

WALKABILITY AUDIT REPORT

WEST AND EAST LAMPETER TOWNSHIP

Reducing Chronic Disease among
Lancaster County Residents



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WALKABILITY FACT SHEET

HEALTH

Men and women age 50–71 who took a brisk walk nearly every day had a
27% reduced death rate compared to non-exercisers
[*Arch Internal Medicine, 2007*].

Retired men who walked less than 1 mile/day had nearly
twice the mortality rates
of those who walked more than 2 miles/day
[*Harvard University, Brigham & Women's Hospital, ongoing*]

On average, sedentary people who became active later in life
improved their life expectancy
by about 1.6 years
[*Harvard Alumni Study, 2000*].

Risks of death from
breast and uterine cancer were reduced
19% in those who walked 1 – 3 hours/week and by 54% for walking 3 – 5 hours/week
[*Harvard University Women's Health Study, 2012*]

WALKABILITY FACT SHEET

ECONOMICS

A 10-point increase in Walk Score

increases commercial property values by 5%-8% [University of Arizona and Indiana University, 2010].

In pedestrian friendly neighborhoods,

Home values commanded a premium
of up to \$20,000 over home in non-walkable communities
[Urban Land Institute, 1999].

Homes in walkable urban neighborhoods have

experienced less than half the average decline
in price from the housing peak in the mid-2000's [Brookings Institution, 2011].

On a five-step "ladder" of walkability, each step up the ladder resulted in an additional

\$9/sf to office space rentals

\$7/sf to retail space rentals

\$300/month for apartment rentals

\$82/sf to home values

[Brookings Institution, 2012].

FACT SHEET

QUALITY OF LIFE

College students showed **increased performance**
on recognition memory tasks after exercise [*NYU current research*].

People living in walkable neighborhoods
watch less TV
participate in community projects
volunteer more
and trust their neighbors more
[*University of New Hampshire, 2010*].

Aerobic exercise gives children the capacity to learn and
increases their memory, attention,
and decision-making
[*Neuroscience, 2011*].

WALKABILITY FACT SHEET

ENVIRONMENT

Drivers experience **higher levels of air pollution inside their vehicle** than outside. [*Rank, Folke and Jespersen, 2001*].

Motor vehicles are responsible for more than two-thirds of the **carbon monoxide** in the atmosphere, a third of the **nitrogen oxides** and a quarter of the **hydrocarbons** [*Surface Transportation Policy Project*].

Parents who drive their kids to school contribute to **20-30%** of morning traffic congestion in urban areas.

[www.americawalks.org]

Fewer cars would generate LESS traffic, LESS air and noise pollution, and LESS fuel consumption

[www.walksandiego.org].

WALK AUDIT BACKGROUND

WHAT ARE WALKABILITY AUDITS AND WHY ARE THEY IMPORTANT?

Walkability is important for a community and everyone benefits from walking. Walkable communities are safer for pedestrians and school children walking or biking to school. Walking improves fitness, contributes towards cleaner air, reduces risks of certain health problems, and promotes a greater appreciation for a community. On average, home values are increased in walkable communities. And, with the proper design, communities will see an increase in commerce for local businesses. However, people are unable to walk if an area is unsafe or difficult to utilize.

Walkability audits enable individuals in a community to analyze how walkable their communities are. They are a key planning tool that provides communities with the technical assistance necessary to access walking and biking conditions while creating a plan for improving them.

Successful walk audits require the commitment of municipal leaders and staff to assess the walkability of areas within their communities and make efforts to improve walkability and safety for residents and visitors. The most important part of an audit is having the participation of local residents—people who know the area, who live or work there, and know what it's like to walk around the neighborhood. Community members are encouraged to come along and share their comments and observations. However, it is also important to involve participants who can influence the built environment. This includes: planners, public works staff, engineers, architects, public health and safety staff, school officials, and elected and appointed officials.

The Walkability Checklist is a tool used to provide both a snapshot of current conditions and assess the participant's ability walk to destinations within their neighborhood. The Walkability Checklist provides a way to easily record safety problems along walking and bicycling routes to school. They can also be used to share information with school and community leaders and media. The Checklist enables the individual to determine problems within a community that would benefit from specific improvements.

BACKGROUND

Location

Portions of East Lampeter, West Lampeter, Lancaster City and Lancaster Township were evaluated in the Bridgeport area. Please see specific streets listed in report.

Desired outcomes

Investigate the existing conditions for walkability along the chosen routes. Identify features that contribute to pedestrian use as well as those that need improvement. A goal of the walk audit is also to provide guidance for future planning, development and construction activity that may occur within the walk audit area to provide recommendations for the best use of limited funding resources.

Participants

The walk audit occurred on November 18, 2013. In attendance were representatives from East and West Lampeter Townships, Lighten Up Lancaster County, LiveWell Lancaster County, Lancaster County Planning Commission, and local engineering firm, C.S. Davidson and David E Miller, as well as interested Township residents.

Take a walk and use this checklist to rate your neighborhood's walkability

How walkable is your community?

Location of walk

Rating Scale:



1. Did you have room to walk?

- Yes Some problems:
- Sidewalks or paths started and stopped
 - Sidewalks were broken or cracked
 - Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 - No sidewalks, paths, or shoulders
 - Too much traffic
 - Something else _____

Rating: (circle one) Locations of problems:
 1 2 3 4 5 6 _____

4. Was it easy to follow safety rules? Could you and your child...

- Yes No Cross at crosswalks or where you could see and be seen by drivers?
- Yes No Stop and look left, right and then left again before crossing streets?
- Yes No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
- Yes No Cross with the light?

Rating: (circle one) Locations of problems:
 1 2 3 4 5 6 _____

2. Was it easy to cross streets?

- Yes Some problems:
- Road was too wide
 - Traffic signals made us wait too long or did not give us enough time to cross
 - Needed striped crosswalks or traffic signals
 - Parked cars blocked our view of traffic
 - Trees or plants blocked our view of traffic
 - Needed curb ramps or ramps needed repair
 - Something else _____

Rating: (circle one) Locations of problems:
 1 2 3 4 5 6 _____

5. Was your walk pleasant?

- Yes Some problems:
- Needed more grass, flowers, or trees
 - Scary dogs
 - Scary people
 - Not well lighted
 - Dirty, lots of litter or trash
 - Dirty air due to automobile exhaust
 - Something else _____

Rating: (circle one) Locations of problems:
 1 2 3 4 5 6 _____

3. Did drivers behave well?

- Yes Some problems: Drivers ...
- Backed out of driveways without looking
 - Did not yield to people crossing the street
 - Turned into people crossing the street
 - Drove too fast
 - Sped up to make it through traffic lights or drove through traffic lights?
 - Something else _____

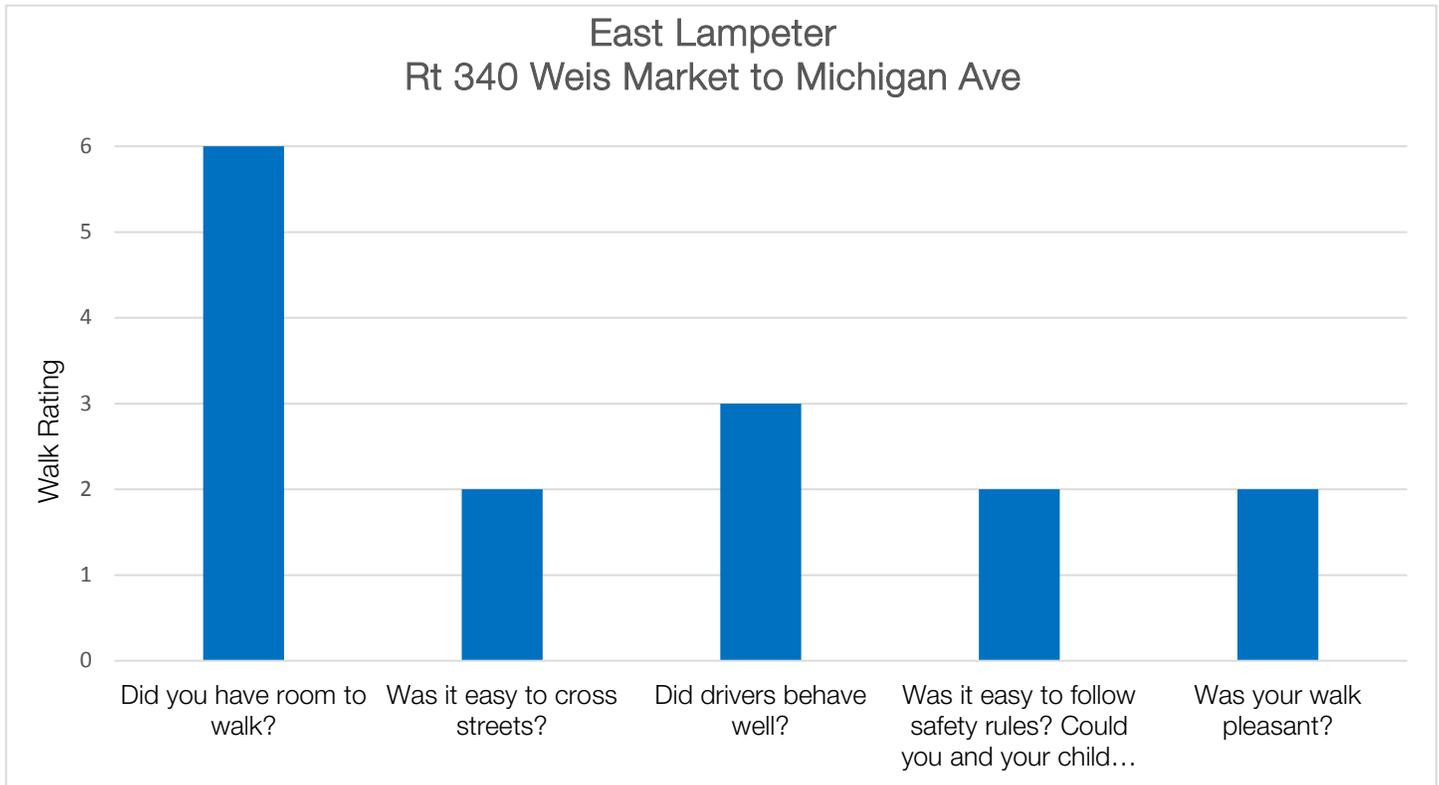
Rating: (circle one) Locations of problems:
 1 2 3 4 5 6 _____

How does your neighborhood stack up? Add up your ratings and decide.

1. _____	26-30	Celebrate! You have a great neighborhood for walking.
2. _____		
3. _____	21-25	Celebrate a little. Your neighborhood is pretty good.
4. _____		
5. _____	16-20	Okay, but it needs work.
Total: _____	11-15	It needs lots of work. You deserve better than that.
	5-10	It's a disaster for walking!

Now that you've identified the problems, go to the next page to find out how to fix them

Walkability Audit Results



Participant Comments

Did you have room to walk? There were some problems. Some sidewalks or paths started and stopped and had wide shoulders in some places. There were no sidewalks, paths, or shoulders in some parts and participants had to walk along portions of the roadway. There was too much traffic as well as a few tripping hazards along the route.

Was it easy to cross streets? Some spots needed curb ramps or ramps needed repaired. The crosswalk at Campus Dr. and Old Philadelphia Pike led to nowhere.

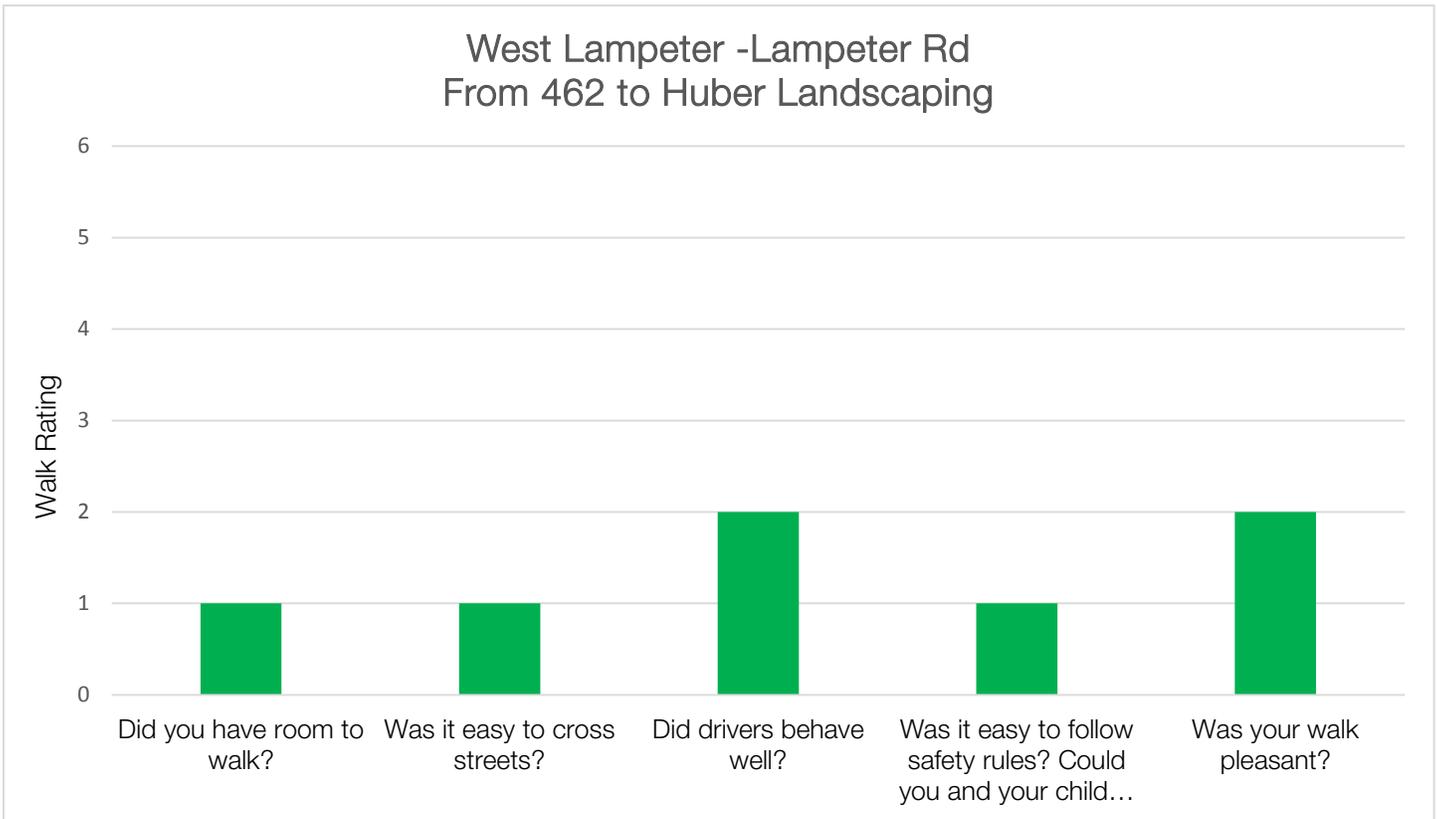
Did drivers behave well? Some drivers drove too fast

Was it easy to follow safety rules? Yes, for the most part

Was your walk pleasant? Some places needed more grass, flowers, or trees. There was no landscaping and this route was not good for recreational walking. The surfaces were all level and it was suggested to change surfaces because handicapped individuals would have difficulties.

Total Score: 15 = It needs a lot of work. You deserve better than that.

West Lampeter -Lampeter Rd From 462 to Huber Landscaping



Participant Comments

Did you have room to walk? There were many issues with having room to walk on the street. Sidewalks were blocked with poles, signs, shrubbery etc. Some parts of the street had no sidewalks or shoulders; there was heavy traffic as well.

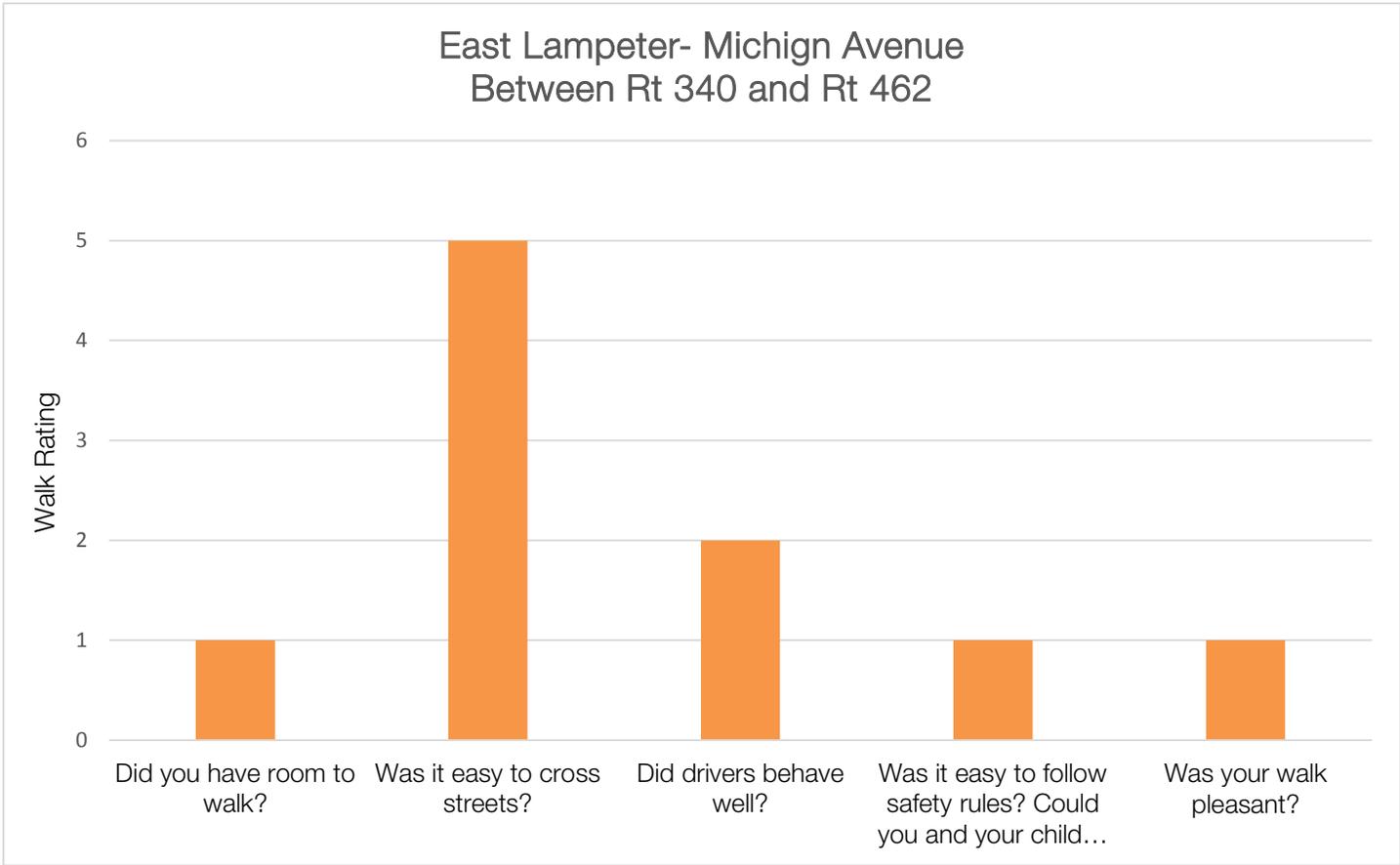
Was it easy to cross streets? There were some issues crossing the street such as the crosswalks are in need of crosswalk stripes and or traffic signals. There was no button to push to cross the street.

Did drivers behave well? The drivers drove too fast, especially the tractor trailers. Buggies drove on the road frequently which would bring the traffic to a creep.

Was it easy to follow safety rules? Could you and your child...? The crosswalks are located where they could not be seen by the driver because of the hill. There were no sidewalks at some points and we were not be able to cross with the light.

Was your walk pleasant? This walk had lots of tractor trailer traffic and presented some tripping hazards. Also the issue with the location was there is no transit availability.

Total Score: 6 = Disaster for walking!



Participant Comments

Did you have room to walk? There were no sidewalks, paths, or shoulders

Was it easy to cross the streets? The streets were easy to cross

Did drivers behave well? There were some issues with the drivers; drivers did not yield to people crossing the street. (One driver gave the walkers “the finger”)

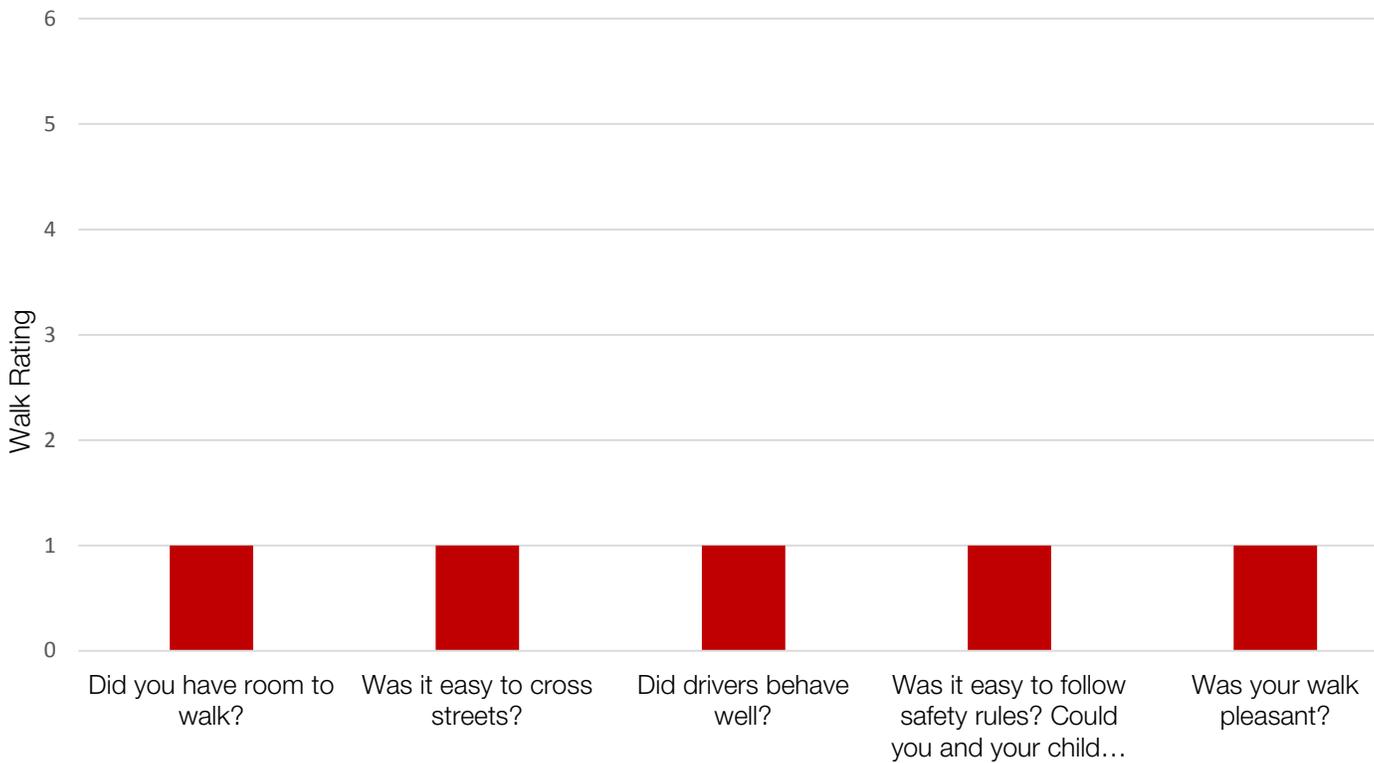
Was it easy to follow safety rules? It was not easy to follow safety rules. The crosswalks were not located where the walkers could be seen by the driver, there weren’t sidewalks or shoulders to walk on and walkers could not walk with the light.

Was your walk pleasant? There were some issues, but not specified by the walkers. However issues were brought up in the previous questions, such as vehicles moving too fast, crosswalks not place appropriately, and no shoulder or sidewalks available to walk on.

Total Score: 10 = It’s a disaster for walking!



East Lampeter to Lancaster Township Rt 462 Lampeter Rd to Pitney Rd to Conestoga Drive



Participant Comments

Did you have room to walk? There were some issues, sidewalks or paths started and stopped, and sidewalks were broken or cracked. When crossing at Lampeter Road there were no sidewalks, paths or shoulders. There were no buffers between walking path and roadway.

Was it easy to cross streets? Striped crosswalks or traffic signals are needed.

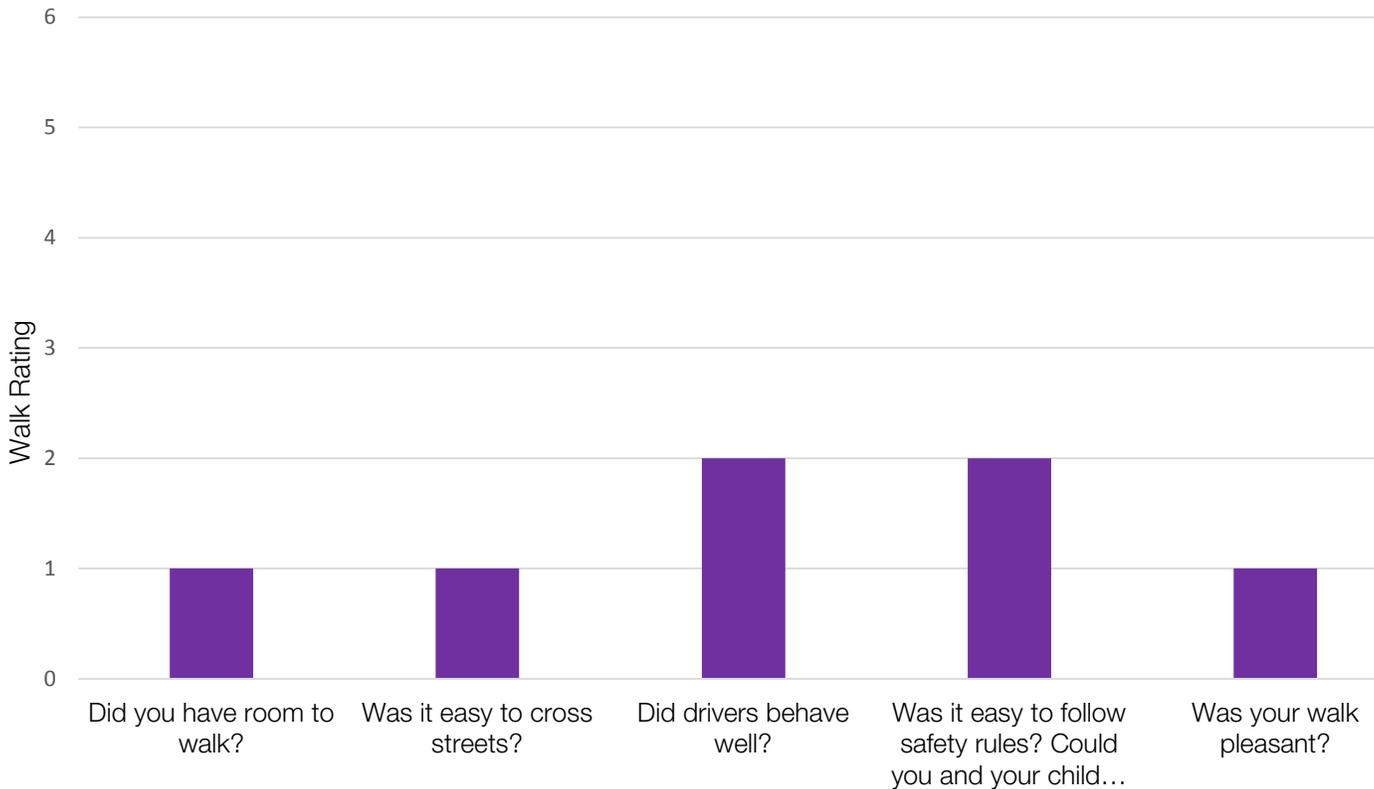
Did drivers behave well? Not answered

Was it easy to follow safety rules? Not answered

Was your walk pleasant? There was only a sidewalk on one side of the street

Total Score: 6 = It's a disaster for walking!

East Lampeter Rt 462 Michigan Ave to Lampeter Rd



Participant Comments

Did you have room to walk? There were some problems. Some sidewalks started and stopped

Was it easy to cross streets? No, roads were too wide and they needed striped crosswalks or traffic signals. It was noted that there was no crosswalk at Michigan Ave even though there is a bus stop sign

Did drivers behave well? Some drivers drove too fast

Was it easy to follow safety rules? Not answered

Was your walk pleasant? No, there were cracked roads and it was dirty with some litter.

Total Score: 7 = It's a disaster for walking!

Resources

EDUCATIONAL

National Center for Safe Routes to School – www.saferoutesinfo.org

Pedestrian and Bicycle Information Center – www.pedbikeinfo.org

FHWA Office of Safety Bicycle and Pedestrian Safety – safety.fhwa.dot.gov/ped_bike

U.S. Access Board – www.access-board.gov

FUNDING

Pennsylvania's Transportation Alternatives Program Grants

TAP Coordinator: Chris Metka, PennDOT 717-787-8065, cmetka@pa.gov

Department of Conservation and Natural Resources (DCNR) Grants

<http://www.dcnr.state.pa.us/brc/grants/index.aspx>

LOCAL RESOURCES

Active Transportation Working Group – Beth Schwartz, bakoser@lghealth.org

Citizen's Bicycle and Pedestrian Advisory Committee (BPAC)

<http://pa-lancastercountyplanning.civicplus.com/151/Bicycle-Pedestrian-Planning>

LiveWell Lancaster County – livewell.org

