Take a walk with a child and decide for yourselves.

Everyone benefits from walking. These benefits include: improved fitness, cleaner air, reduced risks of certain health problems, and a greater sense of community. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall.

After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.
Take a walk and use this checklist to rate your neighborhood’s walkability.

How walkable is your community?

Location of walk __________________________

Rating Scale:

awful
many problems
some problems
good
very good
excellent

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 ___________________
      Locations 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 ___________________
      Locations 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?
      Locations 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 ___________________
      Locations of problems: _____________
   Rating: (circle one) __________________________
   1  2  3  4  5  6 __________________________

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

1. _____
2. _____
3. _____
4. _____
5. _____
Total _____

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!

Now that you’ve identified the problems, go to the next page to find out how to fix them.
### 1. Did you have room to walk?

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

<table>
<thead>
<tr>
<th>What you and your child can do immediately</th>
<th>What you and your community can do with more time</th>
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<tbody>
<tr>
<td>• pick another route for now</td>
<td>• speak up at board meetings</td>
</tr>
<tr>
<td>• tell local traffic engineering or public works department about specific problems and provide a copy of the checklist</td>
<td>• write or petition city for walkways and gather neighborhood signatures</td>
</tr>
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</table>

### 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 parked cars, trees, or plants
- Needed curb ramps or ramps needed repair

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<td>• pick another route for now</td>
<td>• push for crosswalks/signals/parking changes/curb ramps at city meetings</td>
</tr>
<tr>
<td>• share problems and checklist with local traffic engineering or public works department</td>
<td>• report to traffic engineer where parked cars are safety hazards</td>
</tr>
<tr>
<td>• trim your trees or bushes that block the street and ask your neighbors to do the same</td>
<td>• report illegally parked cars to the police</td>
</tr>
<tr>
<td>• leave nice notes on problem cars asking owners not to park there</td>
<td>• request that the public works department trim trees or plants</td>
</tr>
<tr>
<td>• speak up at board meetings</td>
<td>• make media aware of problem</td>
</tr>
<tr>
<td>• share problems and checklist with local traffic engineering or public works department</td>
<td>• petition for more enforcement</td>
</tr>
<tr>
<td>• set an example: slow down and be considerate of others</td>
<td>• request protected turns</td>
</tr>
<tr>
<td>• encourage your neighbors to do the same</td>
<td>• ask city planners and traffic engineers for traffic calming ideas</td>
</tr>
<tr>
<td>• report unsafe driving to the police</td>
<td>• ask schools about getting crossing guards at key locations</td>
</tr>
</tbody>
</table>

### 3. Did drivers behave well?

- Backed without looking
- Did not yield
- Turned into walkers
- Drove too fast
- Sped up to make traffic lights or drove through red lights

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### 4. Could you follow safety rules?

- Cross at crosswalks or where you could see and be seen
- Stop and look left, right, left before crossing
- Walk on sidewalks or shoulders facing traffic
- Cross with the light

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<tr>
<td>• educate yourself and your child about safe walking</td>
<td>• encourage schools to teach walking safely</td>
</tr>
<tr>
<td>• organize parents in your neighborhood to walk children to school</td>
<td>• help schools start safe walking programs</td>
</tr>
<tr>
<td>• point out areas to avoid to your child; agree on safe routes</td>
<td>• encourage corporate support for flex schedules so parents can walk children to school</td>
</tr>
<tr>
<td>• ask neighbors to keep dogs leashed or fenced</td>
<td>• request increased police enforcement</td>
</tr>
<tr>
<td>• report scary dogs to the animal control department</td>
<td>• start a crime watch program in your neighborhood</td>
</tr>
<tr>
<td>• report scary people to the police</td>
<td>• organize a community clean-up day</td>
</tr>
<tr>
<td>• report lighting needs to the police or appropriate public works department</td>
<td>• sponsor a neighborhood beautification or tree-planting day</td>
</tr>
<tr>
<td>• take a walk with a trash bag</td>
<td>• begin an adopt-a-street program</td>
</tr>
<tr>
<td>• plant trees, flowers in your yard</td>
<td>• initiate support to provide routes with less traffic to schools in your community (reduced traffic during am and pm school commute times)</td>
</tr>
<tr>
<td>• select alternative route with less traffic</td>
<td>• request increased police enforcement</td>
</tr>
</tbody>
</table>

### 5. Was your walk pleasant?

- Needs grass, flowers, trees
- Scary dogs
- Scary people
- Not well lit
- Dirty, litter
- Lots of traffic

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<tr>
<td>• request increased police enforcement</td>
<td>• get media to do a story about the health benefits of walking</td>
</tr>
<tr>
<td>• start with short walks and work up to 30 minutes of walking most days</td>
<td>• start a crime watch program in your neighborhood</td>
</tr>
<tr>
<td>• invite a friend or child along</td>
<td>• organize a community clean-up day</td>
</tr>
<tr>
<td>• walk along shaded routes where possible</td>
<td>• sponsor a neighborhood beautification or tree-planting day</td>
</tr>
<tr>
<td>• use sunscreen of SPF 15 or higher, wear a hat and sunglasses</td>
<td>• begin an adopt-a-street program</td>
</tr>
<tr>
<td>• try not to walk during the hottest time of day</td>
<td>• initiate support to provide routes with less traffic to schools in your community (reduced traffic during am and pm school commute times)</td>
</tr>
</tbody>
</table>

### A Quick Health Check

- Could not go as far or as fast as we wanted
- Were tired, short of breath or had sore feet or muscles
- Was the sun really hot?
- Was it hot and hazy?

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<td>• get media to do a story about the health benefits of walking</td>
</tr>
<tr>
<td>• invite a friend or child along</td>
<td>• call parks and recreation department about community walks</td>
</tr>
<tr>
<td>• walk along shaded routes where possible</td>
<td>• encourage corporate support for employee walking programs</td>
</tr>
<tr>
<td>• use sunscreen of SPF 15 or higher, wear a hat and sunglasses</td>
<td>• plant shade trees along routes</td>
</tr>
<tr>
<td>• try not to walk during the hottest time of day</td>
<td>• have a sun safety seminar for kids</td>
</tr>
<tr>
<td>• request increased police enforcement</td>
<td>• have kids learn about unhealthy ozone days and the Air Quality Index (AQI)</td>
</tr>
</tbody>
</table>
Great Resources

WALKING INFORMATION
Pedestrian and Bicycle Information Center (PBIC)
UNC Highway Safety Research Center
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC
27599-3430
Phone: (919) 962-2202
www.pedbikeinfo.org
www.walkinginfo.org

National Center for Bicycling and Walking Campaign to Make America Walkable
1506 21st Street, NW
Suite 200
Washington, DC 20036
Phone: (800) 760-NBPC
www.bikefed.org

WALK TO SCHOOL DAY WEB SITES
USA event: www.walktoschool-usa.org
International: www.iwalktoschool.org

STREET DESIGN AND TRAFFIC CALMING
Federal Highway Administration
Pedestrian and Bicycle Safety Research Program
HSR - 20
6300 Georgetown Pike
McLean, VA 22101
www.fhwa.dot.gov/environment/bikeped/index.htm

Institute of Transportation Engineers
www.ite.org

Surface Transportation Policy Project
www.transact.org

Transportation for Livable Communities
www.tlcnetwork.org

WALKING COALITIONS
America Walks
P.O. Box 29103
Portland, Oregon 97210
Phone: (503) 222-1077
www.americawalks.org

Partnership for a Walkable America
National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
Phone: (603) 285-1121
www.nsc.org/walkable.htm

PEDESTRIAN SAFETY
National Highway Traffic Safety Administration
Traffic Safety Programs
400 Seventh Street, SW
Washington, DC 20590
Phone: (202) 662-0600
www.nhtsa.dot.gov/people/injury/pedbiomot/ped

National SAFE KIDS Campaign
1301 Pennsylvania Ave. NW
Suite 1000
Washington, DC 20004
Phone: (202) 662-0600
Fax: (202) 393-2072
www.safekids.org

WALKING AND HEALTH
US Environmental Protection Agency
Office of Children's Health Protection (MC 1107A)
Washington, DC 20460
Phone: 202-564-2188
Fax: 202-564-2733
www.epa.gov/children/
www.epa.gov/air/urbanair/ozone/what.html
www.epa.gov/sunwise/uvindex.html
www.epa.gov/otaq/transp/comchoic/ccweb.htm

President's Task Force on Environmental Health Risks and Safety Risks to Children
www.childrenshealth.gov

Centers for Disease Control and Prevention
Division of Nutrition and Physical Activity
Phone: (888) 232-4674
www.cdc.gov/nccdphp/dnpa/readyset
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

Prevention Magazine
33 East Minor Street
Emmaus, PA 18098
www.itsallaboutprevention.com

Shape Up America!
6707 Democracy Boulevard
Suite 306
Bethesda, MD 20817
www.shapeup.org

ACCESSIBLE SIDEWALKS
US Access Board
1331 F Street, NW
Suite 1000
Washington, DC 20004-1111
Phone: (800) 872-2253;
(800) 993-2822 (TTY)
www.access-board.gov

Need some guidance?
These resources might help...