

# Active Transportation for Economic, Environmental, & Public Health



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Depot Street (spring 2017 walk audit).

[www.markfenton.com](http://www.markfenton.com)

- Background
- Healthy design essentials
- Ideas for Dedham
- Proposal: Active Transportation Working Group



May 4, 2018 The Dedham Times Page 20

### Livable Dedham trains members to conduct "walk audits"

Plans to train others to spread the project nationwide

Photo: Mark Fenton

During the walk ask 4 questions:

- Land use: Different types of destinations: live, work, shop, play, learn, pray?
- Network of facilities: Quality sidewalks, bike lanes, trails, transit, connectors?
- Site design: Buildings at sidewalk or set back; bike parking; crossings, traffic too much, near, or fast; other dangers?
- Safety: ADA access, crossings, traffic too much, near, or fast; other dangers?

Photo: Mark Fenton

Photo: Mark Fenton



May 2017 Paul Park walk audit

April 2018 Facilitator training & walk audit

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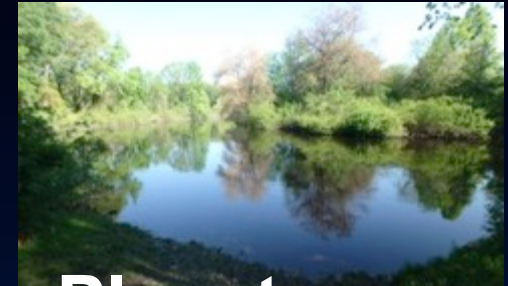




# Healthy design yields a Triple Bottom Line:



**Prosperity**



**Planet**



**People**

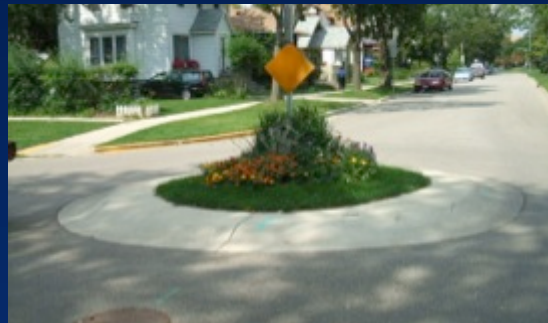
# Four "healthy" elements

Network

Land Use



Safety & Access



Site Design



# i. Land use.

Live, work, shop, play, learn, pray.



Compact neighborhoods & shared open space.

*Schools*



**Housing  
above  
retail  
below.**



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## ii. Network for all modes:



- Presence of sidewalks, bike lanes, pathways.
- Fewer cul-de-sacs.
- Trails to destinations.
- Access to affordable *transit* (MBTA, bus)





# Bicycle network tools:



Sharrows



Bike lane



Minuteman Trail



Protected bike lane

Buffered bike lane





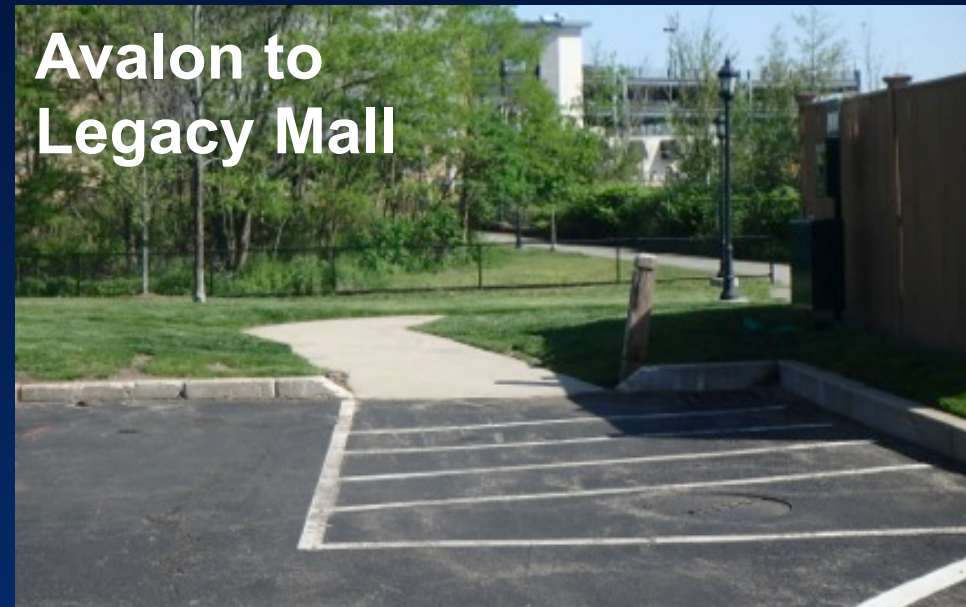
# Trails for transportation . . .



Dresser Ave



Avalon to  
Legacy Mall









### iii. Site design:



Which setting is more appealing for travel on foot and by bike?



## Site design:



- Buildings near the sidewalk, not set back; parking on street or behind.
- Trees, benches, lighting, awnings, “human” scale.
- Details: bike parking, open space, plants, art, materials.





Much modern zoning is entirely car oriented; very unwalkable & leading to predictable high turnover & empty box stores >







## Retrofitting suburban design (Winter Park FL)



# Requires zoning updates



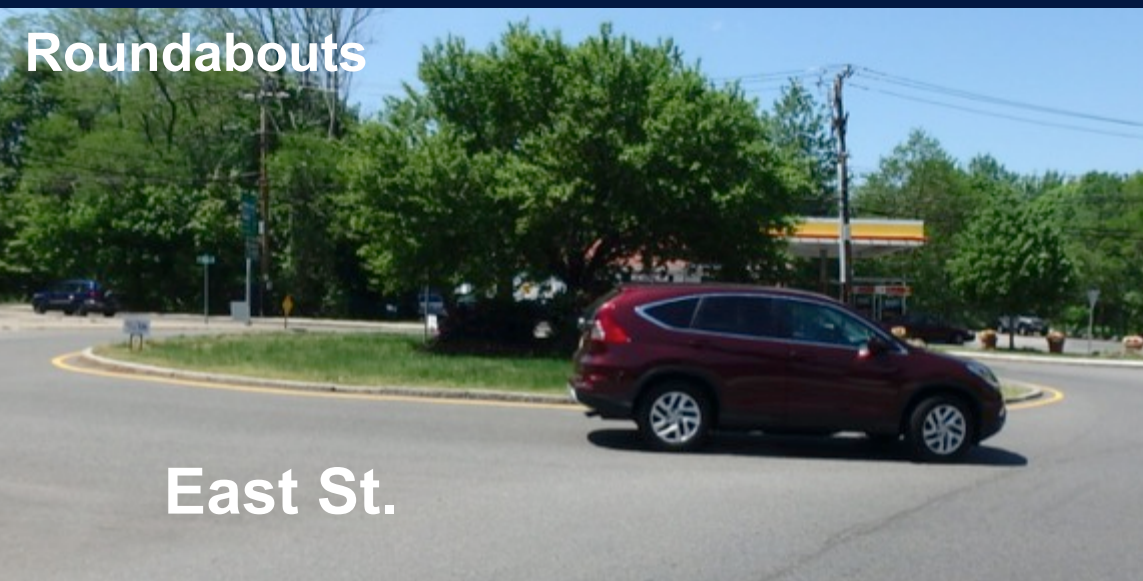


## iv. Safety & access.

- Engineering can markedly improve safety.
- Increasing pedestrian & bike trips *decreases* overall accident & fatality rates.



Median islands



Roundabouts

East St.



Curb extensions

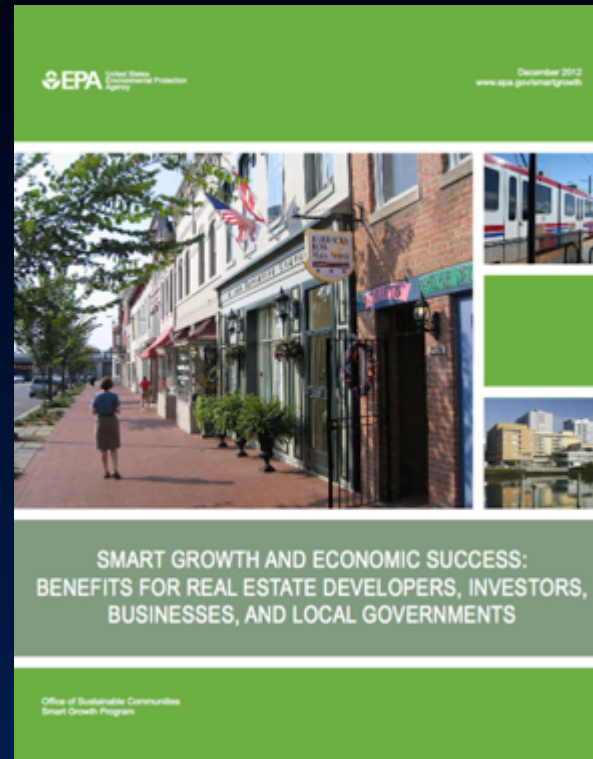
(Jacobsen P, Injury Prevention, 2003; 9:205-209.)

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# Economic pull of “healthy” designs:

## 1. Market demand



## 2. Market performance



## 4. Quantifiable health benefits!

## 3. Developer interest





# Images on your web site . . .





# Not on your web site . . .



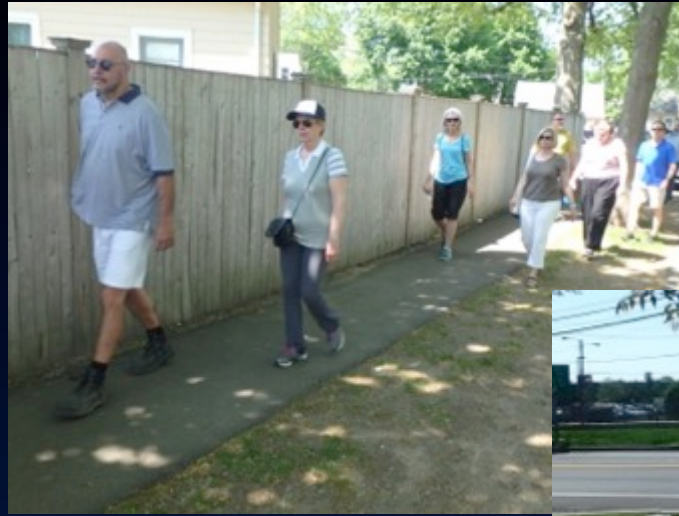


# Dedham desires walk, bike, and transit access.



## Dedham and Westwood Bicycle and Pedestrian Network Plan

April 2014



# “Opportunistic” Complete Streets

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Map in the recommendation memo from the Dedham Square walk audit (April 2018).



# Routine accommodation (e.g. road diets)

- 5 or 4 reduced to 3

- Reduces collisions & severity; better for all four modes.



*Urbana, IL; before & after.*





Washington St.



# Tactical urbanism & Lighter, Quicker, Cheaper



Protected lane



Mini circle



Curb extensions





## Small & large ideas . . .



Put bike racks in curbside extensions >



< Temporary roundabout during power outage moved 65,000 vehicles a day; Wilmington NC.

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**Scituate Library**



**North Adams, MA**

**Vocational  
school  
designed &  
built bike  
racks.**



# Proposal: BOS to appoint ATWG . . .

- Alternative Transportation Working Group.
- Consider: **Active** Transportation WG . . .
- Designate advisory role to BOS, Planning Board, ZBA; *require* input on permits, development, etc.
- Support: Transportation Advisory, Conservation Commission, School, Master Plan Implementation, Building, By-law Review, other committees . . .

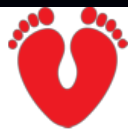









**STONEHAM  
TRANSPORTATION  
ADVISORY COMMITTEE**  
WORKING TO IMPROVE TRANSPORT ACCESS  
FOR ALL

**IMPROVED TRANSPORTATION  
FOR ALL**



**WalkMedford**

**Medford**  
Making Bicycling  
Safe, Useful & Fun in Medford, MA

Home Medfordbikes Blog Meetings & Events

MASTER PLAN 2018 EVENTS MEETING SCHEDULE




**Brockton**

Brockton Ad-Hoc  
Bicycle Pedestrian  
Advisory Committee  
@BrocktonBPAC

**Melrose Pedestrian & Bicycle Advisory Committee**

Promoting walking and bicycling in the city of Melrose, MA







Home About Pedestrian Bicyclists Meetings Roadway Improvement Projects Resources Links Events/Calendar

**Canton**

**Canton Walk Bike & Hike Committee  
Charter and Rules of Governance**

**Article 1: Name**

The name of the committee shall be the Canton Walk Bike & Hike Committee (CWBHC).

**Article 2: Charter**

The committee is organized to help improve bicycling and pedestrian conditions in the Town of Canton, as delineated in the Canton Master Plan: "... a pedestrian-oriented center will link open space with adequate parking and a diversity of uses... There will be safer street crossings... and traffic will have been reduced... Canton will be accessible by many transportation modes, and will be convenient and safe for walking and biking with paths connecting the reservoir, Blue Hills, Ponkapoag Pond, and Blue Hills Regional Vocational Technical High School. The town will be pedestrian-friendly with clean, curbed sidewalks in every neighborhood ..."

**Melrose**

Melrose Pedestrian & Bicycle Advisory Committee

Join us at a monthly meeting!

- When: Wednesday, April 3, 2019 at 7:00 PM
- Where: Melrose City Hall, Cassidy Conference Room – formerly Mayor's Conference Room (enter from lower rear door)
- Like on [Facebook](#) and Follow on [Twitter](#)
- Join our email discussion list (10-20 emails per week with daily digest [opedbike@gmail.com](mailto:opedbike@gmail.com) to join).

Contact Information:  
[melrosepedbike@gmail.com](mailto:melrosepedbike@gmail.com)

[www.markfenton.com](http://www.markfenton.com)





**Olshansky et.al., “A  
Potential Decline in  
Life Expectancy . . .”  
*New Eng. J. of Med.*,  
March 17, 2005**

**Questions?**



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