

What are Complete Streets?

Complete Streets are designed with everyone in mind. They allow for safe access for all users, including pedestrians, bicyclists, motorists, and public transit users, no matter the age and ability. Complete Streets integrate people and place into the planning, design, construction, operation, and maintenance of transportation networks.

Health Benefits of Complete Streets

Increased Physical Activity

Complete streets make active living easy by incorporating features that make walking, cycling, and transit use more convenient and safer for all users. This creates opportunities for physical activity while accomplishing everyday tasks.

Improved Safety

Complete Streets create safer roadways and reduce the risk of injuries and fatalities that result from traffic accidents, including collisions with pedestrians and bicyclists.

Reduced Emissions

Complete Street designs help to reduce the number of vehicle miles traveled and encourage bicycling and walking, thereby reducing Green House Gas emissions and air pollution.



Rendering from Complete Streets for Niagara workbook.

Complete Street Statistics

-On a daily basis, each additional hour spent driving is associated with a 6% increase in the likelihood of obesity, while each additional kilometer or .6 mile walked is associated with a 5% reduction in this likelihood.

-43% of people with safe places to walk within 10 minutes of home met recommended activity levels, while only 27% of those without safe places to walk met recommended activity levels.

-Designing for pedestrian travel by installing raised medians and redesigning intersections and sidewalks can reduce pedestrian risk by as much as 28%.

-More than 40% of pedestrian deaths in 2007 and 2008 occurred where no crosswalk was available.

-Using transit can help a solo commuter who switches from driving to transit reduce carbon dioxide emissions by 20 pounds per day, or more than 4,800 pounds per year.

-The 2001 National Household Transportation Survey found that 50% of all trips in metropolitan areas are three miles or less and 28% of all metropolitan trips are one mile or less – distances easily traversed by foot or bicycle.

The above data comes from Smart Growth America and the National Complete Streets Coalition found at the following link:

<http://www.smartgrowthamerica.org/complete-streets/complete-streets-fundamentals/factsheets>



Boston Complete Streets Guideline's graphic representation of a complete street.

Complete Streets are Safe Streets



THE ROLE OF

Transportation

IN PROMOTING PHYSICAL ACTIVITY

SIDEWALKS

People who live in neighborhoods with sidewalks on most streets are

47%

more likely to be active at least 30 minutes a day.

TRAFFIC CALMING

Medians, speed bumps and other traffic-calming efforts can reduce the number of automobile crashes with pedestrian injuries by up to

15%

PUBLIC TRANSPORTATION

Public transit users take

30%

more steps per day than people who rely on cars.

BIKE FACILITIES

In Portland, Ore., bicycle commuters ride

49% of their miles

on roads with bike facilities, even though these are only 8% of road miles.

Active Living Research

www.activelivingresearch.org

Sources: SIDEWALKS: Sallis J, Bowles H, Bauman A, et al. "Neighborhood Environments and Physical Activity among Adults in 11 Countries." *American Journal of Preventive Medicine*, 36(6): 484-490, June 2009. BIKE LANES: Dill J et al. *Bicycling for Transportation and Health: The Role of Infrastructure*. *Journal of Public Health Policy* (2009) 30, S95-S110. doi:10.1057/jphp.2008.56). TRAFFIC CALMING: Bunn F, Collier T, Frost C, et al. "Area-Wide Traffic Calming for Preventing Traffic Related Injuries." *Cochrane Database of Systematic Reviews* (1), January 2003; Elvik R. "Area-Wide Urban Traffic Calming Schemes: A Meta-Analysis of Safety Effects." *Accident Analysis and Prevention*, 33(3): 327-336, May 2001. PUBLIC TRANSPORTATION: Edwards R. "Public Transit, Obesity, and Medical Costs: Assessing the Magnitudes." *Preventive Medicine*, 46(1): 14-21, January 2008.