

**2014 North Texas Health Forum
The Built Environment, Lifestyle, and Health**

Blue Zone Engagement Activity Work Sheet

Group Number: 1 **Recorder:** Tonya Green

Livability Recommendation: Incentive Density

1. What actions are needed to address this recommendation?
 - More locations other than W. 7th Street (example SE Fort Worth)
 - More mixed income (affordable) housing
 - Mindful of demographics if population has families, needs to be kid friendly, age friendly for senior citizens
 - Financing incentives for buyers in these areas. Economic incentive for developers
 - Relaxing height requirements (limits) and parking requirements in development_
 - Address issues of crime

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Both
 - Current proposal at this coming Tuesday city council meeting (mixed income housing)

3. What individuals or organizations are needed to address these recommendations?
 - Real estate Council
 - Neighborhood Association
 - TACT (Tarrant area community churches)
 - Brookdale
 - MHMR and other disability groups

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Group Number: 1 **Recorder:** Tonya Green

Livability Recommendation: Reduce Posted Neighborhood Speeds

1. What actions are needed to address this recommendation?
 - Change Policy – Pass Ordinance
 - Add “friction” trees, parked cars, etc., that make people slow down. Sidewalks are also part of friction – add sidewalks and widen (traffic calming)
 - Promote in different areas – Main St.?
 - Impose fines (\$) on citizens that don’t allow people walking and on bikes to pass. (Enforcement)
Austin, TX code 12-2
 - Education- How to drive around bike lanes. 85% people hit at 40mph will die
 - Paint- it’s cheap! Walking lanes

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - City wide
 - Neighborhood associations need to be involved or community leaders if no association

3. What individuals or organizations are needed to address these recommendations?
 - Fort Worth Area Neighborhood Association (Umbrella for all associations)
 - Churches
 - PTAs
 - AARP groups
 - Neighborhood police
 - TACT (Tarrant Area Community Churches)

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Group Number: 2 **Recorder:** Donna Weeden Libby Watson

Livability Recommendation: Enhance School Site Access

1. What actions are needed to address this recommendation?
 - Design Capability
 - Accessibility to walking

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Developers
 - Market requirement by city
 - School District
 - Neighborhoods

3. What individuals or organizations are needed to address this recommendation?

Group Number: 2 Recorder: Donna Weeden, Libby Watson

Livability Recommendation: Design for Target Speed

1. What actions are needed to address this recommendation?
 - Identify areas where walking, biking traffic are needed
 - Model design manual
 - More crosswalks
 - Educate people
 - Posted lower speed limits
 - Painting lanes for pedestrian bike

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Both Neighborhood and City
 - Education, awareness, open communication

3. What individuals or organizations are needed to address this recommendation?
 - Neighborhoods
 - Working with businesses (small as well as large)
 - Churches
 - City zoning incentives

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Group Number: 3 **Recorder:** Carmel Snyder

Livability Recommendation: Eliminating Lanes; Downtown

1. What actions are needed to address this recommendation?
 - More education for drivers, residents
 - Encourage walking, public transportation
 - Encourage more public transportation
 - Assessment of streets

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - More enforcement of new lanes, bike lanes
 - Slower speeds on multi use streets

3. What individuals or organizations are needed to address this recommendation?
 - Do an assessment- really look at street needs

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Group Number: _____ **3** **Recorder:** _____ **Michele Reynolds** _____

Livability Recommendation: Develop Station Area Bike Plan and Eliminate Sidewalk Riding

1. What actions are needed to address this recommendation?
 - Re: Sidewalk Riding - Establish designated bike lanes (protected) with trees
 - Re: Station Area Bike Planes – Need bike racks, bike shops where you can store bike and/or have bike worked on

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Both
 - Landscape Architects, Transit Station

3. What individuals or organizations are needed to address this recommendation?
 - City Council

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Group Number: 3 **Recorder:** Michele Reynolds

Livability Recommendation: Eliminate Unnecessary Lanes Downtown

1. What actions are needed to address this recommendation?
 - Make 7th street more efficient. Car parking both sides, turning everywhere.
 - Lights are not timed well. Maybe too many lights; navigation is confusing
 - Biking is scary!! Unsafe particularly on 7th
 - Parking should be on one side of streets / Bike (protected) lanes on other side.
 - Need to also make flow of traffic better
 - Can there be a trolley system downtown -> Camp Bowie
 - Need to simplify- define space for cars, walkers, bikes

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - City/ Downtown Inc.

3. What individuals or organizations are needed to address this recommendation?
 - City council, planning, zoning
 - Community, voters

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Blue Zone Engagement Activity Work Sheet

Group Number: 5 **Recorder:** Christina Bartha

Livability Recommendation: **Put overly wide streets on a “diet”.**

1. What actions are needed to address this recommendation?
 - Engage citizens who will be affected early on (example: commuters).
 - Offer alternate routes with acceptable roads.
 - Communicate and educate/inform citizens about plans and how it will affect them.
 - Messaging is important. Speak to people’s core values.
 - “Touch” the citizens – face-to-face/in-person more effective than flyer
 - Look at different models, other than top-down approach, pay trusted community health workers.
 - Recognize larger vehicles need space to drive.
 - City standards need to change.
 - If unsafe to go outside, sidewalks won’t be used.
 - Need to address crime first.

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - “City standards need to change”.
 - Neighborhoods need to be engaged early.
 - Don’t want citizens in low-income neighborhoods to feel like “guinea pigs”.

3. What individuals or organizations are needed to address their recommendations?
 - Community members/citizens, PTO’s, Neighborhood Associations, HOA’s, Citizens on Patrol, School representatives/principals, newspaper, social media, media outlets, churches, older adults, worksites, hair salons, laundry mats, students.

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Blue Zone Engagement Activity Work Sheet

Group Number: 6 **Recorder:** Joey Berck

Livability Recommendation: Vehicle Lanes

1. What actions are needed to address this recommendation?
 - Need to increase number of bike lanes and have increased ways to connect with bike paths. Provide education to community about bike riders instead of being a bother, focus on healthy ways to transport. Work place provides education. Create parking areas to encourage walking/ physical exercise.

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - City funds for bike lanes.
 - Education- neighborhood then city
 - Close certain areas and create interior walking track- neighborhoods
 - Mark neighborhood with distance markers- neighborhood then city

3. What individuals or organizations are needed to address this recommendation?
 - City and businesses, development coordination

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Blue Zone Engagement Activity Work Sheet

Group Number: _____ 7 _____ **Recorder:** Carmel Snyder _____

Livability Recommendation: Sidewalks

1. What actions are needed to address this recommendation?
 - Review city policy. Set standards for how sidewalks are built; new codes
 - Involve neighborhood associations to assess needs, get recommendations; identify problems
 - Increase participation of residents\ voters and engage in process

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Actions are required by both
 - Neighborhood actions can spur city action
 - Code review and change- city level
 - Financial allocation/commitment – city level

3. What individuals or organizations are needed to address this recommendation?
 - Presidents of neighborhood associations
 - Members of city council
 - Planning bodies
 - Businesses/ Business leaders
 - Chamber of commerce

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Group Number: 8 **Recorder:** no recorder

Livability Recommendation: Bicycle

1. What actions are needed to address this recommendation?
 - Mapping what streets have bicycle lanes
 - Where they are coming from and where they are going is irrelevant?
 - Can't bike to the bike lanes
 - Temperatures
 - Attitude change
 - Mayor's push
 - Talking to companies (majority not just main companies)

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Creation of infrastructures in place for commuters
 - Transit system (bike racks)
 - Business- Make a place for change
 - Think outside the box

3. What individuals or organizations are needed to address these recommendations?
 - Enforce biking and driving laws
 - Educate people rather than give them tickets
 - Are bikes allowed on TRE? Can you park your bike?

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Blue Zone Engagement Activity Work Sheet

Group Number: _____ **8** _____ **Recorder:** _____ **no recorder** _____

Livability Recommendation: Pedestrian

4. What actions are needed to address this recommendation?
 - School Education
 - Raised speed bumps
 - Consider training motorist on pedestrians
 - Message should be more people oriented.

5. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Right on red- Alter vehicle laws thereby creating safety for pedestrians

6. What individuals or organizations are needed to address these recommendations?
 - What is the metric- community satisfaction?
 - City policies on sidewalks
 - Way finding

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Group Number: 8 **Recorder:** Maura Bennett

Livability Recommendation: Improve and complete the bicycle network.

1. What actions are needed to address this recommendation?
 - Assess existing bike lanes. Map where bike lanes exist to generate map; connecting bike lanes to allow easy access to work or school
 - Assess and map existing business and school/housing and see where biking lanes are needed (wasted effort in downtown due to humidity and changing clothes.
 - Sister city. Change downtown to no cars. Increase revenue works, add trees. Incentives for business to bike one day. Air quality in that day - need infrastructure in place before one day, walk separate areas. To work day.

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Including transit system; connecting buses that have bike racks-get/use bike share.
 - Advocate to business that a place to change for those who bike/walk. (Women showers). Infrastructure in businesses to access/have rooms to change
 - Education – Pedestrian/Bike Safety - back in schools - advertisement-driver education – PTA - Boys & Girls Club
 - Health ways – involved with major businesses – bring in boy scouts and meetings with companies planned.
 - Social marketing. Pilot areas in downtown that have existing bike lanes/lanes/crosswalks in place – use students for observation of these areas.
 - Bikes allowed on rails (Transit b/w Ft. Worth/Dallas) - What can we do to make this happen? – Areas to safely park bike while working/shopping.
 - If not measured; not done
 - Must be able to measure all recommendations data.
 - Uniform ladder
 - Style crossing in all cross streets (thus includes intersections that do not have lights).
 - Raised areas (speed bump) in cross walks (especially when entering downtown/residential areas)
 - Walk to school day - have communities do this in spring/fall.
 - International walk to school (October) - Need infrastructure (pre throughout) safe walk to school in place Fort Worth?
 - No on red. Safety issue on Pedestrian/bike areas (high volume).
 - Bike patrol. Pedestrian safety especially in pilot areas.
 - Funding Source enforcing existing laws- Texting while driving.
 - Use count down at all cross walks; change with all updating.

3. What individuals or organizations are needed to address this recommendation?
 - Distributes/Assess crosswalks. Well-being Index

- Data – Julia McCleerny – City of Ft. Worth
- Design bike/pedestrian master plan.
- Way finding
- Campus; It's the law stop sign
- Educate pedestrian safety - No texting and walking
- Pedestrians must be safe too

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Blue Zone Engagement Activity Work Sheet

Group Number: 9 **Recorder:** Stephanie Robinson

Livability Recommendation: Put overly wide streets on a “diet”

1. What actions are needed to address this recommendation?
 - Public education outreach to decrease worries of members.
 - Consider high density events plus time of day
 - Consider emergency access; consider businesses on these streets that will be closed.
 - Public transportation involved and increasing use, parking on perimeter and walking to destination.

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Neighborhood/ specific needs and who lives there.
 - Gather community.
 - 7th street, University at 30, Camp Bowie (red brick side)
 - Monticello- by UTSW, Berry Renaissance Square
 - Including signs about “walking time”
 - Stressing that “walking is better” on time plus benefit
 - Involve ALL the right people

3. What individuals or organizations are needed to address these recommendations?
 - College areas/ official planners
 - College community health projects including health department officials
 - Tarrant County Public Health
 - Chamber of Commerce and include businesses
 - Fire & law enforcement
 - Fort Worth marathons- walks/runs
 - Schools
 - Tarrant County commissioners
 - Hospital health systems- disseminating information
 - Consider renters vs homeowners
 - Hazel Harvey Peace

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Group Number: 9 **Recorder:** Stephanie Robinson

Livability Recommendation: Add street trees to urban/residential focused areas

1. What actions are needed to address this recommendation?
 - Drought resistant trees, time it takes to actually provide shade.
 - Consideration of power lines/ street lamps, watering and run off, safety (traffic and mugging) will it be a long term impact on air quality?
 - Reorganizing roads and sidewalks, consider budding trees and attracting birds, root damage to sidewalks
 - Considering priorities of these communities i.e., interest

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Both home owners' organizations, non-traditional community leaders for communities that are not as organized.
 - Who lives in the communities? Disabled? Those with walkers, wheelchairs, etc.
 - Letting community drive interventions – may feel that trees are not number one.

3. What individuals or organizations are needed to address this recommendation?
 - Leaders for less organized communities
 - Home owners organizations
 - Schools board
 - City planes
 - High need communities; those interested and currently working
 - Collaboration with botany tree specialists
 - Intergeneration groups; similar to highway adoption community shared responsibility

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Group Number: 10 **Recorder:** Joey Berck

Livability Recommendation: Convert One-way Street to Two-way

1. What actions are needed to address this recommendation?
 - Downtown is the most “one-way” street area. Repainting each area would be a quick fix. Social marketing for “slow down” accountability project. Have healthy destinations. Farmer’s markets in downtown/ fewer bars/ entertainment areas. Change bus stops to areas where people need to go. Find bigger sponsors from city to privately invest.
 - New Incentive for new businesses coming to area. Provide incentives to businesses to increase interaction.

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Have a change event; People walk previously one-way into two way
 - Start neighborhood of downtown then to city.
 - Round-abouts, neighborhood then city
 - Stagger start times to employees

3. What individuals or organizations are needed to address these recommendations?
 - Business, leaders and city planners, farmers and event coordinators.

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Group Number: 11 **Recorder:** Matt Rossheim

Livability Recommendation: Reduce Posted Neighborhood Speeds

1. What actions are needed to address this recommendation?
 - Request of the city council
 - Coalition or group to take lead/ grass root efforts, show statistics, get community engaged
 - Get blessing to go the city council from organizations such as all homeowners associations
 - Get the police involved/informed
 - Reinstigate road speed bumps in neighborhoods (In new neighborhoods signs should be made to reduce speed)
 - DMV should reinforce speed limit with education_
 - Better signage (radar enforced, road not posted is 30 MPH, do people know this? Biking sign slow down)
 - Citizens like getting to places in a timely manner (young drivers want to go fast)
 - Police willing to enforce
 - Privacy, strangers driving slowly in neighborhoods
 - Law if 85% of cars go certain speeds, that's the limit posted
 - Businesses concerned about traffic redirecting around and no longer going through an area
 - Need other environmental angles to reduce speed, i.e., speed bumps

2. Should these actions take place at the city or neighborhood level or both? (If actions are needed at the neighborhood level, address any differences in these actions that might be relevant for specific neighborhoods.)
 - Actions are needed at both levels; both levels should advocate for change
 - City should make policies and provide funding for adding or changing signs
 - Neighborhood should advocate change in their communities
 - Neighborhoods need to unite to persuade city council

3. What individuals or organizations are needed to address these recommendations?
 - Police
 - Business (chamber of commerce)
 - Citizens
 - Homeowners associations
 - City council

- School District, School Board
- City Engineers (They will only act if ordered by the city council)
- AARP (Older people don't like to drive fast)
Everyone should be at the table at once/ design workshop