

## ACTIVE TRANSPORTATION

### Davis County Strategies, Goals and Partners

#### Davis County Community Health Improvement Strategies:

- Fun, free and safe physical activity opportunities for families
- Active transportation options that are accessible and affordable for all users
- Transportation and land-use policies that provide opportunities for all people to be active and engaged in their communities
- The Complete Streets approach, where streets are designed and operated to enable safe access for all users
- The expansion of Safe Routes to School programs, which encourage children to walk and bike to school safely
- Incentives for transportation and transit projects that promote health



#### Davis County Community Health Improvement Goals:

- Increase bike lanes
- Improve connectivity between neighborhoods
- Improve connectivity of non-auto paths and trails
- Communities adopt the Utah Bicycle and Pedestrian Master Plan Design Guide
- Improve and promote Safe Routes to School plans
- Improve active transportation connections to transit
- Improve walkability index to Frontrunner stations
- Increase transit pass incentive programs
- Reduce percentage of Davis County workforce that commutes alone
- Increase percentage of Davis County residents who use public transportation to commute to work



#### Davis County Community Health Improvement/Active Transportation Partners:

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| <ul style="list-style-type: none"><li>• Active Planning</li><li>• Anytime Fitness</li><li>• Borski Farms</li><li>• Boys &amp; Girls Club</li><li>• Clearfield City</li><li>• Clearfield Job Corps</li><li>• Communities for Clean Air</li><li>• Davis County Active Transportation Committee</li><li>• Davis County Community &amp; Economic Development</li><li>• Davis County Safe Kids Coalition</li><li>• Davis Head Start</li><li>• Davis Hospital</li><li>• Davis School District</li><li>• Farmington City</li></ul> | <ul style="list-style-type: none"><li>• Farmington Trails Committee</li><li>• Hill Air Force Base</li><li>• Humana</li><li>• I Am Wellness</li><li>• Intermountain Healthcare</li><li>• Kaysville Yard &amp; Garden</li><li>• Lakeview Hospital</li><li>• Logo Concepts</li><li>• Tanner Clinic</li><li>• University Students</li><li>• USU Extension</li><li>• Utah Clean Cities</li><li>• Wasatch Clean Energy</li><li>• Wasatch Front Regional Council</li><li>• Woods Cross City</li></ul> |
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## BENEFITS of ACTIVE TRANSPORTATION

### Health, Safety, Economic Development and Quality of Life

#### Health & Safety Benefits

- Communities that prioritize active transportation tend to be **healthier** by enabling residents to be more **physically active** in their daily routines and by having **cleaner air** to breathe.
- Making walking and bicycling, or active transportation, **safe and convenient** meets a critical need of our community that **benefits everyone**.
- Active transportation creates important opportunities for **routine physical activity**.
- Communities with higher rates of bicycling and walking have **lower obesity** rates than communities with lower levels of active transportation.
- People are **more likely to consistently ride** a bicycle or walk than to maintain a gym-based exercise program.
- Commuters using active transportation modes are **happier with their commutes**.
- There is **safety** in numbers. The walking/bicycling crash risk decreases as walking/bicycling rates increase.
- Increase in bike lanes **reduce the risk of fatalities** in pedestrian involved crashes, installing bike lanes usually involves a narrowing of the motor vehicle portion of the roadway, which indicates to drivers that they need to watch for other road users. These changes have a **traffic calming effect**, lowering speeds and **increasing driver attention**.

#### Economic & Quality of Life Benefits

- Active transportation **cost-effectively** addresses multiple societal challenges.
- Active transportation systems foster **economic health** by creating dynamic, connected communities with a high quality of life that catalyzes small business development, increases property values, sparks tourism and encourages corporate investment that attracts a talented, highly educated workforce.
- Families are better able to **manage the costs** of driving.
- Motorists benefit from **less road congestion**.
- Creating walking and bicycling networks linking home, work, school, shopping, transit and recreation destinations are a **fraction of the cost** of comparable roads.
- Children, the elderly, the visually impaired or otherwise physically challenged, those with lower incomes, or those who simply choose to not have access to a car, are among the **groups that benefit most** when opportunities to safely walk or bicycle are improved.

#### References:

- American Public Health Association Active Transportation Fact Sheet
- Partnership 4 Active Transportation
- Utah Collaborative Active Transportation Study
- Davis County Community Health Improvement Plan

#### Active Transportation

Active transportation is a systematic approach to give people who walk, bike and use mass transit the same considerations as those using vehicles.



Active transportation is an avenue to healthy choices, healthy people, and healthy communities.

# ACTIVE TRANSPORTATION

## Making the Case in Davis County

### Air Quality

- The Salt Lake City-Ogden-Clearfield, Utah, metropolitan area is ranked 6<sup>th</sup> most polluted in the U.S. for PM2.5.
- Davis County is located in an Environmental Protection Agency nonattainment area for exceeding the 24-hour PM2.5 standard.
- Davis County residents identified air pollution as the leading environmental health concern and the leading force working against health in Davis County.
- Poor air quality has been identified as a primary threat to Utah's economic development and continued growth.
- Poor air quality negatively impacts tourism, business recruiting, and employee retention efforts.
- Utah residents reported air quality as a leading quality of life issue along with public education and job availability.
- Vehicles contribute over half of the emissions that lead to formation of fine particulate matter.
- Almost 80% of the workforce in Davis County commutes to work alone.

### Obesity

- The U.S. Surgeon General issued a call to action in 2003 that described a health crisis affecting every state, every city, every community, and every school across our nation. The crisis is obesity.
- Obesity is one of the leading causes of preventable death in the U.S.
- 1 in 4 adults in Davis County are obese.
- Nearly 2/3 of adults in Davis County are at an unhealthy weight.
- 22% of young people ages 10-17 in Utah are overweight/obese.
- 58% of adults and 47% of high school students in Davis County report getting the recommended amount of physical activity.



### Community Health Improvement

Health improvement priorities selected for Davis County over the next 5 years are suicide and obesity prevention as well as improved access to behavioral health services and air quality.

Active transportation strategies help reduce obesity, improve air quality, and have mental health benefits.

# ACTIVE TRANSPORTATION

## Assets and Gaps in Davis County

### Assets & Gaps

Davis County is known for great sidewalk coverage and excellent trails.

Davis County weaknesses include on-street bike lanes, neighborhood connectivity, unsafe routes to school, no bike or pedestrian paths to shopping and entertainment, few bike racks, and difficulty accessing mass transit on foot or bike.

### Sidewalks

Davis County is the best in the state when it comes to sidewalks. Only 7% of Davis County residents report that there are no sidewalks in their neighborhood. Statewide, 18% of residents report no sidewalks. While most residents have sidewalks, 41% of residents in Davis County would like more sidewalks.

### Paved Shared Trails

Over the last few years Davis County has completed the Legacy Parkway Trail and D&RGW Rail Trail. These paved shared trails traverse the county and link cities north to south. They are popular among walkers, runners, and bikers.

### Hiking Trails

With eight cities bordering the mountains and two entrances to the U.S. forest services, Davis County is also known for excellent hiking trails. Over 36 miles of the 100 mile Bonneville Shoreline Trail are in Davis County.



### Gaps

While sidewalks and trails are strengths in the community, there are gaps that have been identified that prevent active transportation by walking and biking. Identified weaknesses include: very limited on-street bike lanes; lack of neighborhood connectivity; unsafe routes to school; no bike or pedestrian paths across freeways, highways, overpasses, and rail lines to access shopping and entertainment; few bike racks; and difficulty accessing public transportation on foot or by bike.

