

3. Did drivers behave well?

- Backed out without looking
- Did not yield
- Turned into walkers
- Drove too fast
- Sped up to make traffic light or drove through light
- Pick another route for now
- Set an example: slow down and be considerate of others
- Encourage your neighbors to do the same
- Report unsafe driving to the police
- Petition for more enforcement
- Request protected turns
- Ask city planner and traffic engineers for traffic calming ideas
- Ask schools about getting crossing guards at key locations

4. Could you follow safety rules?

- Cross at crosswalks or where you can see and be seen
- Stop and look left, right, left before crossing
- Walk on sidewalks or shoulders facing traffic
- Cross with the light
- Educate yourself and your family about safe walking
- Organize parents in your neighborhood to walk with their children to school
- Encourage schools to teach walking safely
- Help schools start safe walking programs
- Encourage corporate support for flex schedules so parents can walk children to school

5. Was your walk pleasant?

- Needs grass, flowers, trees
- Scary dogs
- Scary people
- Not well lit
- Dirty, litter
- Lots of traffic
- Point out areas to avoid to your children
- Ask neighbors to keep dogs on leashes
- Report scary people to police
- Report lighting needs
- Plant trees, flowers, etc.
- Request increased police enforcement
- Start a crime watch program in your neighborhood
- Organize a community clean-up day
- Begin and adopt a street program, initiate support to provide routes with less traffic to schools

Quick Health Check

- Could not go as far or as fast as we wanted
- Were tired, short of breath or had sore feet muscles
- Was the sun really hot?
- Was it hot and hazy?
- Start with short walks and work up to 30 minutes of walking most days
- Invite a friend to walk with you
- Walk along shaded routes where possible
- Use sunscreen
- Get media to do a story about the health benefits of walking
- Call parks and recreations department about community walks
- Plant shade trees along routes
- Have a sun safety seminar

Resources

Walking Information
National Center for Bicycling and Walking Campaign to make America Walkable
(800) 760-NBPC
www.bikefed.org

Walking and Health
US Environmental Protection Agency
(202) 564-2188
www.epa.gov/children/

Accessible Sidewalks
US Access Board
(800) 872-2253
www.access-board.gov

Anderson County Fiscal Court
Planning and Zoning
(502) 839-1505

Walking Coalitions
America Walks
(503) 222-1077
www.americawalks.org



How Walkable is our Community?

Getting Started...



Anderson County Walking Opportunities

- **Anderson County Park** Outdoor paved walking trail, open daily during daylight hours. Free.
- **American Legion City Park** Outdoor paved walking trail with informational signs and exercise stations, open daily during daylight hours. Free.
- **First Baptist Church** Indoor walking track, open daily, 6am-10pm. Free.
- **Fox Creek Christian Church** Indoor walking track, open most days 9am-7pm. Free.
- **United Methodist Church** Indoor walking track, open Monday-Friday, 7am-8pm. \$10/year.



Share your walking route suggestion:

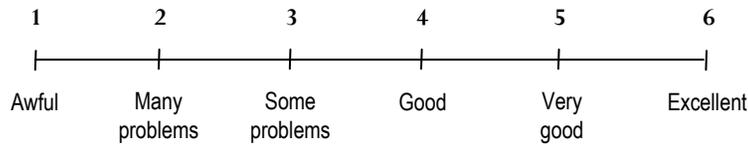
Community Health Educator
Anderson County Health Department
208 South Main Street
Lawrenceburg, KY 40342
(502) 839-4551



ANDERSON COUNTY
HEALTH DEPARTMENT

Awareness • Community • Health • Development

Rating Scale



CHECKLIST:

Location of walk _____

1. Did you have room to walk? __ Yes __ No

Some Problems:

- Sidewalks or paths started and stopped
- Sidewalks were broken or cracked
- Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc
- No sidewalks, paths, or shoulders
- Too much traffic
- Something else _____

Location of problems _____

Rating: (Circle one) 1 2 3 4 5 6

2. Was it easy to cross streets? __ Yes __ No

Some problems:

- Road was too wide
- Traffic signals made us wait too long or did not give us enough time to cross
- Needed striped crosswalks or traffic signals
- Parked cars blocked our view of traffic
- Trees or plants blocked our view of traffic
- Needed curb ramps or ramps needed repair
- Something else _____

Location of problems _____

Rating (Circle one) 1 2 3 4 5 6

3. Did drivers behave well? __ Yes __ No

Some Problems: Drivers...

- Backed out of driveways without looking
- Did not yield to people crossing the street
- Turned into people crossing the street
- Drove too fast
- Sped up to make it through traffic lights or drove through traffic lights
- Something else _____

Locations of problems: _____

Rating: (Circle one) 1 2 3 4 5 6

4. Was it easy to follow safety rules? Could you and your child...

- Yes No Cross at Crosswalks or where you could see and be seen by drivers?
- Yes No Stop and look left, right and then left again before crossing streets?
- Yes No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
- yes No Cross with the light?

Location of problems _____

Rating (Circle one) 1 2 3 4 5 6

5. Was your walk pleasant? __ Yes __ No

- Some unpleasant things: Needed more grass, flowers, or trees Scary dogs Scary people
- Not well lighted Dirty, lots of litter or trash Dirty air due to automobile exhaust
- Something else _____

Location of problems _____

Rating: (Circle one) 1 2 3 4 5 6



How does your neighborhood stack up? Add up your ratings and decide.

Total Points _____

- _____ 26-30 Celebrate! You have a great neighborhood for walking.
- _____ 21-25 Celebrate a little. Your neighborhood is pretty good.
- _____ 16-20 Okay, but it needs work.
- _____ 11-15 It needs lots of work. You deserve better than that!
- _____ 5-10 It's a disaster for walking!

You can help our county officials improve access to safe walking routes.

Return completed checklist to:
Community Health Educator
Anderson County Health Department
208 South Main Street
Lawrenceburg, KY 40342
(502) 839-4551



(Optional)

Name: _____ Age _____ Sex _____

Address: _____



Improve Your Community's Score

1. Did you have room to walk?

- Sidewalks or paths started and stopped
- Sidewalks broken or cracked
- Sidewalks blocked
- No sidewalks, shoulders, or paths
- Too much traffic

What you can do immediately:

- Pick another route for now
- Tell local traffic engineering or public works department about specific problems and provide a copy of this checklist

What you and your community can do with more time:

- Speak up at School Board, City Council, and Planning & Zoning meetings
- Write or petition city for walkways and gather neighborhood signatures
- Make media aware of problem

2. Was it easy to cross streets?

- Road too wide
- Traffic signals made us wait too long or did not give us enough time to cross
- Crosswalks/traffic signals needed
- View of traffic blocked by trees, plants, or parked cars
- Needed curb ramps or ramps needed repair

- Pick another route for now
- Share problems and checklist with local traffic engineering or public works department
- Trim your trees or bushes that block the street, ask neighbors to do the same
- Leave nice notes on problem cars asking owners not to park there

- Push for crosswalks, signals, parking changes, and/or curb ramps at city meetings
- Report to traffic engineer where parked cars are safety hazards
- Report illegally parked cars to the police