Encouraging Safe Physical Activity: A Community Approach

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Pennsylvania’s Safe & Healthy Communities

- 5 Funded Communities
- Policy, environmental and systems change
- Focus areas include:
  - Built environment and transportation
  - Physical activity
Encouraging Physical Activity through Policy and Environmental Change
Key Partnerships

- Local Coalitions and Businesses
- YMCA
- AARP
- School districts
- Hospitals and Health Systems
- Public Transportation
- County Planning Commission
- City Police Department and Sheriff’s Department
- Public Works
- County Railtrail Authority
- Commuter Services
Results – Policy Change

A Complete Streets policy was adopted by the Mayor of York City in September 2012
Results – Built Environment

- Bike lanes
- Sharrows/Shared Lane Markings
- Crosswalks
- Bike racks
Steps to Start a Transportation Initiative

- Establish relationships
- Identify the transportation needs in your community
- Invite stakeholders
- Identify and highlight shared vision
- Start somewhere
- Alignment
Challenges

- Policy change
- Project selection
- Funding
Example from York City

Bike to City Hall video

Bike to York City Hall 2014.mp4
Questions?

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