

# Lawton Walkability Assessment Brochure

## Department of Health and Human Physiology



Class Led by Amy Fletcher  
Course: Physical Activity and Healthy Communities

**In partnership with Siouxland Interstate Metropolitan Planning Council**

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***simpco IS ACTION!***



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**Iowa Initiative for Sustainable Communities**

Provost's Office of Outreach & Engagement

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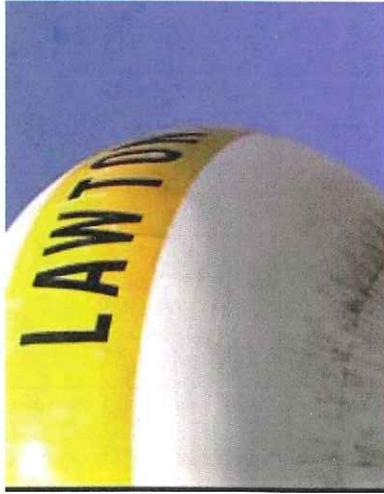
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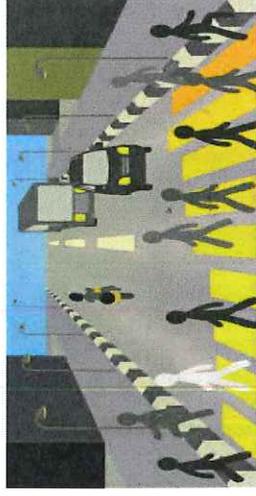


## Overview of Strategies:

- Traffic Calming
- Who Walked
- Remote Drop Off/Pick up
- Safe Routes To School, Iowa

## Remote Drop Off/Pick Up

- Routes around schools for pick up and drop off are dangerous therefore parents don't want their kids walking
- Remote drop off and pick up locations still allow for physical activity in walking to and from school and also alleviate the traffic congestion created by drop off and pick up
- Creating a route into school for drop off pick up therefore there are crosswalk guards and other officials around to ensure safety for children



## Walkability Audit

*"When it comes to health, your zip code matters more than your genetic code."*

*Dr. Anthony B. Stone*

Lexie Mitsos, Megan Corlett, Mo  
Taha

## Safe Routes to School

- Non infrastructure program that wants to increase safety and promote walking and bicycling to school through 5 E's:
- Evaluation, Engineering, Education, Encouragement, Enforcement
- 1969 almost half of children walked to school now only 15%
- School trips less than 1 mile 29% walk
- Strong correlation for communities that have safe walk and bicycle paths and also correlation with air quality and traffic congestion



**Iowa Federal SRTS Funding:**  
 2005 Funding: \$1,000,000  
 2006 Funding: \$990,000  
 2007 Funding: \$1,084,775  
 2008 Funding: \$1,339,951  
 2009 Funding: \$1,693,614  
 2010 Funding: \$1,693,614  
 2011 Funding: 2,036,529  
 2012 Funding: \$1,581,103  
 Total Funding: \$11,419,586

## Traffic Calming

- *Single Measure Traffic Calming in Gilbert, IA*
- Asphalt or rubber speed mound implemented in the middle of town
- Effective at slowing speed in both directions, but residents complained
- *Gateway Traffic Calming in Union, IA*
- Peripheral Transverse Pavement Markings- parallel bars that decrease in spacing as enter community- Moderately Effective
- Lane narrowing using center island and shoulder widening- Not Effective
- Driver Feedback Signs- Effective
- *Single Measure Traffic Calming Dexter, IA*
- Red pavement and white text to display speed signs entering and exiting community
- Effective when started then as paint faded speeds increased
- *Gateway Traffic Calming Roland, IA*
- Converging chevrons that decrease in space to make appearance of speeding up
- Effective and remained effective during 1-year evaluation
- *Low Cost Traffic Calming Slater, IA*
- Two center islands created using 36 inch longitudinal channelizers- Effective
- 25 MPH sign posted at the beginning of each island- Effective
- Slow markings on pavement – Not Effective
- Driver Feedback signs- Effective

## Who Walked

- Organized by Partnership for a Walkable America
- One Day Event aimed at the need for building walkable communities
- Shifted focus to International Walk To School Month in October which brings together 40 countries
- In 2005, granted \$612 million dollars for SRTS Programs
- In 2012, SRTS no longer receives funding but is under the Transportation Alternatives Program
- Walk To School Initiatives: Take Steps Towards A Better Way Handbook
- A guide to help not only start a program but maintain it and make it permanent for SRTS



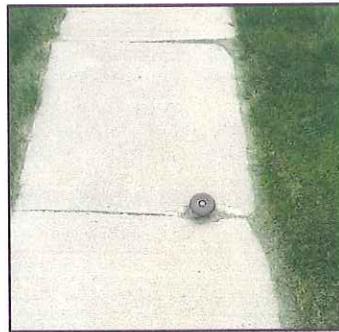
# Community Project: Environmental Assessment

Avery Carter Taylor Field Tiffany Comstock



## Problems:

### Lawton, IA Walkability Intervention



## Solutions:

### Revamping the Park Settings



Increasing park space and revamping current parks would increase walkability and physical activity because it would give an area for people to be active. It would also be a destination for people to walk to.

# Solutions:

## Lawton, IA Walkability Intervention

### Community-Wide Activity



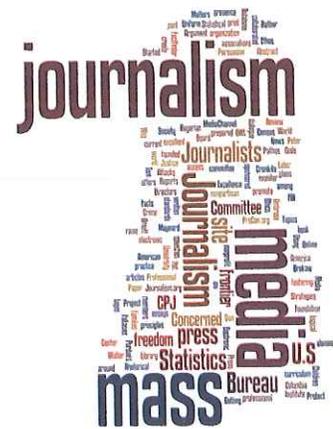
A community wide activity would promote physical activity as well as bring the community together in a fun way. This could be a tradition that people look forward to and give a positive option of physical activity.

### Implementing Curb Ramps



On our audit we saw the sidewalks curved with the street instead of breaking. For people with disabilities, elderly people, and youth this makes it extremely difficult to cross streets and do it safely and easily.

### Mass-Media Campaign



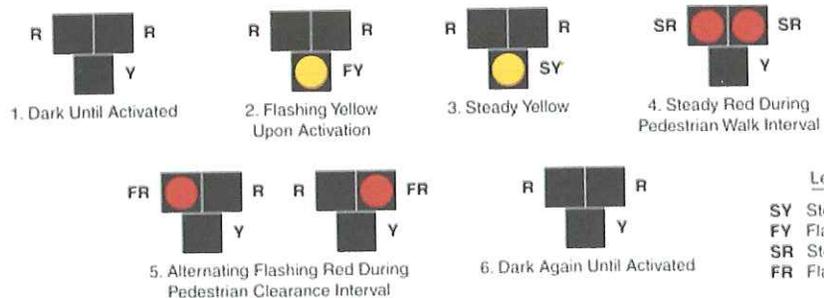
A mass media campaign along with high connectivity, destinations that are desired to go to, and different sectors working together to reach a large amount of people increase physical activity and walkability.

### Increasing Local Economy



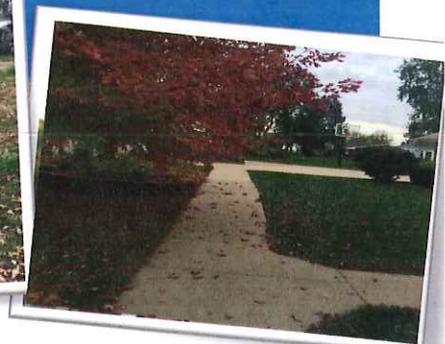
Increasing business in Lawton would give people destinations to walk to and not require them to get in their car and drive to the nearest town. This would increase the walkability and local economy.

### HAWK Signal/ Safe Routes to School



A HAWK Signal is a pedestrian-initiated signal that allows pedestrians to cross the road safely and decreases pedestrian/vehicle collisions by 70%. Implementing this on Highway 20 would allow people that live on the south side of the highway to have access to the town and school. This would increase walkability and provide a safe route to school.

# Increasing Physical Activity in Lawton, IA



## Strategies for Change:

- Fix and install curb ramps
- Trim away overgrowth
- Fix large cracks in sidewalks
- Install crosswalks where necessary (Cedar St.)
- Install pedestrian crossing signs
- Implement a Walking School Bus Program



Sarah, Ally, Manny



## Lawton Woodbury County, IA

- Population 908
- Lawton-Bronson community school district K-12
- Platted in 1901

### Objectives

- Collaborate with community partners to evaluate walkability of community.
- Assess problem areas using WABSA form and research solutions.

### Student goals

- Transition from text to real life scenario.
- First-hand experience will hopefully reframe ones perception on the issue at hand.
- Implement critical thinking in order to impact community.



### Strengths

- Great school district.
- Rec facilities at school to promote PA.
- Light traffic allowing residents to commute safely.

### Improvement areas

- Overgrowth removal.
- Segment repair.
- Alternative route to cross highway.
- Adequate curb ramps with tactile pavement.
- Bus stop and time organization.
- Street lighting

### STRATEGIES

- Build pedestrian bridge.
- Have city/community cut over growth
- Increase safety in sidewalks (ramps, tactile pavement)
- Have city re-pave segment to make continuous and reduce gaps.
- "Walking school bus"

# Lawton



## Problem Areas

- Overgrowth, tree heavings
- Cracks, dents, missing pieces
- Slope, large lips
- High curb, curb cuts
- Unsafe driveways
- No sidewalks



November 12<sup>th</sup>, 2015

## Strategies

### Complete the Streets

- Change the ability to park on the streets
- Add bike lanes and dividers
- Create community maps including bike lanes

### Use existing resources

- Open the track and field at the high school to the public
- Convert parking lots and fields into physical activity opportunities –pocket parks
- Implement codes and policies

### Gardens

- Place for leisure activity
  - Picnics, walks, exercise
- Promotes walking to get there
- Gardening

### Medians and Crosswalks

- Provides a safe place in center of the road
- Adding crosswalk signs for driver awareness
- Decreases speed of drivers

