complete Streets Policy**
Ten elements of a comprehensive Complete Streets policy are identified in this resource.
[www.smartgrowthamerica.org/complete-streets/changing-policy/policy-elements](www.smartgrowthamerica.org/complete-streets/changing-policy/policy-elements)

**Complete Streets in a Box**
Southern Westchester Energy Action Consortium and Tri-State Transportation Campaign collaborated to document the process of adopting Complete Street policies and created a toolkit with useful resources.
[www.smartgrowthamerica.org/complete-streets/changing-policy/policy-elements](www.smartgrowthamerica.org/complete-streets/changing-policy/policy-elements)

#### Resources for Assessment

**North Country Communities Complete Streets Guide**
This toolkit includes assessment guidelines, a checklist, and an evaluation.

**Complete Streets Implementation Reports**
Lee County in southwest Florida tracked process measures for Complete Streets policy implementation.
[www.lee-county.com/gov/dept/sustainability/completestreets/Pages/ImplementationReports.aspx](www.lee-county.com/gov/dept/sustainability/completestreets/Pages/ImplementationReports.aspx)

**Easter Seals Project Action Assessment Tools and Resources**
[www.projectaction.org/ResourcesPublications/AssessmentToolsandResources.asp](www.projectaction.org/ResourcesPublications/AssessmentToolsandResources.asp)

#### Additional Resources

**NYS Department of Transportation – Complete Streets**
[www.dot.ny.gov/programs/completestreets](www.dot.ny.gov/programs/completestreets)

**National Complete Streets Coalition: Considerations and Planning for Persons with Disabilities**
[www.smartgrowthamerica.org/complete-streets/complete-streets-fundamentals/factsheets/disabilities](www.smartgrowthamerica.org/complete-streets/complete-streets-fundamentals/factsheets/disabilities)

**Tri-State Transportation Campaign**
[www.tstc.org](www.tstc.org)

**NYS Association of Metropolitan Planning Organizations**
[www.nysmpos.org/wordpress](www.nysmpos.org/wordpress)

**SUNY Albany Public Health Live**
[www.albany.edu/sph/cphce/phl.shtml](www.albany.edu/sph/cphce/phl.shtml)
CITATIONS


