

Sloan Walkability Assessment Brochure

Department of Health & Human Physiology



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

**In partnership with Siouxland Interstate Metropolitan Planning Council and
Siouxland District Health Department**

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simpco IS ACTION!



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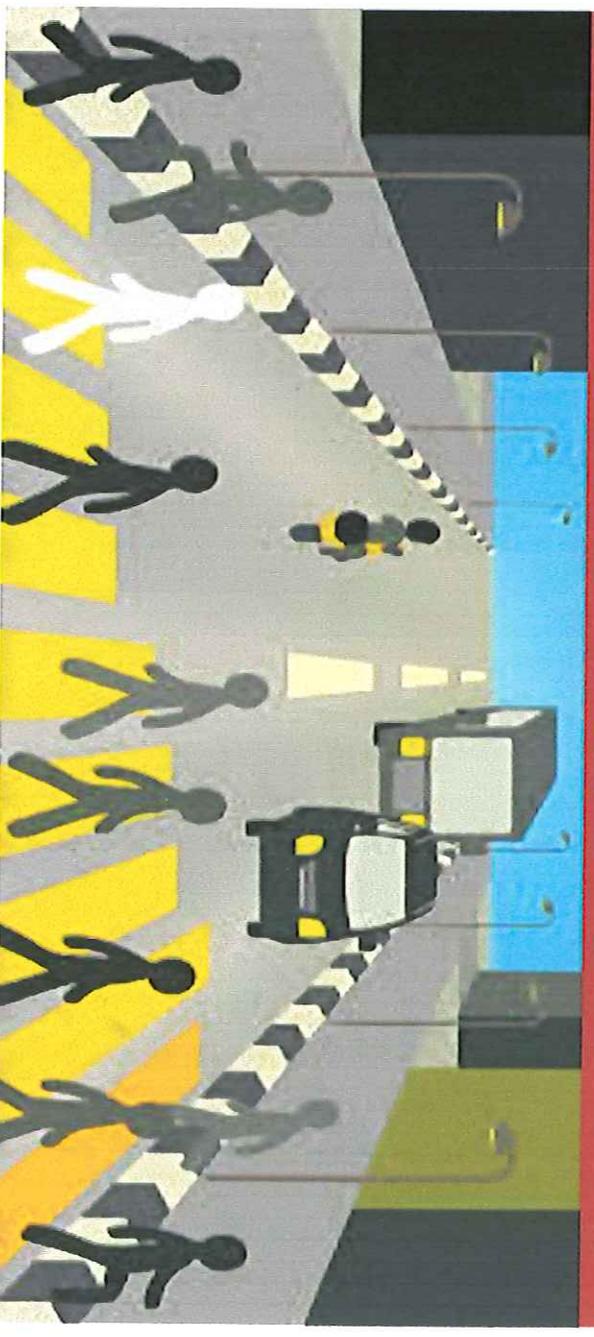
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Improving Walkability

Mackenzie Smith, Madison Corwin, Amber Eggers

Sloan, IA
November 12th, 2015



Strengths

School

- All Weather Track
- Football Field
- Outdoor Gym Equipment
- Connectivity Around School

Central Located Park

- Tennis Courts
- Basketball Courts
- Play Equipment

Low speed limits & traffic count

Weaknesses

37% contained no sidewalks

Low amount of curb ramps

Low rating of surface condition

- Broken/Cracked
- Overgrowth of Trees/Bushes
- Grass Growth

Lack of Connectivity

- Sidewalks do not continue onto next block

Low lighting



Case Study-

Albert Lea, Minnesota

Similarities to Sloan:

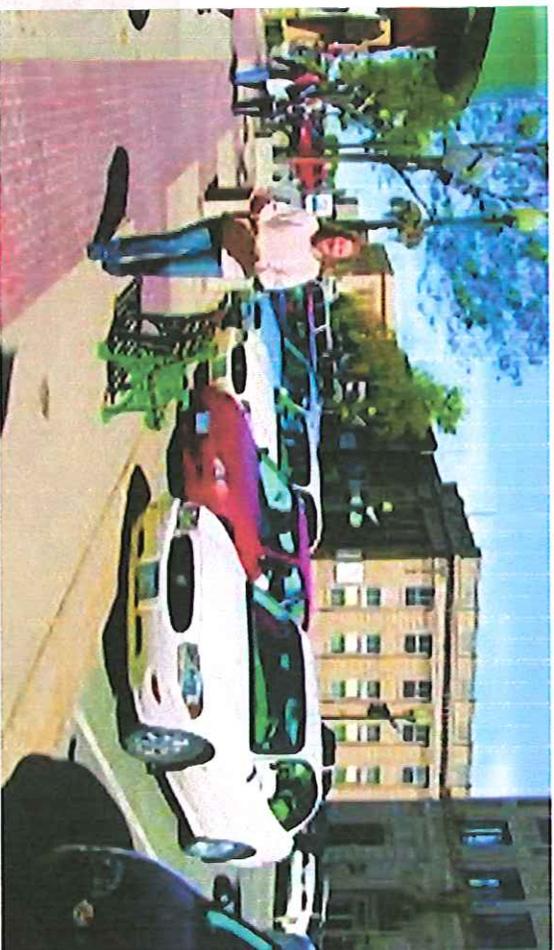
- Rural Region, which means car dependency
- Want to change physical environment to increase walkability

What They Did:

- Improved sidewalks, parks, intersections
- Widened sidewalks, shortening crossing distance
- Added 6 ½ miles of new sidewalks around schools & businesses

Results:

- Increased walking by 70% in five years.
- Multiple states, including Iowa, adopted this project idea to increase walkability in their own communities



INCREASING PHYSICAL ACTIVITY IN SLOAN, IA

CASSIDY HEISLER, ELLIE ENGELBRECHT, CAITLIN STANKIEWICZ

STRATEGY 1: ACTIVE TRANSPORTATION- WALKING SCHOOL BUS



- ❖ INCREASES AMOUNT OF CHILDREN BEING ACTIVE
- ❖ IMPROVES SAFETY FOR CHILDREN
- ❖ INCREASES AWARENESS ABOUT THE ENVIRONMENTAL CONDITIONS THAT CHILDREN WILL WALK IN

STRATEGY 2: STREET-SCALE AND URBAN DESIGN AND LAND-USE POLICIES

- ❖ PAINT AND CLEARLY LABEL CROSSWALKS- EASIER AND SAFER TO CROSS THE STREET
- ❖ IMPLEMENT SIDEWALK CONTINUITY THROUGH SIDEWALKS RAMPS AND THE CONNECTIVITY BETWEEN EACH SIDEWALK
- ❖ COMPLETE THE STREETS PROGRAM
- ❖ IMPROVED STREET LIGHTING

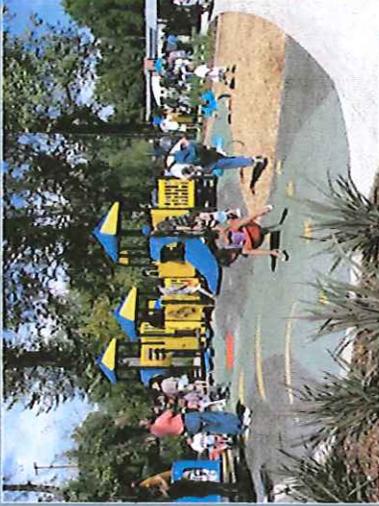


CROSSWALK



Curb Ramps

- Helps for individuals with disabilities
- 159 people 65 years or older
- 63 people 4 years or younger



Park Renovations

- New playground equipment
- Improving basketball/tennis court
- Water fountains
- Restrooms
- Walking path



Bikeability



- Adding bike lanes
- Add bike racks
- The more bike friendly the neighborhood the more profit for the local business
- Biking is overall good for health
 - o Especially joints and balance



IDEAS TO PROMOTE PHYSICAL

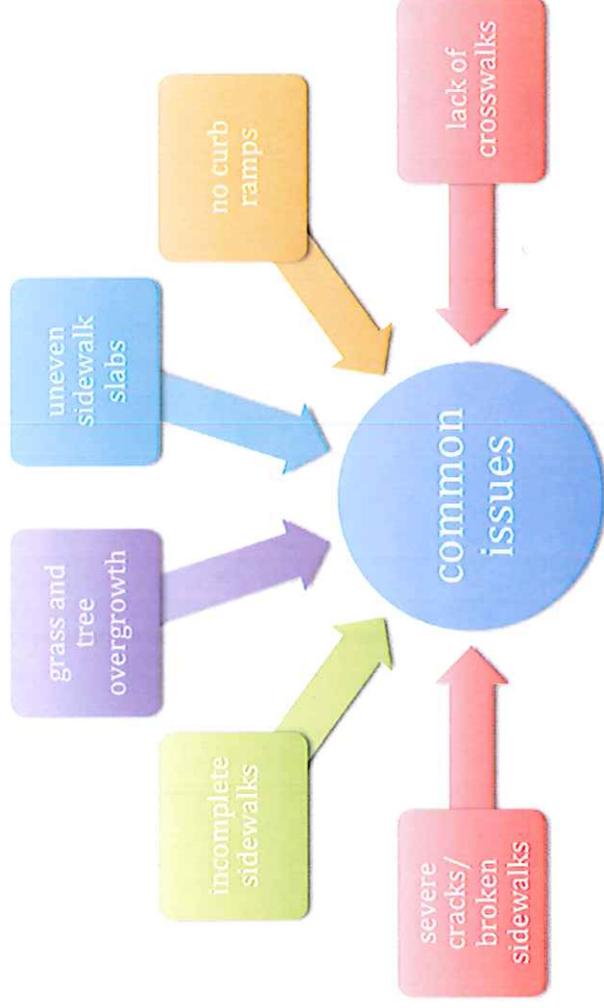
ACTIVITY:

- FAMILY FITNESS NIGHTS
- SHARED USE AGREEMENT WITH THE SCHOOL
- WALKING SCHOOL BUSES
- DEVELOPING A BUILT ENVIRONMENT
- WALKING CLUB

IMPROVING WALKABILITY:

- COMMUNITY CLEAN UP DAY
- PAINT WALKING LANES
- PAINT CROSSWALKS
- ADD LIGHTING ALONG STREETS
- TRIM/CLEAR GRASS OVER GROWTH

SLOAN, IOWA



Improving walkability in Sloan, IA

Nick Evans
Gina O'Brien
Kaitlyn Nelson

Changes to promote physical activity

SLOAN

- 973 people
- Majority 6 - 17 years old and 30 - 40 years old

OUR RESULTS

- Every segment we assessed: WABSA score 99
- No sidewalks
- No crosswalks
- No adequate lighting



IDEAS FOR IMPROVEMENT

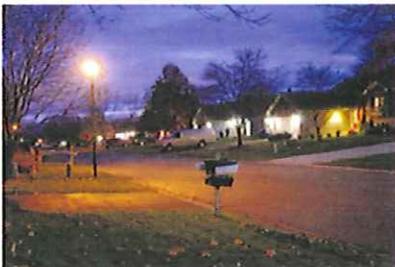


SIDEWALK LANES

- Similar to painted bike lanes, less invasive than sidewalk
- 65% more likely to walk in a neighborhood with sidewalks
- 43% met physical activity recommendations
- 35 - 45 more minutes moderate intensity physical activity per week
- Less likely to be overweight or obese

CROSSWALKS

- Designated area to cross – walking, exercise, play
- Safety
- Population
- Livable community



STREET LIGHTING

- Increase the number of streetlights in residential areas
- Essential to personal and traffic safety, inviting to pedestrians
- Alerts drivers to presence of pedestrian areas
- Creates a walkable environment in evenings and early mornings

WALKING SCHOOL BUS

- Cheap to implement, quick to set up
- Volunteers "drive" the bus and pick up children at stops
- Demonstrate that walking is encouraged over driving and as form of physical activity



+Got Sidewalks?

Sloan, Iowa

Kailey Mikulec, Rosemary Ngendo, Quy Nguyen



Strength Areas.

- Ample sidewalks close to school
- Low traffic = Safety



Problem Areas.

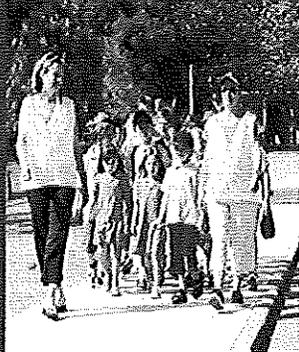
- Lack of enough sidewalks
- Lack of crosswalks
- Overgrowth on existing sidewalks
- Discontinued sidewalks
- Obsolete signage



Strategies to Increase Walkability in Sloan.

Safe and Active Routes to School

- Adding crosswalks where there are school crossing signs
- Make sure there are connected sidewalks throughout neighborhood
- Implement "Safe Routes to School" program



Food Environment

- Grocery store
- Shopping area

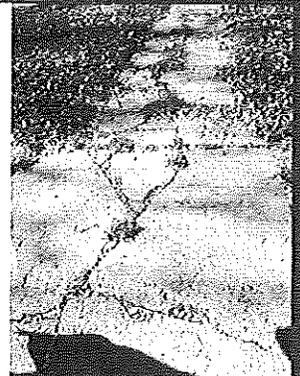
Aesthetics

- Add benches
- Plant colorful flowers



Responsible Homeowners

- Homeowners are required to clear overgrowth on sidewalks
- A warning is given if overgrowth isn't cleared. Fine is issued afterwards.





Area view of Sloan

Kids can enjoy a safe bike ride to school while increasing physical activity.

Kids can enjoy walking and biking to school

A Happier Healthier Sloan!

Trails in communities increase the likelihood of people going out for walks and increase physical levels.

Community competitions make it more fun for the families to participate in physical activity.

BY: Angel Rodela, Anna Maiers, and Marissa LaPage

Bike lanes and walking lanes will increase the Physical Activity level in Sloan. Also, It will provide safety for the pedestrians participating in physical activity.

Renovated parks+ Kids= FUN TIME

