

Making the Connection

ACE Teams, Walkability and Making your Downtown Healthy
Track 3: Innovation

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15th Annual Maine Downtown Conference
Friday, May 1, 2015
Brunswick Maine



Why does walkability matter? The Problem...



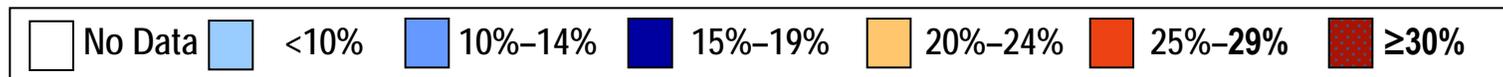
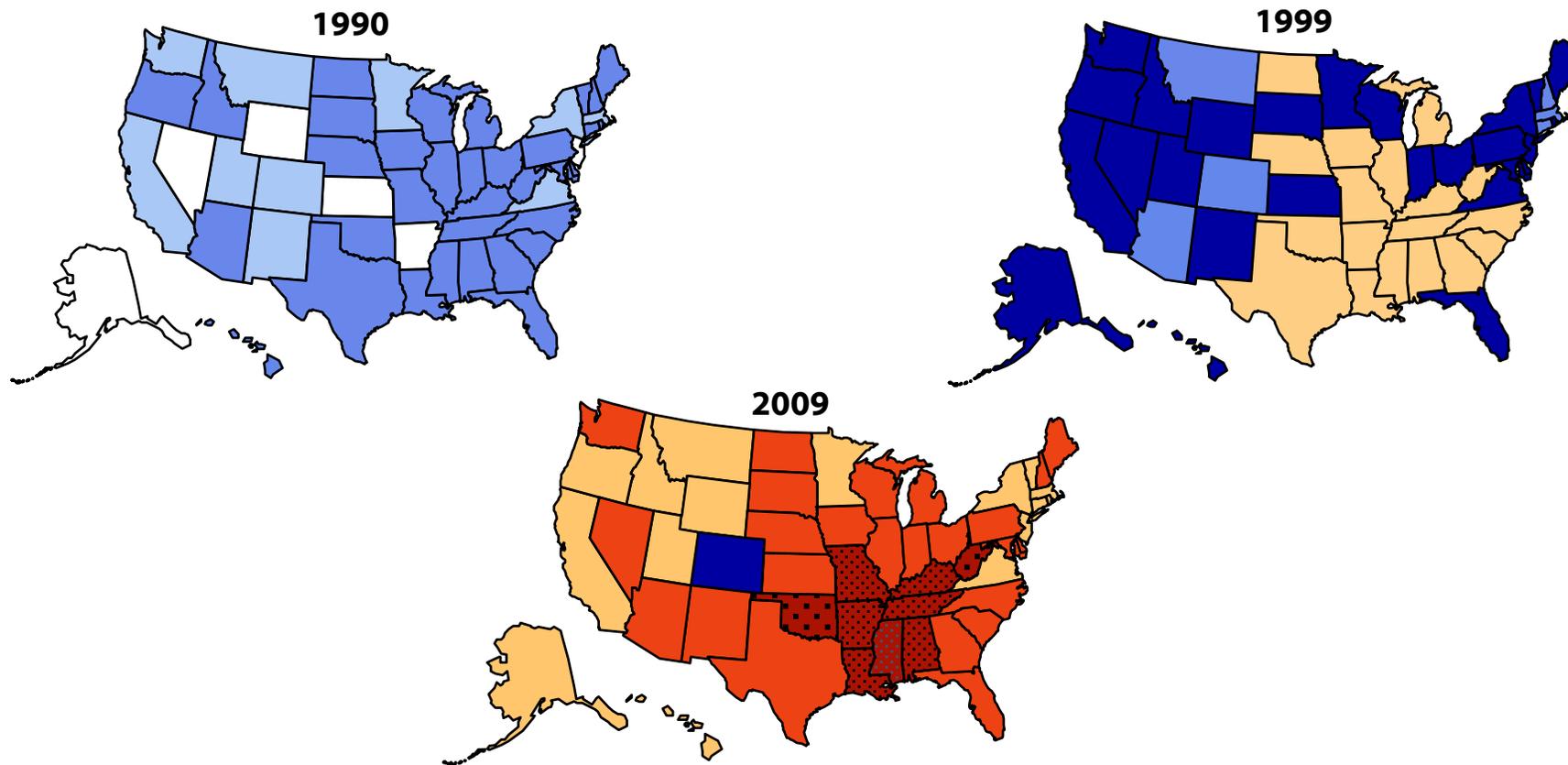


Health starts where you live.

Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1999, 2009

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)

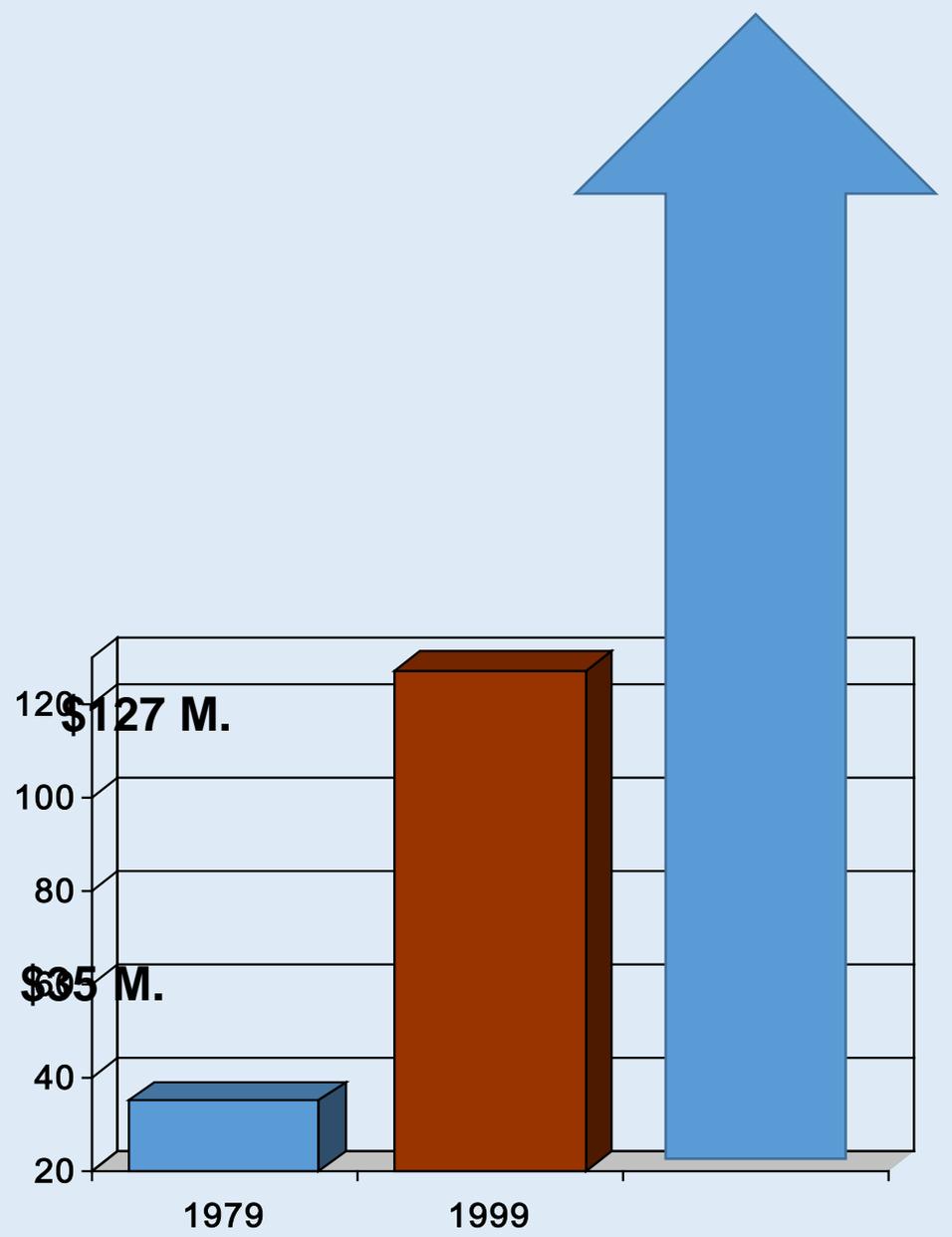




The financial impacts of inactivity

- In 2000, the cost of obesity in the United States was more than \$117 billion
- From 1979 to 1999, annual hospital costs for treating obesity-related diseases in children rose three-fold, from \$35 million to \$127 million
- In 2008, estimated MEDICAL costs of obesity are \$147 BILLION annually.

Annual hospital costs
(in millions) for treating
obesity related diseases in
children



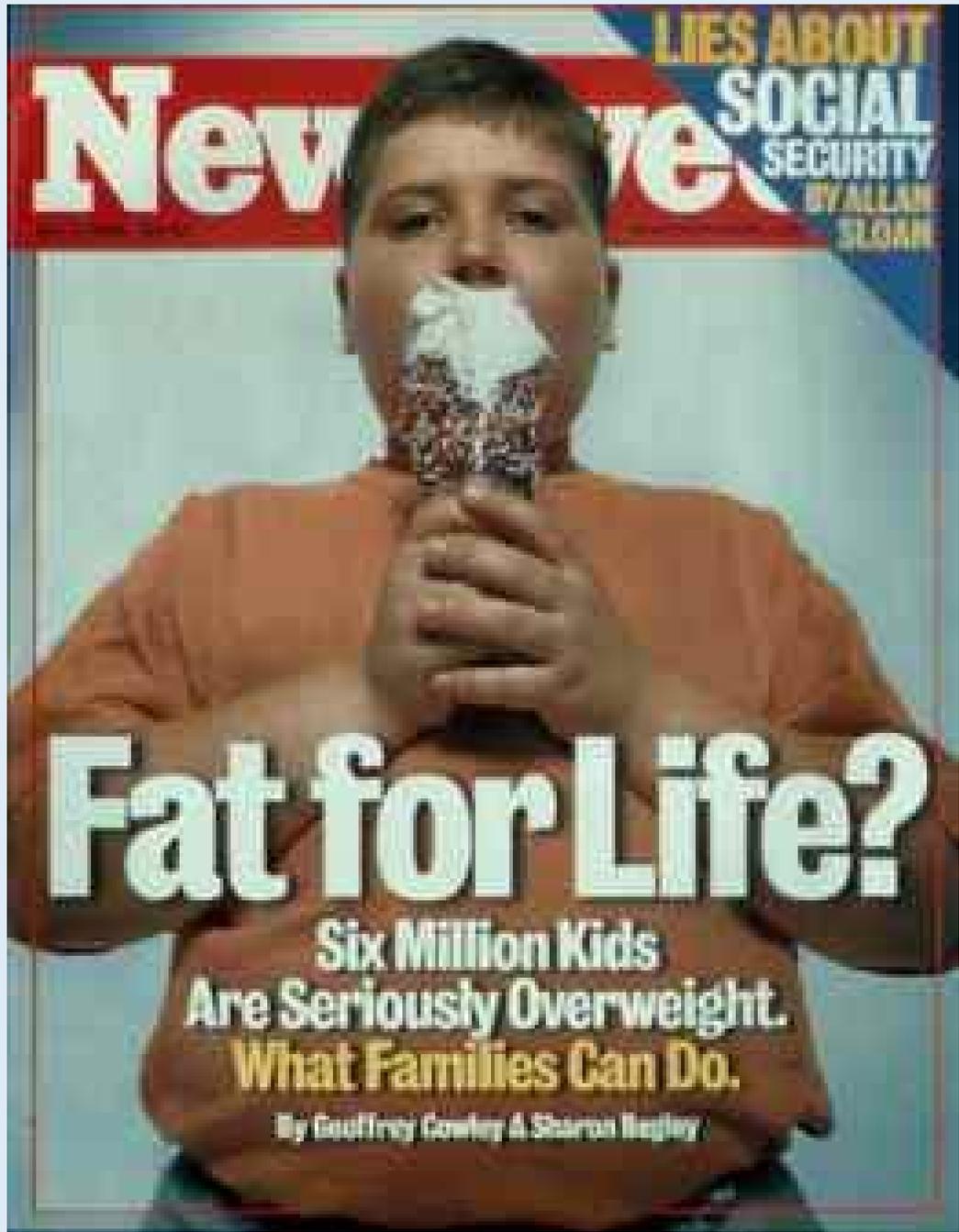
Source: National Safe Kids Campaign (2002)

The Problem - Health

A new epidemic in
the US - Obesity

Chronic Disease





Affects our kids

Childhood Obesity

= increased Type II Diabetes and other Chronic Disease



What Factors Determine Our Health?



Family Health History



Environment



Behaviors/Lifestyles



What is the Built Environment?



What is community design?





What is Healthy Community Design?

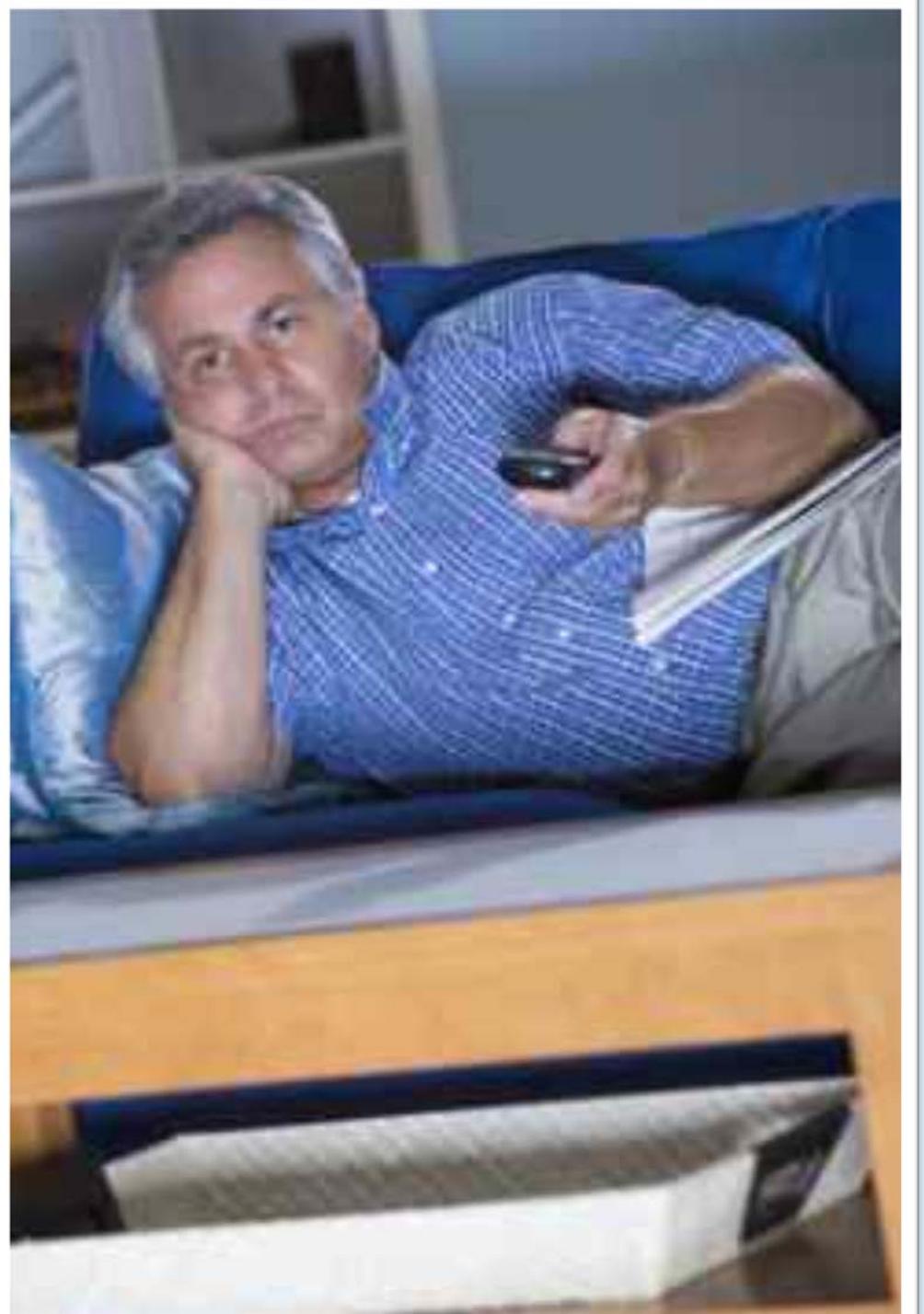
Planning and designing communities that make it easier for people to live healthy lives



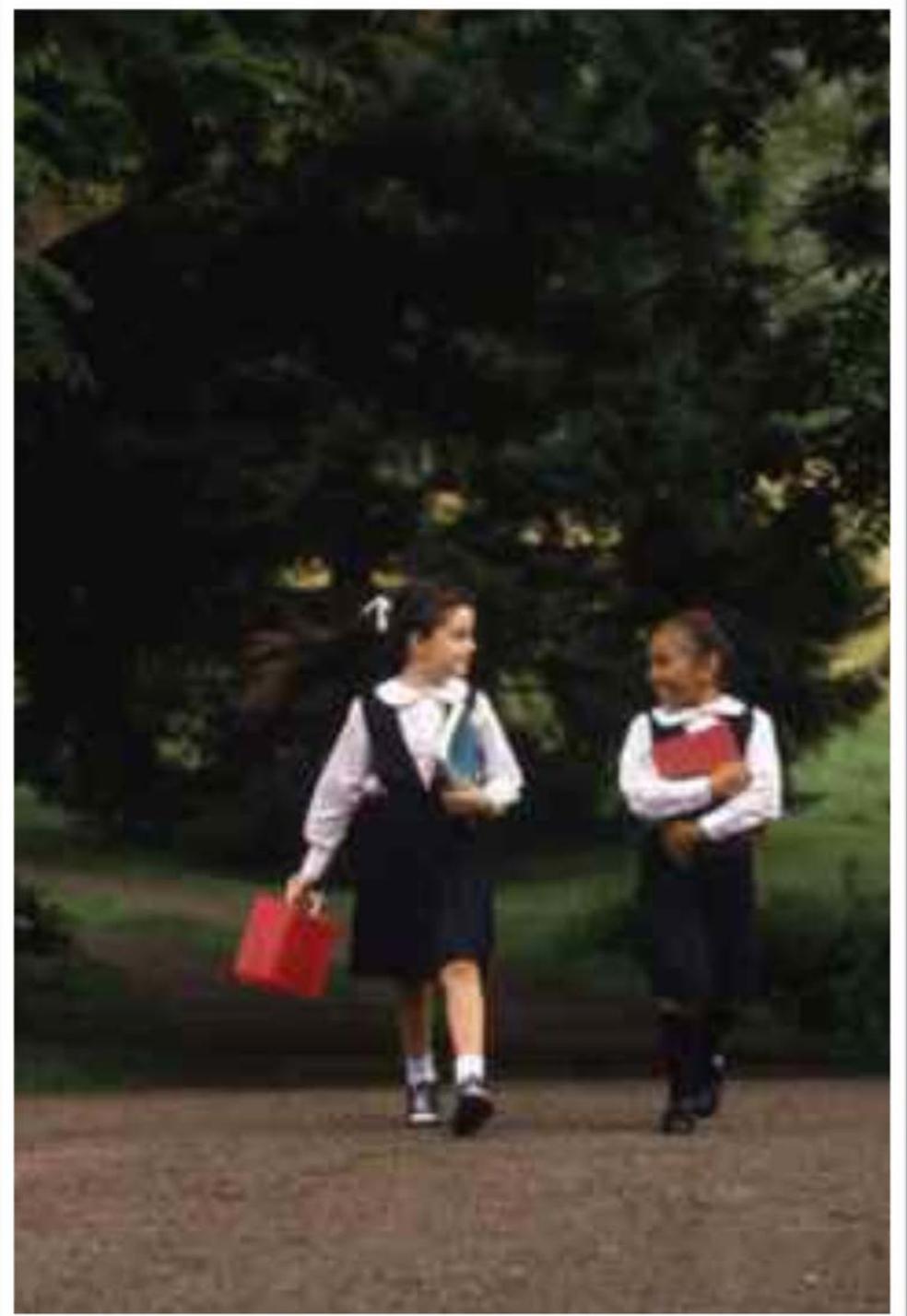


Physical Activity Levels

A sedentary lifestyle is a primary risk factor in cardiovascular disease, stroke, and all causes of death



Community Design Affects Walking and Biking to School





How do we change this trend?

10 Steps to Walkability

1. Create destinations and make it interesting



2. Plant trees, add seating



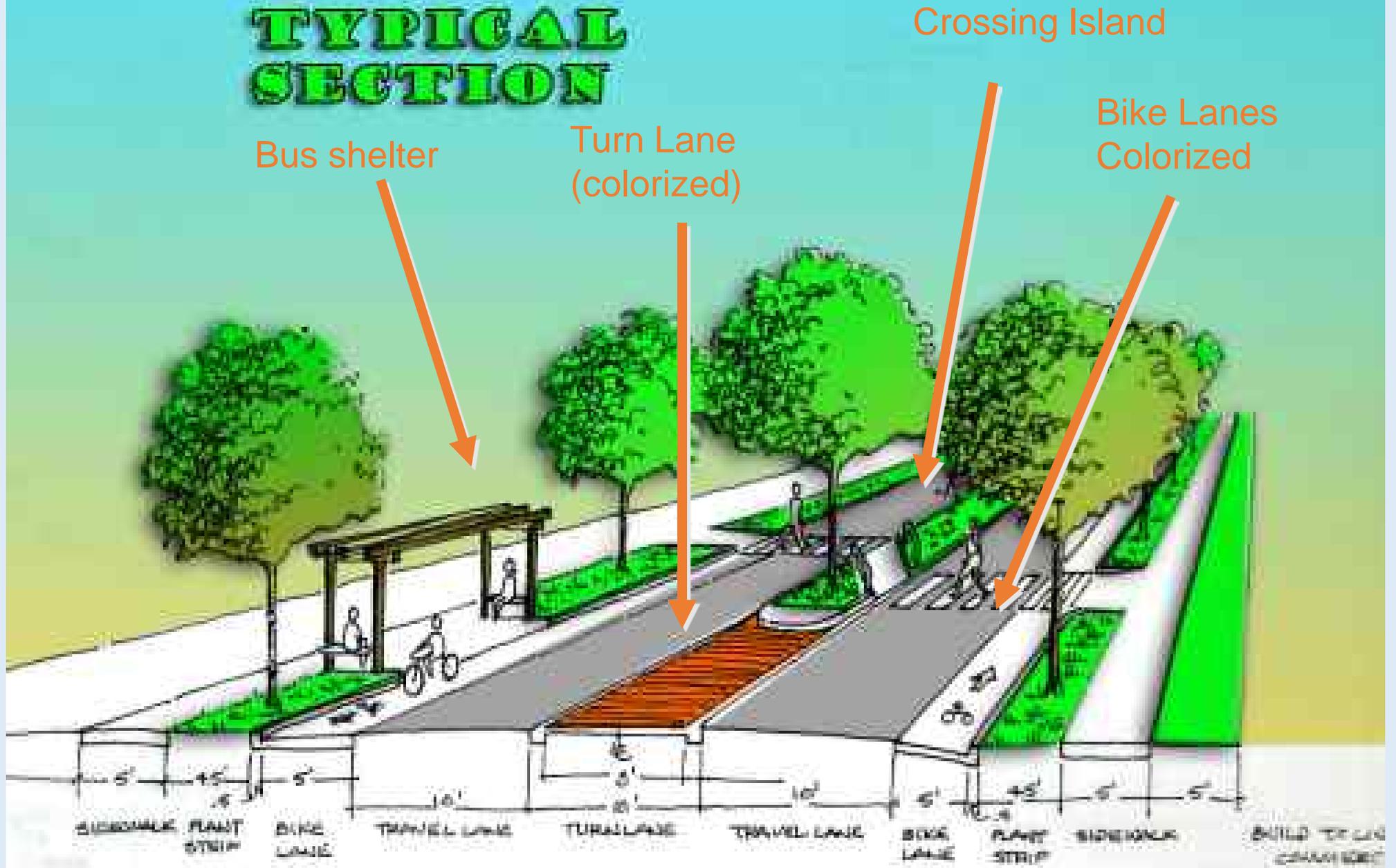
3. Share the spaces and design for speeds you want.







TYPICAL SECTION



5. Mix uses and allow (or require) buildings to be built close to the property line.



6. Fix parking



6. Maintain sidewalks and bike paths in winter



7. Keep it human scale. Put people first.



human scale

Human scale refers to the size, texture, and articulation of physical elements that match the size and proportions of humans and, equally important, correspond to the speed at which humans walk. Building details, pavement texture, street trees, and street furniture are all physical elements contributing to human scale.

What do the experts say?

"presence of street furniture; protection from traffic; focus on street level;"

"sidewalk cafes on both sides of sidewalk increase human scale"

"presence of stores and activity that invite you in"

"presence of people plays a big role"

Continuous active uses at street level, restricted sight lines that create a room-like feeling, small buildings, a narrow street, and ample street furniture give this street human scale.

This street has no active uses or street furniture that would engage pedestrians. Long sight lines into the distance also contribute to this street having low human scale.

HIGH HUMAN SCALE

LOW HUMAN SCALE



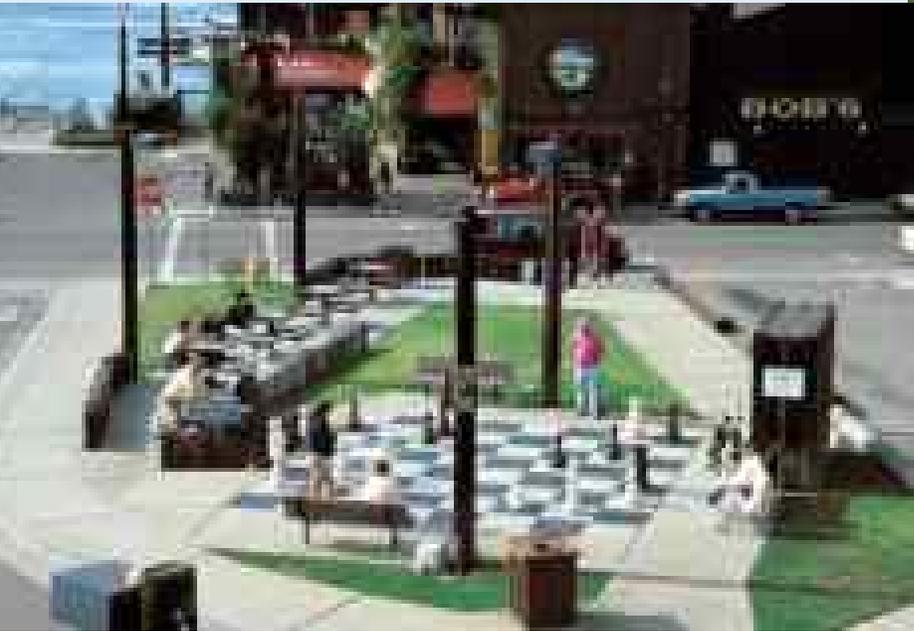
8. Build for young people and old people and the rest will follow.



9. Invite lingering.



10. Make it fun!



But WHERE do we start?

THE ACE TEAM





What do ACE Teams do?





What does an ACE team do?



Who is on an ACE team?

ACE Team Core Membership





ACE Team At-Large Membership



How are ACE teams supported?

- The Maine CDC's Division of Population Health convenes a state level ACE workgroup. (ACEW)
- ACET's are the local level counterpart to the state level ACEW.
- Federal funding received by the state called the Prevention and Control Grant-PAC provides resources and outreach for regional support and education to assist groups and towns in their pursuit of becoming and ACET!



62 Things an ACE Team can do....





The Camden ACE team...



Questions? Thank you.

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