

## Shape Your World Walkability Checklist\*

Shaping your world means making local environments supportive of walking, cycling and other aspects of healthy living. This includes things like locating homes within walking distance of workplaces, stores and schools, providing efficient and well-maintained walking and cycling routes, ensuring access to recreational facilities, parks and trails and making sure children have safe routes to school and good outdoor play areas.

Go for a walk with this checklist to see how well your neighborhood supports active and healthy living. Take notes along the way to document any problems with getting around without a car and being active in your neighborhood. You can also take pictures if you have a camera. When you're finished, add up the ratings for each section to get your neighborhood's design score.

### Walking route

(Where did you walk, for example, your starting point, end point and streets taken?)

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### Connectivity

Check off all that apply, then fill in the overall connectivity rating.

- The neighborhood is connected with key destinations (like shopping and services) by sidewalks and/or walkways, which are:
  - present on both sides of the street.
  - continuous (they don't suddenly stop).
  - in good repair.
  - wide enough for two or three people to walk side by side.
  - clear of obstacles such as bushes and garbage.
  - easily navigated with wheelchairs or strollers.
- Streets in your neighborhood have a "grid pattern" with short blocks that make routes more direct.
- Cul-de-sacs and other more circular streets are linked by pedestrian walkways ("connectors").
- Bike paths and lanes connect the neighborhood with key destinations, and:
  - bike paths and lanes are well marked.
  - bike racks are available.

- Public transit service connects the neighborhood with key destinations, and:
  - stops are within easy walking distance of homes.
  - transit service is frequent.
  - bus shelters are provided at stops.
  - buses are equipped with racks for transporting bikes.

Notes:

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Connectivity rating (please select one)

1 Poor    2 Good    3 Excellent

### Proximity and access to amenities

Check off all that apply, then fill in the overall proximity/access rating.

- There are enough people living in the neighborhood to support a variety of businesses and services.
- Homes are within walking distance of:
  - shopping.
  - grocery store.
  - services (e.g., doctor, dentist, bank).
  - schools.
  - parks and playgrounds.
  - recreation facilities (e.g., tennis courts, public pool, skating rink, soccer field).
  - workplaces.

- There is a mix of homes, businesses, stores and schools in the neighborhood.
- There are different styles of housing (apartments, townhomes, single family) in the neighborhood.

Notes:

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Proximity and access to amenities rating (please select one)

1 Poor      2 Good      3 Excellent

### Aesthetics

Check off all that apply, the fill in the overall aesthetics rating.

- The walking route is attractive and pleasant.
- The walking route is not broken up by lots of vacant space (e.g., parking lots, empty buildings).
- The landscaping is attractive (e.g., trees and flowers).
- There are benches and other places to rest along the walking route.
- There are interesting things to look at along the way.
- Stores in the neighborhood are generally occupied and well maintained.

Notes:

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Aesthetics rating (please circle one)

1 Poor      2 Good      3 Excellent

### Safety

Check off all that apply, then fill in the overall safety rating.

- Pedestrian crossings are well marked and signals allow enough time to cross the street.
- There are enough pedestrian crossings (you don't have to cross mid-block or go too far out of your way to cross the street).

- Street signs are visible at all intersections.
- Cars obey traffic rules and the set speed limit.
- Sidewalks are separated from the road by grass, trees and/or pavement.
- Bike lanes and paths are separated from the other traffic.
- Walking routes are well lit at night.
- Cycling routes are well lit at night.
- There are "eyes on the street" (e.g., people out and about, houses that face the street and not too many high walls, fences or garages lining the walking route).

Notes:

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Safety rating (please select one)

1 Poor      2 Good      3 Excellent

### Your Neighborhood's Design Score

Is your neighborhood designed to support active and healthy living?

Add up the rating for each section to get the final score for your neighborhood:

- \_\_\_\_\_ Connectivity
- \_\_\_\_\_ Proximity and access to amenities
- \_\_\_\_\_ Aesthetics
- \_\_\_\_\_ Safety
- \_\_\_\_\_ Total neighborhood design score

### What does the score mean?

- 10-12** Excellent. Your neighborhood makes it easy to be active and healthy.
- 8-9** Pretty Good. Your neighborhood generally supports active and healthy living.
- 5-7** Mixed results. There are some supports for being active and health but also some gaps.
- 4** Not great. Very low support for being active and healthy. Time for some changes!