What is a Walkable Community?

- A walkable community is an environment which supports walking as a form of everyday transportation.

What does a Walkable Community Look Like?

- Well-designed, compact community where people can walk to school, work, stores, parks and restaurants.

Why are Walkable Communities so Important?

- Important aspect of healthy and vibrant communities.
- Well-designed, compact communities positively impact levels of physical activity.
- Walking can reduce the risk of chronic conditions such as coronary heart disease and stroke.
- Walkable communities reduce the need to drive. They also reduce traffic noise, speeds and vehicle pollution. This has been found to increase property values.

What is walkON?

- walkON is a program which promotes the development of communities that support walking for transportation, health and recreation.
- walkON is a Central West Ontario program.

What did walkON do?

- Conducted a telephone survey to identify what the public knows about walkability prior to implementing further programs at the local level.

The Purpose of the Survey

- The survey looked at:
  1) knowledge of walkable communities and walkON,
  2) attitudes toward walkable communities,
  3) knowledge of how the built environment impacts health, and
  4) barriers to creating walkable communities.

For Haldimand and Norfolk Residents:

What was found # 1

- 41% were familiar with the term “walkable community” while only 16.2% were familiar with the walkON program.
- “Having places within walking distance” was the most frequent response when asked what a walkable community meant to them.

What was found # 2

- 71.6% said that having connected sidewalks and paths was the most important component of a walkable community to consider when deciding where to live.

What was found # 3

- For those living in town, the most important component of a walkable...
community affecting their ability to be physically active would be having roads, sidewalks and paths that are in good condition.

- For those living in the country, having trails or paths within a five-to-10 minute walking or cycling distance of home would impact their physical activity.

**What was found # 4**

- 55.1% of respondents living in town would oppose the addition of new types of housing.
- 45.6% of respondents living in the country would oppose the addition of paved shoulders to both sides of the road.

**Developing Walkable Communities in Haldimand and Norfolk Counties**

- Many initiatives have occurred in both counties, however, continued efforts are necessary to make Haldimand and Norfolk Counties more walkable, healthy and vibrant.

**Recommendations**

1. Continue to increase awareness and knowledge and promote walkable communities in both counties.
2. Encourage the age 64 and older group to advocate for walkable communities.
3. Promote walkable communities in the younger populations.
4. Promote and communicate survey results (e.g., the need for sidewalks, places to walk to, etc.) to county departments and stakeholders.
5. Enhance partnerships among county departments (e.g., roads, public works, tourism, economic development, etc.) so that collaborative and creative solutions can be designed to improve walking and cycling conditions.
6. Further explore walkable communities in rural settings and promote local findings.
7. Use the findings from this report to inform presentations and message development on walkable communities for Haldimand and Norfolk Counties.

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