

State Physical Activity and Nutrition (SPAN) Program

Troy Hearn / Active Living Program

Spring 2022



KENTUCKY CABINET FOR
HEALTH AND FAMILY SERVICES



Kentucky Public Health
Prevent. Promote. Protect.

Kentucky Department for Public Health

About Us



Kentucky Public Health
Prevent. Promote. Protect.

The Department for Public Health (DPH) is dedicated to improving health and safety of Kentuckians through *prevention, promotion, and protection*.

As a major component of the Cabinet for Health and Family Services, DPH provides guidance and support for health departments in all 120 counties.

Serving as Kentucky's dedicated public health resource, DPH is responsible for identifying and allocating resources to communities and public health institutions in an effort to prevent and protect against diseases, outbreaks, hazards statewide.

Active Living/Active Transportation

Active living is a way of life that integrates physical activity into your everyday routines, such as walking to the store or biking to work, school, or the park.



Active living is a combination of physical activity and recreation activities aimed at the general public to encourage a healthier lifestyle. <https://activelivingresearch.org/toolsandresources/all>

➤ **The Goals for your community:**

1. Create a healthier/wealthier community
2. Address community walk/bike travel safety concerns
3. Community equality, equity, and growth

➤ **Ways of Achieving the Goals**

1. Create a Walk/Bike Master Plan (what is needed, where it is needed, and how it connects people)
2. Create community involvement in the planning process
3. Coordinate and share resources and data (connecting people with the right resources creates champions)

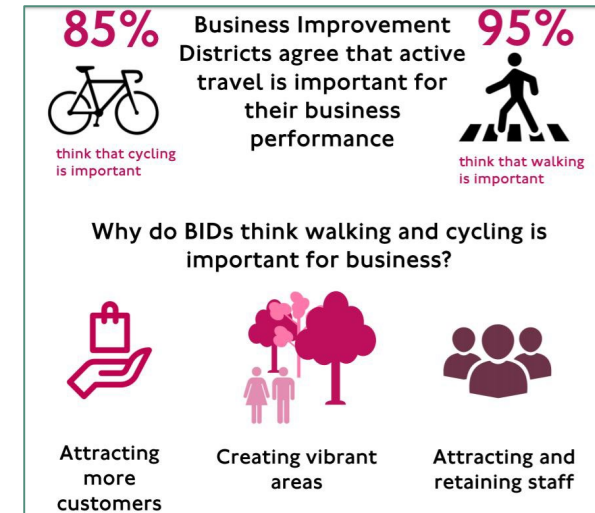
Why is this important?

- Health (physical and mental)
- Quality of Life (personal and community wide)
- Greater return on investment
- Improves your economy



Why is this a good investment?

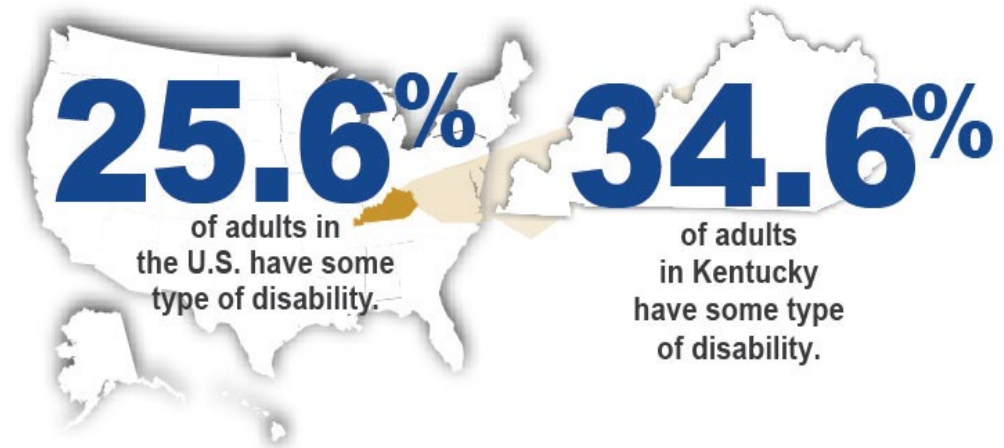
- The ROI could be better than most anything else (up to 6-1)
- Better for our environment
- Our health is the best investment (long term up to 3-1 ROI)
- Private investment is available; and demand is high!



*Rails to Trails Conservancy report on “Active Transportation Transforms America”

Why is this a good investment?

- Currently KY spends hundreds of Millions \$\$\$ a year on health care (Kaiser Family Foundation)
- Our aging and disabled population (over 1/3 of the total population in KY) (AARP)
- Car ownership is declining in younger populations (Eltis)



P.L.A.N. of Action

People



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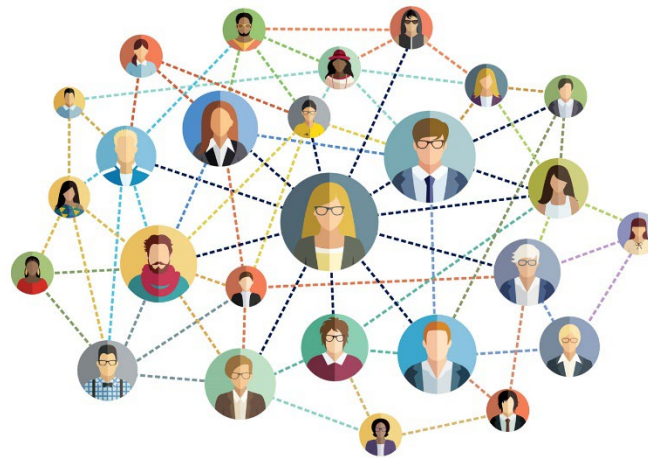
Locations



Actions

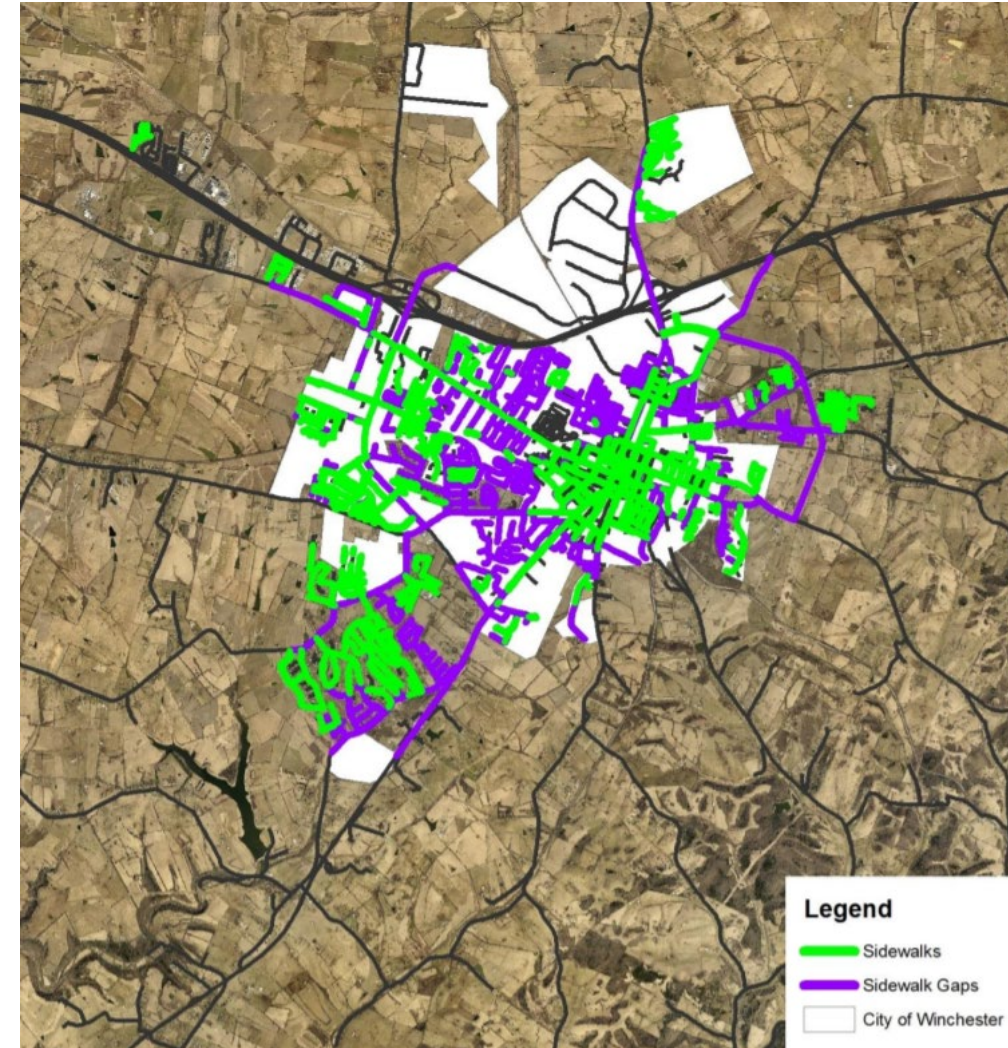


Networks



1st Step : Existing Conditions

- What do you have now?
- Promoting what you have now!
- Mapping your current and future facility needs
- Identifying priority corridors/areas
- Collecting the data to support the need



Time Lines

- Some cities are ready now



- Some cities will be ready soon



Expectations

When will it be done?

When will we get there?



Infrastructure Life Cycle



Funding

Key: \$ = Funds may be used for this activity (restrictions may apply). \$* = See program-specific notes for restrictions. ~\$ = Eligible, but not competitive unless part of a larger project.															
Activity or Project Type	Pedestrian and Bicycle Funding Opportunities U.S. Department of Transportation Transit, Highway, and Safety Funds														
	TIGER	TIFIA	FTA	ATI	CMAQ	HSIP	NHPP	STBG	TA	RTP	SRTS	PLAN	NHTSA 402	NHTSA 405	FLTP
Access enhancements to public transportation (includes benches, bus pads)	\$	\$	\$	\$	\$		\$	\$	\$						\$
ADA/504 Self Evaluation / Transition Plan								\$	\$	\$		\$			\$
Bicycle plans			\$					\$	\$		\$	\$			\$
Bicycle helmets (project or training related)								\$	\$SRTS		\$		\$*		
Bicycle helmets (safety promotion)								\$	\$SRTS		\$				
Bicycle lanes on road	\$	\$	\$	\$	\$	\$	\$	\$	\$		\$				\$
Bicycle parking	~\$	~\$	\$	\$	\$		\$	\$	\$	\$	\$				\$
Bike racks on transit	\$	\$	\$	\$	\$			\$	\$						\$
Bicycle share (capital and equipment; not operations)	\$	\$	\$	\$	\$		\$	\$	\$						\$
Bicycle storage or service centers at transit hubs	~\$	~\$	\$	\$	\$			\$	\$						\$
Bridges / overcrossings for pedestrians and/or bicyclists	\$	\$	\$	\$	\$*	\$	\$	\$	\$	\$	\$				\$
Bus shelters and benches	\$	\$	\$	\$	\$		\$	\$	\$						\$
Coordinator positions (State or local)					\$ 1 per State			\$	\$SRTS		\$				
Crosswalks (new or retrofit)	\$	\$	\$	\$	\$*	\$	\$	\$	\$	\$	\$				\$
Curb cuts and ramps	\$	\$	\$	\$	\$*	\$	\$	\$	\$	\$	\$				\$
Counting equipment			\$	\$		\$	\$	\$	\$	\$	\$	\$*			\$
Data collection and monitoring for pedestrians and/or bicyclists			\$	\$		\$	\$	\$	\$	\$	\$	\$*			\$
Historic preservation (pedestrian and bicycle and transit facilities)	\$	\$	\$	\$				\$	\$						\$
Landscaping, streetscaping (pedestrian and/or bicycle route; transit access); related amenities (benches, water fountains); generally as part of a larger project	~\$	~\$	\$	\$			\$	\$	\$						\$
Lighting (pedestrian and bicyclist scale associated with pedestrian/bicyclist project)	\$	\$	\$	\$		\$	\$	\$	\$	\$	\$				\$
Maps (for pedestrians and/or bicyclists)			\$	\$	\$			\$	\$		\$	\$*			
Paved shoulders for pedestrian and/or bicyclist use	\$	\$			\$*	\$	\$	\$	\$		\$				\$



Bike/Ped

Success to Date

- Funding and help create 15 new/updated community walk/bike plans
- Funding and help create 5 engineering/design studies
- Provided resources and guidance with 14 walk/bike construction projects
- Executed an MOU between the KYTC and KYHP (our programs)
- Participated in several national studies related to walk/bike for KY
- Participated in several state and national walk/bike trainings
- Created processes and documentation for walk/bike plans, designs and more



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Thank You!

Troy Hearn
Prevention & Quality Improvement
KY Department for Public Health

Troy.Hearn@ky.gov

502-564-9358 ext. 4022

Resources and Citations

- <https://www.peoplepoweredmovement.org/benefits-of-biking-walking>
- <https://www.prnewswire.com/news-releases/new-research-finds-public-investment-in-trails-walking-and-biking-infrastructure-delivers-potential-economic-benefits-of-138-5-billion-annually-300938897.html>
- <https://aashtojournal.org/2019/10/18/conservancy-report-projects-roi-from-active-transportation-investments/>
- <https://www.nkytribune.com/2019/06/kentucky-has-second-highest-per-capita-spending-on-prescription-drugs-no-surprise-in-unhealthy-place/>
- <https://www.aarp.org/livable-communities/getting-around/info-2015/bicycles-bike-riding-older-adults.html>
- <https://www.eltis.org/in-brief/news/young-people-increasingly-prefer-car-sharing-car-ownership>
- <https://www.nar.realtor/research-and-statistics/research-reports/most-popular-areas-for-millennials-where-they-move-and-stay>