DNPAO National Training – Leading the Charge for a Healthy Nation

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Montco 2040 – A Shared Vision

• Montco 2040 is our comprehensive plan adopted in 2015

• A guidance document for us and the county’s 62 municipalities, focused around policies & strategies that the county can implement

• Funding from the Pottstown Area Health & Wellness Foundation to include health topics in plan

• This small focus on health was the starting point for collaborating with other county departments to include health as we move forward with implementing the plan
Each plan theme has goals which support health

- Improve transportation quality and expand options for county residents and workers
- Expand and connect trails, natural areas, and parks
- Support strong downtowns and community destinations

- Provide more opportunities for residents to exercise and have healthy lifestyles
- Enhance community character and protect neighborhoods

- Improve transportation access to businesses
- Flexibly adapt to changing market conditions and demographics
An early effort to implement the plan’s goals...

Walk Montco
Montgomery County Walkability Study
This plan set up a partnership with the county’s Department of Health and Human Services

- The county’s health educators are deeply involved in promoting the benefits of walking and exercise in the county’s schools.
- The planning commission brings expertise in looking at the built environment.
- Since finishing Walk Montco, these two departments have partnered with up to 3 schools each year to organize & staff Safe Routes to School committees.

Our SRTS partnership at Cheltenham Elementary School brought together school leadership, the township police force, and staff from both the planning commission and the Department of Health and Human Services.
The planning commission staff organizes a walk audit

Taken from our walk audit at Cheltenham Elementary School

1. **SOLUTION:** Update school zone sign to meet current FHWA and MUTCD standards. Sign type should be consistent with newly installed signs on Front Street.
   
POTENTIAL COST: $$

2. **SOLUTION:** A. Paint "no parking zone" stripes on either side of driveway. POTENTIAL COST: $.
   
Solution B: Install tubular delineators on either side of driveway. POTENTIAL COST: $.

Solution C: Extend curb line on either side of the driveway to create a bump-out.

POTENTIAL COST: $$$$ 

3. **SOLUTION:** Widen Ashbourne Road from Front Street intersection to the school driveway. Create a dedicated westbound left-turn lane into the school driveway and provide space for on-street parking on eastbound side. These improvements could be concurrent with the proposed development.

POTENTIAL COST: $$$$$

4. **SOLUTION:** Launch an educational campaign highlighting the effects of idling vehicles. Example: Myers Elementary School sign campaign.

POTENTIAL COST: $

5. **SOLUTION:** Delimit the bus stop zone with painted pavement and signs. Replace or extend the sidewalk on school property to 5' or greater width, and install a bus shelter.

POTENTIAL COST: $$

HIGH PRIORITY RECOMMENDATIONS
The Department of Health and Human Services focuses on education

- Hold sessions with elementary and middle school students on safe walking and bicycling as well as the benefits of exercise
- Provide active events like Walk to School Day and bike rodeos
- Organize walking school buses
- Distribute bike helmets and booster seats
- Incorporate walkability into other parts of the school’s curriculum
This partnership provides for collaboration...

- Staff members from both the planning commission and the Department of Health and Human Services have just returned from the NACDD’s Walkability Action Institute.

- This is a great opportunity to work with a group of professionals from across your region on improving health outcomes and walkability.
Including projects that are closer to home!

- **Get Out and Go Montco**

- **Montco Trail Challenge** - cross-departmental effort between the Planning Commission, Department of Health and Human Services, and the county’s Parks Department.

- Visit all of the county-owned trails over the course of a year. More than 1,700 people did this in 2018.

- This was also the first year the challenge was open to dogs – 330 participated.
Including projects that are closer to home!

- Montco Bike Share in our parks
Our next partnership opportunity…

• **Next up:** promoting stair usage in the county’s buildings and other worksite wellness initiatives.