



Go Lake County

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Top 10 Health Priorities Identified by the Lake County Community

Rank	Priority
1	Poor diet and inactivity
2	Chronic disease (obesity, diabetes, heart disease, high blood pressure, stroke, and cancer)
3	Substance use (tobacco, alcohol, and other drugs)
4	Safe, affordable housing
5	Older adult health (arthritis, hearing and vision, Alzheimer's disease and dementia)
6	Community safety (community violence and domestic violence)
7	Food environment (availability of affordable, healthy food)
8	Mental health
9	Cultural sensitivity and linguistic capacity
10	Health literacy

Lake County Statistics and Importance of Walkability

Our recent Community Health Assessment and Community Health Improvement Plan identified the following data points:

- 23% of Lake County adults are obese
- 34% of Lake County adults are overweight
- 57% of Lake County adults are overweight or obese

Benefits have been championed by leaders in healthcare because of the following:

- Improve cardiovascular health; reduce blood pressure
- Reduce weight/obesity; prevent weight gain
- Prevent or manage diabetes
- Improve behavioral/mental health
- Reduce certain cancers
- Contribute to the prevention of falls
- Improve cognitive function for older adults

“The simple act of walking has the power to transform your health, and it begins with a single step.”

Vivek H. Murthy, U. S. Surgeon General

Walking and Economic Benefits

Minnesota Walks

- Partnership between Minnesota Department of Transportation and Minnesota Department of Public Health
- Focus on the ways to build, design and plan walkable communities through policies, programs, and projects
- Community gatherings, focus groups, walking workshops and teen workshops used to build recommendations

Colorado Pedals Project and Investment in Bikeable/Walkable Space

- \$1.6 billion dollars in benefits attributed to investment in biking industry in Colorado
- Commitment is achievable because of coordinated policy, system, and environmental to achieve health for all Coloradans

Walk This Way: Walkability in Washington D.C.

- Economic analysis of neighborhoods in Washington, D.C. metro area highlighted economic advantages to walkable neighborhoods
- Findings highlight relationship between walkability and higher home values, better commercial performance, and perform better commercially, and capitalization rates are lower

Walkability as an Indicator of Vibrant Communities

Minnesota Walks

- Guide to assist in decision-making and collaboration for agencies, organizations, policy-makers, and public and private entities across Minnesota
- Project Goals:
 - More people walking
 - Improve walking for all purposes
 - Healthier People
 - Improving accessibility and encouraging connections
 - Improving safety
 - Stronger communities

Goal: Designed to share roadmap for how all Minnesotans can have safe, desirable, and convenient places to walk and roll where they live, work, learn, and play.

Top Five Elements that contribute to a positive walking experience:

- Other people present
- Quiet street & low traffic volume
- Good snow & ice removal
- Good sidewalk or trails
- Shade

Top Five Walking Destinations:

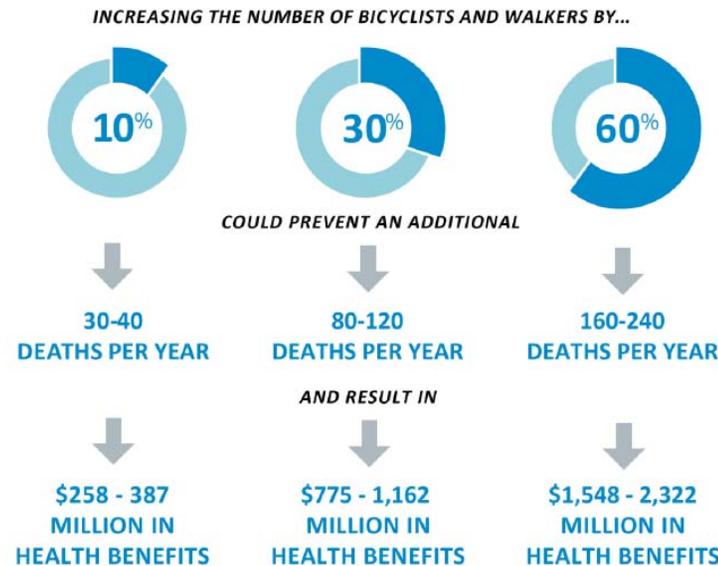
- Grocery Store
- Bus/Transit
- Home
- Park
- School



Walkability/Bikeability as an Economic Driver

Colorado Pedals Project and Investment in Bikeable/Walkable Space

- Colorado Office of Economic Development and International Trade analysis attributed biking and walking to bringing in \$1.6B in benefits to state
- Economic Impacts:
 - \$434M spent on races, events, and vacations
 - \$448M spent by out of state tourists
 - \$185M spent on biking equipment



Source: BBC Research & Consulting and Alta Planning and Design from WHO HEAT output.

State and local governments have invested heavily in trails creating more than 5,000 miles of trail in recent decades where people can walk and bike away from traffic.

“Spending on day-hikes by state residents contributed \$497 million in economic activity. Biking and walking greatest benefits, however, come from improved health and longevity.”

Walkability/Bikeability as an Indicator of Economic Vitality

Walk This Way: Walkability in Washington D.C.

- More walkable places perform better economically
- Residents of more walkable places have lower transportation costs and also higher housing costs
- Residents of places with poor walkability are less affluent and have lower educational attainment than places with good walkability

Table 4. Economic Performance of Walkable Districts vs. Single Walkable Places

	Walkable Urban Place Districts	Stand-alone Walkable Urban Places
Average office direct gross rent***	\$ 41.98	\$ 29.81
Average retail direct gross rent***	\$ 42.10	\$ 28.59
Retail sales**	\$ 2,303,980	\$ 1,030,259
Average residential rent**	\$ 2,016.56	\$ 1,544.04
Average for-sale home value/sf***	\$ 465.95	\$ 250.33
Assessed taxes	\$ 3,241.30	\$ 3,163.25
Percent retail*	4.6%	11.7%
Percent office	41.1%	24.8%
Percent residential	52.9%	55.7%
--Percent rental residential	10.2%	20.2%
--Percent for sale residential	42.7%	35.5%
Cap rate before recession	7.78	7.70
Cap rate after recession	6.37	6.85
Average # of rail stops	1.57	.75

p-values: --=.10; *<.05; **<.01; ***<.001.

Note: retail sales were normalized into z-scores within the analysis.

“Emerging evidence points to a preference for mixed use, compact, amenity-rich, transit accessible neighborhoods or walkable places”

Walkability and Key Aspects

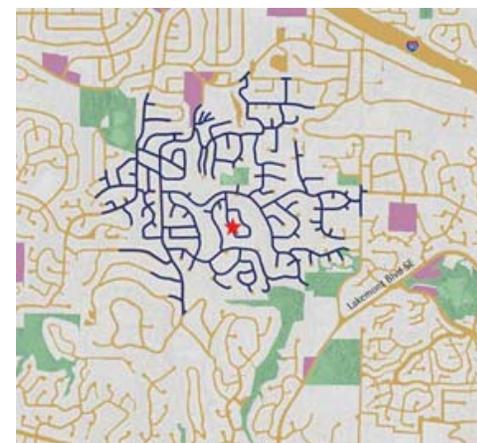
- **A center:** Walkable neighborhoods have a center, whether it's a main street or a public space.
- **People:** Enough people for businesses to flourish and for public transit to run frequently.
- **Mixed income, mixed use:** Affordable housing located near businesses.
- **Parks and public space:** Plenty of public places to gather and play.
- **Pedestrian design:** Buildings are close to the street, parking lots are relegated to the back.
- **Schools and workplaces:** Close enough that most residents can walk from their homes.
- **Complete streets:** Streets designed for bicyclists, pedestrians, and transit.

Source: <https://www.walkscore.com/walkable-neighborhoods.shtml>

One-Mile Walk in Compact Neighborhood



One-Mile Walk in Suburban Neighborhood



Go Lake County – Improving Walkability in Lake County

Community Design

Educational Institutions

Community-Wide Movement


Engage city and municipality planners to improve walkability and bikeability through neighborhood and city planning and zoning improvements.

Engagement in public/private partnerships required to support long term community improvement.

Leverage community groups to mobilize walking efforts across the county. Increase awareness of role that economic vitality, neighborhood revitalization, and community engagement play in improved health.

Parks, Recreation, & Green Spaces

Business & Industry


Increase of accessibility to parks and green spaces for all Lake County residents.

Leverage responsible investment in community walkability and bikeability efforts. Increase worksite wellness activities.

Walking Initiatives in Lake County

- Go Gurnee
- Go Antioch
- Go Waukegan (emerging)
- Rx for Health: Walking in Nature
- Live Well Lake County Be Active: Walking Action Team

Connect and Improve the Health of Lake County!

Email: walking@lakecountyil.gov



Presentation Sources:

<http://www.denverpost.com/2016/11/08/biking-and-walking-bring-1-6-billion-in-benefits-to-state-aside-from-improved-health/>

<https://www.brookings.edu/research/walk-this-waythe-economic-promise-of-walkable-places-in-metropolitan-washington-d-c/>

<http://www.dot.state.mn.us/peds/plan/pdf/minnesota-walks-2016-final.pdf>