

Partnerships to Improve Community Health (PICH)

Active Transportation Component

Southwest Region Planning Commission (SWRPC) has partnered with Healthy Monadnock to participate in a program of the Center for Disease Control and Prevention called “Partnerships to Improve Community Health” (PICH). This 3-year initiative funds a multi-sector coalition in Cheshire County that is working to address the leading causes of death and disability in the US: lack of physical activity, poor nutrition, and tobacco use.

SWRPC has been subcontracted by Cheshire Medical Center to undertake the active transportation component of this initiative, which includes promoting Complete Streets, supporting Safe Routes to School programs, and coordinating a free bike rack program called “Rack it Up!”.

COMPLETE STREETS

Complete Streets is a context-sensitive approach to transportation planning, design, construction, operation, and maintenance. It takes into consideration the needs of *all* users, including children, older citizens, people with disabilities, and people in cars, on bikes, or on foot.

Complete Streets Activities:

- ✓ Increase education and awareness about Complete Streets;
- ✓ Host Complete Streets technical assistance workshops for municipal officials, staff, and others;
- ✓ Visually show the benefits of Complete Streets through a Complete Streets rendering, pilot project, or demonstration event; and
- ✓ Work with municipalities to develop a local Complete Streets approach to transportation project planning, design, and implementation



Above: a "pocket park" that was created for a Complete Streets demonstration event in Hinsdale, NH.

SAFE ROUTES TO SCHOOL

Safe Routes to School (SRTS) is a national movement to encourage students, including those with disabilities, to safely walk, ride bicycles, or use other forms of active transportation to and from school. SRTS aims to improve safety for children who walk or bike to school, decrease rates of childhood obesity and related diseases, and ease traffic congestion and improve air quality near schools.

Safe Routes to School Activities:

- ✓ Engage schools to explore the concept of SRTS in their school;
- ✓ Work with schools to develop SRTS action plans;
- ✓ Assist schools with implementation of SRTS action plans, including assistance with grant applications.



Above: A crossing guards helps students cross Route 101 in Marlborough, NH.

RACK IT UP! PROGRAM

Rack it Up! is a program of the Monadnock Alliance for Sustainable Transportation that provides free or subsidized bike racks to businesses and community institutions. The goal of the program is to promote bicycle commuting by increasing the number of secure bicycle parking spaces in town and village centers. Since 2014, the Rack it Up! program has resulted in the placement of 442 new bicycle parking spaces in Keene, Swanzey, Troy, and Hinsdale. In 2017, the program will expand to three new communities in Cheshire County.

Rack it Up! Activities:

- ✓ Identify businesses and community institutions to participate in the Rack It Up! Program;
- ✓ Sign Memorandum of Understanding with Rack It Up! participants.
- ✓ Install bicycle racks.
- ✓ Offer technical assistance materials describing resources to support bicycling and Complete Streets.



Above: Bike racks from the Rack it Up! program that were placed in downtown Hinsdale.

