

Making our Communities Safer, Healthier & More Connected



Stacy Shelp
Communications Manager

www.ShapeYourWorldNC.com

Stating the Obvious

Two-thirds of adults and one-third of children in North Carolina are overweight or obese.

North Carolina has a strong history of programs and interventions to address obesity - largely dealing with nutrition and physical activity.

Data Source

- Trust for America's Health.(2010). *F as in fat: How obesity policies are failing in America, 2010*. Washington, DC: Trust for America's Health
- Behavioral Risk Factor Surveillance System.(2009). State Center for Health Statistic

Disease by design

“When we look around at where we live, learn, work and play, we find it is as if those places were designed...to make becoming obese more likely.”

- Dr. James S. Marks
Robert Wood Johnson Foundation
Excerpt from: Actions Speak Loudest



What is the built environment?

The places around us that we've made for ourselves to live, learn, work, pray and play...

And they can either make it easier or more difficult to be healthy



Terminology 101

- Active Transportation
- Complete Streets
- Connectivity
- Multimodal
- Smart Growth
- Walkability

Benefits of Bikeable/Walkable Communities

- Greater health benefits for all members of the community
- More opportunities for safe and accessible active transportation
- Less traffic congestion
- Improved air quality/ less air pollution
- Increased property values
- More attractive and safe areas to engage in physical activity
- Greater business opportunities
- A greater sense of community and pride in your community
- Tourism opportunities

A new perspective



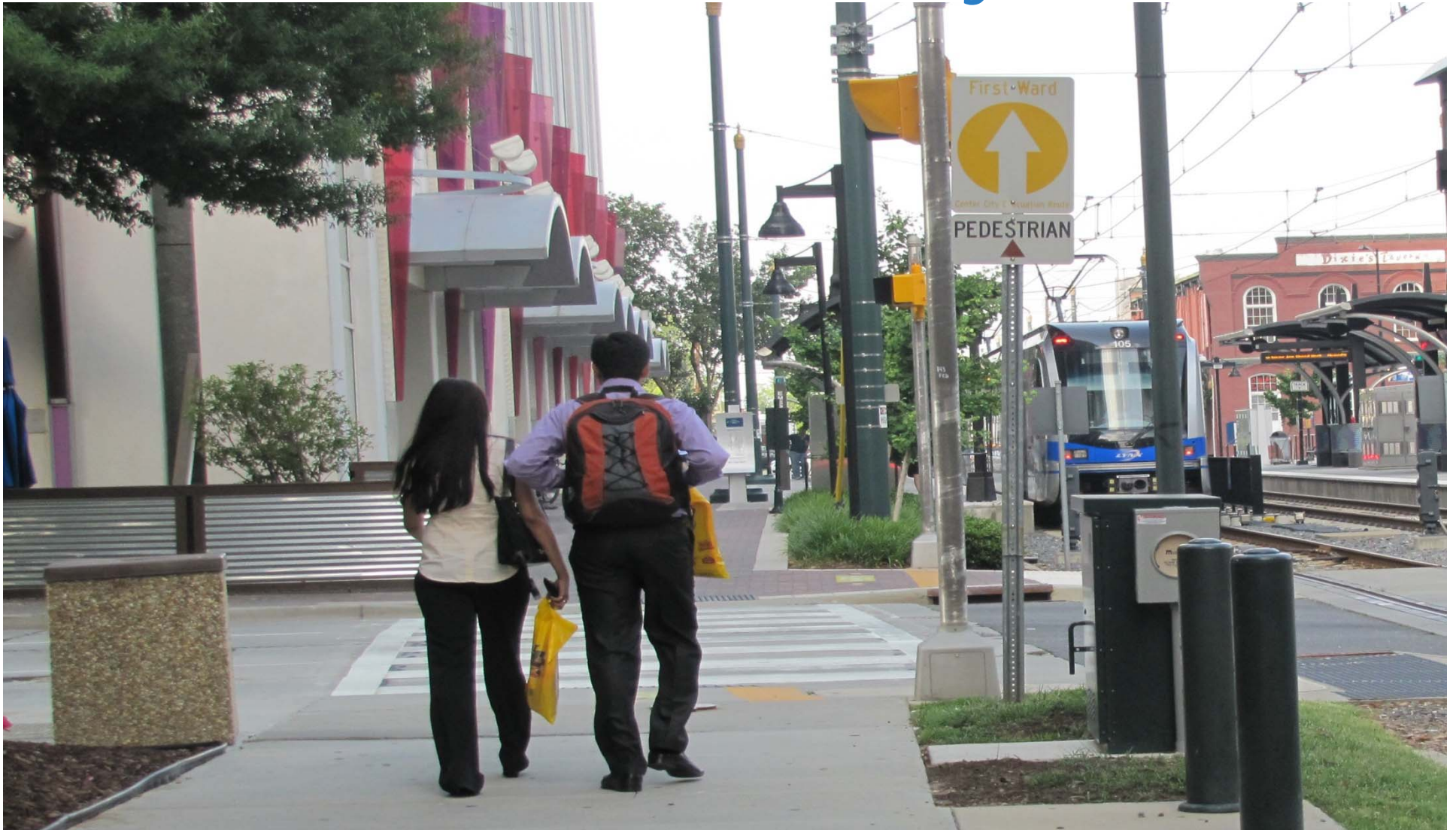
Taking our kids to school



Getting our kids to school a different way



How do we want to move around our community?



Visioning for our future



Complete
Streets

Greenways

Parks &
Playgrounds

Joint Use
Agreements

Bike lanes

Sidewalks

Crosswalks

www.ShapeYourWorldNC.com



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SHAPE YOUR WORLD

Do you have ideas to make your community healthier, safer, more connected? If so, join the thousands of North Carolinians

TAKE THE NEXT STEP



FEAT RED PROJECTS

North Carolinians like you are improving our state every day. Here are some of their proudest achievements.



FIND A DECISION MAKER

Use our convenient search tool to reach out to officials who can help improve your community.



GET EDUCATED

All the answers to your questions in one convenient place. Learn what it means to Shape Your World.



GET INVOLVED

There are countless ways to make an impact on your community. Here are some simple ways that you can make a difference.

WHAT PEOPLE ARE SAYING



AmHeartAdvocacy @AmHeartAdvocacy's Dr Jim Blaine talks abt his visit w/ lawmakers to seek support for @SafeRoutesNow ow.ly/9Bqoi via @springfieldNC
 2 minutes ago · reply · retweet · favorite



AmericaBikes Why protect programs like Safe Routes to School? For one, active kids are smarter kids bit.ly/fvqTsc via @SafeRoutesNow
 36 minutes ago · reply · retweet · favorite



ETX_ProNet RT @aarpbulletin: MT @kaboom: Playgrounds are 4 Grandma & Grandpa too. More on the multigenerational playspaces we're building w @Humana aarp.us/xFhohj
 about 1 hour ago · reply · retweet · favorite



EmeraldJstAsst RT @Researchchucanuse: Free access: Facilities is journal of the week #builtenvironment bit.ly/m1t3tT
 about 1 hour ago · reply · retweet · favorite



Assessment Tools

Walkability Checklist



Shape Your World Walkability Checklist*

Shaping your world means making local environments supportive of walking, cycling and other aspects of healthy living. This includes things like locating homes within walking distance of workplaces, stores and schools, providing efficient and well-maintained walking and cycling routes, ensuring access to recreational facilities, parks and trails and making sure children have safe routes to school and good outdoor play areas.

Go for a walk with this checklist to see how well your neighborhood supports active and healthy living. Take notes along the way to document any problems with getting around without a car and being active in your neighborhood. You can also take pictures if you have a camera. When you're finished, add up the ratings for each section to get your neighborhood's design score.

Walking route

(Where did you walk, for example, your starting point, end point and streets taken?)

Connectivity

Check off all that apply, then fill in the overall connectivity rating.

- The neighborhood is connected with key destinations (like shopping and services) by sidewalks and/or walkways, which are:
 - present on both sides of the street.
 - continuous (they don't suddenly stop).
 - in good repair.
 - wide enough for two or three people to walk side by side.
 - clear of obstacles such as bushes and garbage.
 - easily navigated with wheelchairs or strollers.
- Streets in your neighborhood have a "grid pattern" with short blocks that make routes more direct.
- Cul-de-sacs and other more circular streets are linked by pedestrian walkways ("connectors").
- Bike paths and lanes connect the neighborhood with key destinations, and:
 - bike paths and lanes are well marked.
 - bike racks are available.

- Public transit service connects the neighborhood with key destinations, and:
 - stops are within easy walking distance of homes.
 - transit service is frequent.
 - bus shelters are provided at stops.
 - buses are equipped with racks for transporting bikes.

Notes:

Connectivity rating (please select one)

1 Poor 2 Good 3 Excellent

Proximity and access to amenities

Check off all that apply, then fill in the overall proximity/access rating.

- There are enough people living in the neighborhood to support a variety of businesses and services.
- Homes are within walking distance of:
 - shopping.
 - grocery store.
 - services (e.g., doctor, dentist, bank).
 - schools.
 - parks and playgrounds.
 - recreation facilities (e.g., tennis courts, public pool, skating rink, soccer field).
 - workplaces.

*Adapted from the Neighbourhood active, healthy design checklist from the Canadian Heart and Stroke Foundation

Bikeability Checklist

Go for a ride and use this checklist to rate your neighborhood's bikeability.

How bikeable is your community?

Location of bike ride (be specific): Rating Scale:



1. Did you have a place to bicycle safely?

a) On the road, sharing the road with motor vehicles?

- Yes
 - Some problems (please note locations):
 - No space for bicyclists to ride
 - Bicycle lane or paved shoulder disappeared
 - Heavy and/or fast-moving traffic
 - Too many trucks or buses
 - No space for bicyclists on bridges or in tunnels
 - Poorly lighted roadways
- Other problems:

b) On an off-road path or trail, where motor vehicles were not allowed?

- Yes
 - Some problems:
 - Path ended abruptly
 - Path didn't go where I wanted to go
 - Path intersected with roads that were difficult to cross
 - Path was crowded
 - Path was unsafe because of sharp turns or dangerous downhill
 - Path was uncomfortable because of too many hills
 - Path was poorly lighted
- Other problems:

2. How was the surface that you rode on?

- Good
 - Some problems, the road or path had:
 - Potholes
 - Cracked or broken pavement
 - Debris (e.g. broken glass, sand, gravel, etc.)
 - Dangerous drain grates, utility covers, or metal plates
 - Uneven surface or gaps
 - Slippery surfaces when wet (e.g. bridge decks, construction plates, road markings)
 - Bumpy or angled railroad tracks
 - Rumble strips
- Other problems:

Overall Surface Rating: (circle one)
1 2 3 4 5 6

3. How were the intersections you rode through?

- Good
 - Some problems:
 - Had to wait too long to cross intersection
 - Couldn't see crossing traffic
 - Signal didn't give me enough time to cross the road
 - Signal didn't change for a bicycle
 - Unsure where or how to ride through intersection
- Other problems:

CDC's Community Design Checklist

Healthy Community Design Checklist

Health starts where you live, learn, work, and play

I want more options to help me be physically active.

- Sidewalks
- Bike Lanes
- Parks/trails/open spaces
- Daily activities within walking and biking distance

Other: _____

I want to have healthier and more affordable food choices.

- Community gardens
- Farmers market
- Healthier food choices in grocery stores
- Fewer liquor/fast food/convenience stores

Other: _____

I want to be able to go where I need to go in my community more easily without a car.

- Better access to public transportation
- Easier to bike and walk to my daily activities

Other: _____

I want to feel safer in my community.

- More street lighting
- Well-marked crosswalks and bike lanes
- Reduce vehicle speeding on residential streets
- Create opportunities to get more "eyes on the street" day and night

Other: _____

I want to have more chances to get to know my neighbors.

- Pleasant public spaces to gather

Other: _____

I want my community to be a good place for all people to live regardless of age, abilities, or income.

- Housing available for all income levels and types of households
- Easy for people to get around regardless of abilities

Other: _____

I want to live in a clean environment.

- Reduce air and noise pollution from sources like freeways
- Clean water supply and proper sewage facilities
- Soil that is free of toxins from past uses

Other: _____

Walk Score



Cities & Neighborhoods

Apartments & Rentals

Why It Matters

Type a place: 1900 Kildaire Farm Road Cary NC 27518

Search

US > North Carolina > Cary

Walk Score

49
Out of 100

Car-Dependent

1900 Kildaire Farm Rd Cary

Like 7k

Overview

More Amenities

Your Commute

27518

Restaurants

Dominic's NY Pizza 0.13mi

Coffee

Java Jive 0.89mi

Groceries

Walmart Supercenter 0.23mi

Shopping

Shoe Dept 0.12mi

Schools

Resurrection Luther 0.76mi

Parks

Kids Together Park 1.01mi

Books

Mr Mike's Used Book 1.35mi

Bars

Murphy's Pub 0.3mi

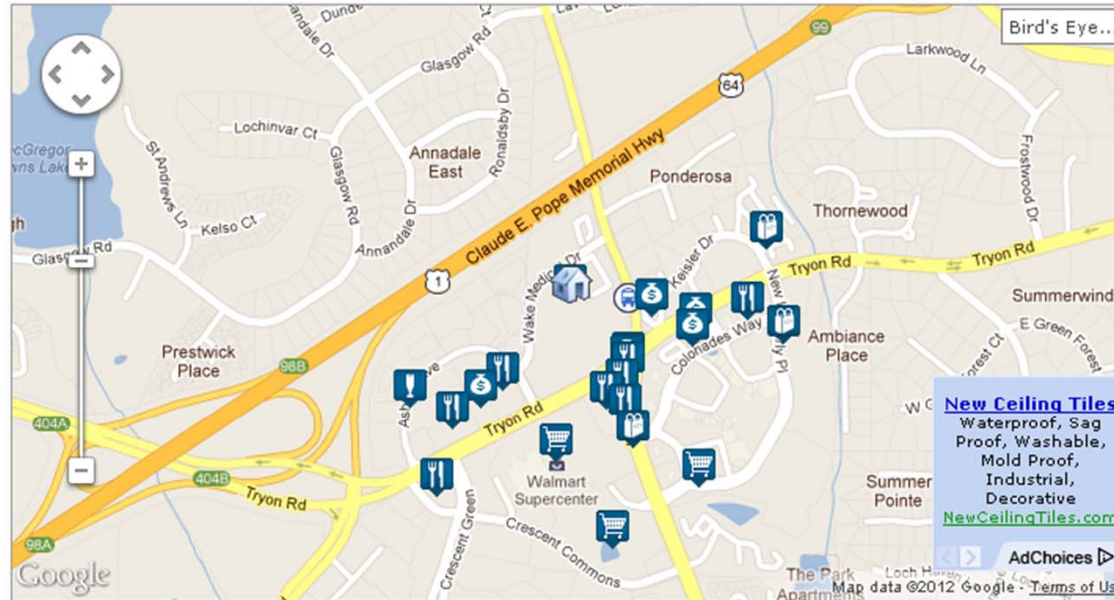
Entertainment

Triangle Gaming Zon 2.55mi

Banking

Freedom Federal Cre 0.02mi

[View more amenities](#)



Public Transportation

Transit Score: 23 Minimal Transit

1 nearby routes: 1 bus, 0 rail, 0 other

.08 mi - 5 CTRAN - Kildaire Farm

New Ceiling Tiles
Waterproof, Sag Proof, Washable, Mold Proof, Industrial, Decorative
NewCeilingTiles.com

AdChoices

Household Transportation Cost Calculator

Abogo[®] transportation costs made transparent



What is Abogo?

Abogo is a tool that lets you discover how transportation impacts the affordability and sustainability of where you live.

Sign up for Updates

Blog

\$4,155: Gas Bill for the Typical American Household

An Associated Press article found that the typical American household pays \$4,155 a year to fill their gas tanks—or 8.4 percent of median family income. Research by the Center for Neighborhood Technology has found that living in location efficient places—walkable communities with access to amenities and transit—helps people keep transportation costs low compared with people [...]

Santa and his Bright Red Sleigh

Last year, Abogo visited Santa up in North Pole, Alaska, to estimate some of the transportation costs he is likely to encounter. We decided to revisit the jolly St. Nick to update some of the estimates made last year. Bottom line: Santa needs more payment than cookies to break even on his travel costs.

We can [...]

Peter DeFazio's Oregon District Transportation Costs

Are the roads in your area

Enter an address to find out what a typical household would spend on transportation.

Current Address:



\$ per month: N/A < \$730 \$730 - \$800 \$800 - \$860 \$860 - \$930 > \$930

Transportation Cost [?]
for an average household

\$ /month

Regional average: \$ [?]

Transportation CO₂ Impact [?]
for an average household

metric tons/month [?]

Regional average: metric tons [?]

Transportation costs are based on 2000 gas prices [?]



See how rising gas prices affect the cost of transportation.

|

96 people like this.



What is Abogo?

How it Works

Lower Your Costs

FAQ

CNT Resources

Blog

How to spend less:

Get car-free directions with [Google Maps](#). Choose "Walking" or "Bicycling" from the pull-down menu instead of the default "By car".

[Click for more tips »](#)

Putting Your Analysis To Work For You

- Start a petition
- Write a letter to the editor of your local paper
- Attend a city planning meeting
- Share your story and vision on the Shape Your World blog
- Video tape your neighborhood while highlighting key points from your audit and post to YouTube
- Join us on Twitter (@SYWNC) and Facebook (facebook.com/ShapeYourWorld)

Act



ACT

ASSESS

[SHAPE YOUR WORLD TOOL](#)

[FIND A DECISION MAKER](#)

[ENGAGE YOUR COMMUNITY](#)

[ENGAGE THE MEDIA](#)

[DO MORE](#)

[ACTION RESOURCES](#)

“Nearly 65% of home buyers claim that parks seriously influence their decision to move to a community.”

[CLICK HERE TO TAKE ACTION](#)

Whether at the local or state level, policy makers want to do what is in the best interest of their residents. They rely on your input to help them prioritize projects and resources. All it takes is a phone call, an email or a visit to your local planning board. Use Shape Your World to find the resources and information you need to get involved. Speak up. You might be surprised how far your voice will carry.



Shape Your World Visualization Tool

Ever wondered what your city, your neighborhood, or even your street would look like with some new features? Now you can.

[Click to Get Started](#)



Engage Your Community

Get in where the action is. Meet with your local planning boards. Team up with local businesses.

[Engage Others to Act Now](#)



Do More

Want to go the extra mile? Learn all the “how-to’s” of master planning, building sidewalks, bike lanes and more.

[Get Ready to Become a Champion for Your Community.](#)

Visualization Tool

The screenshot displays the 'SHAPE YOUR WORLD' visualization tool interface. At the top left is the logo 'SHAPE YOUR WORLD' with the tagline 'CREATING HEALTHIER BUILT ENVIRONMENTS FOR A BETTER NC'. To the right of the logo are links for 'Help | Reset'. Below the logo are three buttons: 'View Gallery', 'Submit Image', and 'E-mail Image'. Further down are social media sharing options: 'Share on FB', 'Tweet This', and 'Add This'. A 'Pick a Photo' section shows a row of four photo thumbnails with left and right navigation arrows. Below this is an 'OR' separator and an 'Upload Your Own Photo (4MB Max)' section with a 'Choose File' button. A 'Toolbox' section at the bottom left contains icons for 'Move', 'Resize', 'Rotate', 'Reflect', and 'Erase'. A central 'DRAG & DROP' panel lists various white icons for objects like a sign, light, tree, bench, and playground equipment. On the right, a large preview window shows a real-world photo of a park with these white icons overlaid, including a sign, a lamp, a tree, a bike rack, a playground, and a trash can.

www.ShapeYourWorldNC.com/act-shape-it.html



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[ACTION RESOURCES](#)

“Children are 5 times more likely to bike or walk to school in neighborhoods deemed safe.”

[CLICK HERE TO TAKE ACTION](#)

Find a Decision Maker

It's easier to Shape Your World when you know who to talk to. Use our convenient search tool to reach out to those who can help you improve your community.

Select your NC county and the type of department you want to find and click "SEARCH":

<input type="text" value="- Select County -"/>	<input type="text" value="- Select Local Agency -"/>	<input type="button" value="SEARCH"/>
	<ul style="list-style-type: none">- Select Local Agency -Planning BoardCounty CommissionersParks and Recreation	



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ACTION RESOURCES

“Nearly 65% of home buyers claim that parks seriously influence their decision to move to a community.”

[CLICK HERE TO TAKE ACTION](#)

Do More

Are you ready to take the next step in shaping your world? If so, use these resources and tools to make an even larger impact on built environments in your community.

Build Bikeways, Walkways, Greenways, Parks and Healthy Workplaces

- Need a roadmap to help you create a master plan for bicycling in your community? Check out the [Bicycle Master Plan](#) from the National Center for Bicycling and Walking.
- The Rails to Trails Conservancy has a great [Trail-Building Toolbox](#) that will provide you with the basics of building walking and biking trails in your area.
- Learn about building [greenways and community trails](#) from the National Trails Training Partnership.
- The [Excellent City Park System](#) provides great facts and best practices about city parks - from planning to design to safety and function.

For more information and suggestions on how to make your community more bike- and walk-friendly, visit the [Pedestrian Information Center](#), the [Bicycle Information Center](#) or the [National Center for Bicycling and Walking](#).

The CDC's [Healthier Worksite Initiative](#) gives ideas for keeping good design in mind where we work.

Start a Petition to Send to Officials

- Want to start a petition? It's easy with [Change.org](#). Simply create a petition, share it with your friends and family, and start shaping your world.



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[ENGAGE THE MEDIA](#)

[DO MORE](#)

[ACTION RESOURCES](#)

“Risk factors related to obesity cost North Carolinians over \$53 billion a year.”

[CLICK HERE TO TAKE ACTION](#)

Action Resources

There are many across America who have tremendous experience in shaping better built environments. The following list of resources can help guide you in the planning and action stages of building a safer and healthier community.

If you want to learn more about...

[Improving the Built Environment](#)

- [CDC Designing and Building Healthy Places](#)
- [Leadership for Healthy Communities](#)
- [Center for Livable Communities](#)
- [Active Living Resource Center](#)
- [New York City Department of Design and Construction](#)
- [Smart Growth America](#)

[Walking and Bicycling](#)

- [Pedestrian Information Center](#)
- [Bicycle Information Center](#)
- [The National Center for Bicycling and Walking](#)
- [America Walks](#)
- [League of American Bicyclists](#)
- [National Bike Month](#)

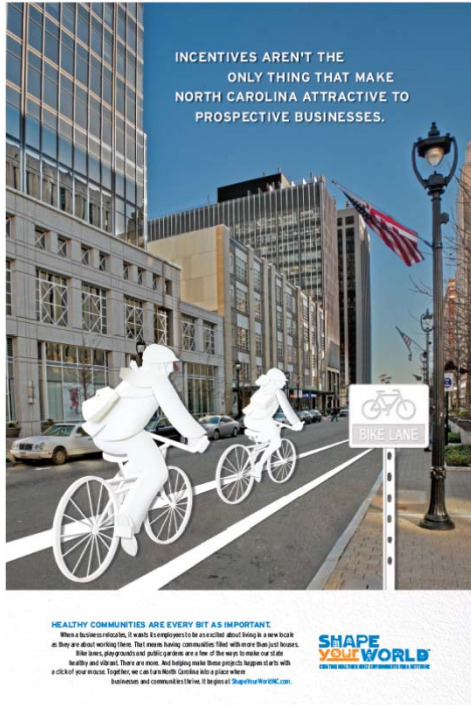
[Healthy Worksites](#)

- [CDC's LEAN Works! Program](#)
- [WELCOA](#)

[Playgrounds and Parks](#)

- [National Park Service Community Tool Box](#)
- [Rails-to-Trails Conservancy](#)
- [American Planning Association—How Cities Use Parks](#)
- [Project for Public Spaces](#)

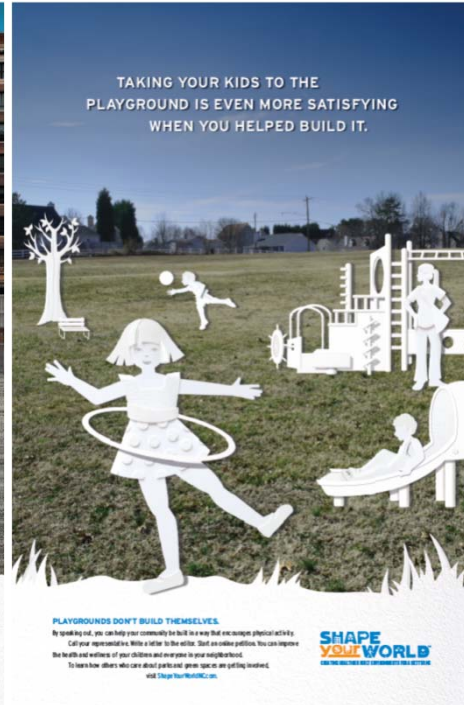
Downloadable Posters



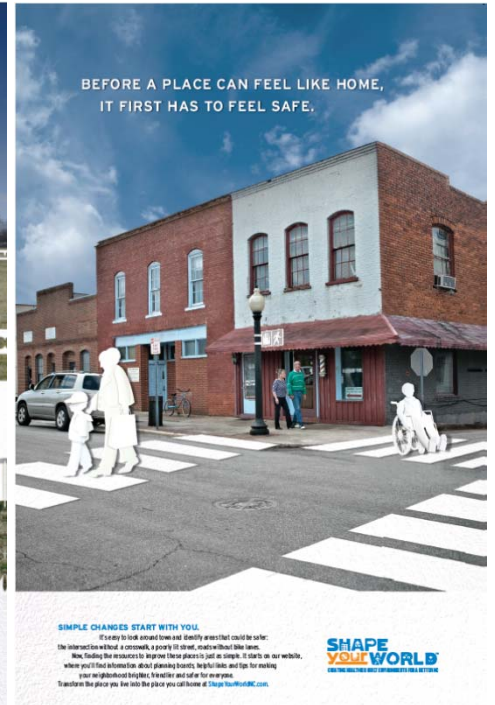
Economic



Community



Health



Safety

<http://www.ShapeYourWorldNC.com/news-posters.html>

Learn

Lights, Camera, Active! Student Film



Youth Advocacy



Blog

Student Signatures Secure Safety

Submitted by: [Sheep You World](#)
SEPTEMBER 29, 2011



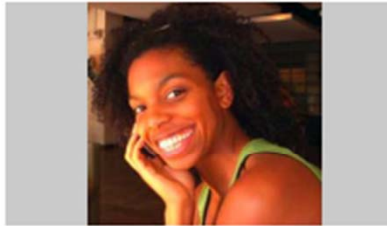
Blog submitted by West McDowell Jr., High teachers Tracy Childers and Melanie Shaver and their students.

Through the efforts of the dedicated people of McDowell County and the McDowell Traffic Association, the first phase of The McDowell Greenway was completed last year.

[Read More](#)

Habitat Resident Cultivates Community Garden

Submitted by: [Sheep You World](#)
SEPTEMBER 21, 2011



Subscribers of Habitat for Humanity's Orange County newsletter received something special this summer. Newsletter author and Habitat for Humanity volunteer Elizabeth Swearingen dedicated the front page of the issue to celebrating Joy Williams—a young woman who, powered by her passion and a deep connection to nature, managed to establish a thriving community garden in her neighborhood.

[Read More](#)

Joint Use of Facilities

Submitted by: [Diane P. Moore, Pitt County Government](#)
AUGUST 22, 2011



Providing quality activity spaces is a challenge for many communities, especially in a large rural county. With the development of the [Community Schools Program](#) over thirty years ago, Pitt County initiated a movement that would significantly enhance the physical activity environment throughout the county. All schools were designated as "community schools" thereby making them available for use by the community in accordance with the [Community Schools and Recreation Policy on Use of Facilities](#).

[Read More](#)

Carrboro Likes Bikes

Submitted by: [Dolly Sosa, Physical Activity and Health Coordinator, Town of Carrboro](#)
JULY 27, 2011



Carrboro is located in the Piedmont region of North Carolina, minutes from the University of North Carolina, Chapel Hill, and has a young, active community. Sixty-three percent of its 19,582 residents are between the ages of 20 and 54 (U.S. Census, 2010). Carrboro has a vibrant bicycling culture, a well-used park system, a network of walking trails, and is home to numerous bicycle shops and sports stores. Since 2001, the Town has consistently been ranked by the [League of American Bicyclists](#) as a [Bicycle Friendly Community](#).

[Read More](#)

NC Land Trusts Build Ties With Nature for Children and Parents

Submitted by: [Nagora Lillard, Communications Director, Conservation Trust for North Carolina](#)
JUNE 23, 2011



In North Carolina's land trusts, spending time outdoors is part of our daily life. It's how we find and assess farmland, wild spaces, streams and lakes, urban oases, and other places that we want to help protect. And it's how we spend our free time - camping, fishing, swimming or just enjoying a peaceful stroll among the trees.

[Read More](#)

The Charlotte Conundrum

Submitted by: [Sheep You World](#)
JUNE 07, 2011



In the course of a year, Charlotte was recognized as one of the most walkable cities, and one of the most dangerous for pedestrians. How could this be when so many people have worked tirelessly to create policies to increase safety and pedestrian mobility?

[Read More](#)

Success Stories

Featured Projects

Across North Carolina, people like you are improving their communities in dramatic ways. Read their stories and let them inspire you.



Banner Elk, Avery County

When you consider the active lifestyles led by residents of Banner Elk, you'd expect their community to be rife with walking paths, greenways and bike lanes. But until recently, these amenities were all but absent from the community ...

[Read More](#)



Wilmington, New Hanover County

Who would turn down the opportunity to save money and be more connected to great food while getting valuable exercise? Not the residents in Wilmington, NC ...

[Read More](#)



Durham, Durham County

Every town looks for different ways to come together as a community and promote a safe and active lifestyle. Durham residents came out to walk, bike, skate, jog, and even dance together ...

[Read More](#)



Burnsville, Yancey County

A few dedicated individuals can make a big difference. Listen to the story of how residents renovated a gym to give back to their community through "Project Live Active in Yancey" ...

[Read More](#)



Asheboro, Randolph County

When city, business and faith leaders in Asheboro set out to reinvent the downtown area, their first order of business was to make it more walkable ...

[Read More](#)



Black Mountain, Buncombe County

A local physician came up with the idea to utilize his gardens and partner with local schools to inspire children to eat healthier ...

[Read More](#)

Contact



Join the Movement!

Facebook: www.facebook.com/ShapeYourWorld

Twitter: [@SYWNC](https://twitter.com/SYWNC)

YouTube: www.youtube.com/ShapeYourWorldNC

Stacy Shelp

StacyShelp@ShapeYourWorldNC.com

www.ShapeYourWorldNC.com