

# HEALTHY KANSAS COMMUNITIES RESOURCE GUIDE



*www.pedbikeimages.org / Dan Burden*

**Kansas Department of  
Health & Environment**

**2006**

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## Acronyms

AASHTO – American Association of State Highway Transportation Officials	LOS – Level of Service
ADT – Average Daily Traffic	MPO – Metropolitan Planning Organization
AIA – American Institute of Architects	MUTCD – Manual on Uniform Traffic Control Devices
AHS – American Hiking Society	NACCHO – National Association of County and City Health Officials
APA – American Planning Association	NCBW – National Center for Bicycling and Walking
AQMD – Air Quality Management District	NCCDPHP – National Center for Chronic Disease Prevention and Health Promotion
ASLA – American Society of Landscape Architects	NHTSA – National Highway Traffic Safety Administration
ASTDHPPE - Assn. of State and Territorial Directors of Health Promotion and Public Health Education	NPS – National Park Service
AVA – American Volkspport Association	NPTS – National Personal Transportation Survey
BRFSS – Behavioral Risk Factor Surveillance System	NSC – National Safety Council
CDC – Centers for Disease Control	PBIC – Pedestrian and Bicycle Information Center (Univ. of North Carolina)
CMAQ – Congestion Mitigation and Air Quality	PWA – Partnership for a Walkable America
CNU – Congress for a New Urbanism	RTC – Rails-to-Trails Conservancy
CPTED – Crime Prevention Through Environmental Design	RTCA – Rivers and Trails Conservation Assistance program (of the NPS)
CVD – Cardiovascular Disease	SAFETEA-LU – Safe, Accountable, Flexible, Efficient Transportation Equity Act – A Legacy for Users
DNPA – Division of Nutrition and Physical Activity (of the CDC)	Sec 402 – Section 402 Safety Funds
DOT – Department of Transportation	STPP – Surface Transportation Policy Project
ECGA – East Coast Greenway Association	TEA-21 – Transportation Equity Act for the 21 <sup>st</sup> Century
EPA – Environmental Protection Agency	TIP – Transportation Improvement Plan
FHWA – Federal Highway Administration	TDM – Transportation Demand Management
ITE – Institute of Transportation Engineers	TND – Traditional Neighborhood Design
LGC – Local Government Commission	ULI – Urban Land Institute

## **Public Health and the Built Environment**

### **Centers for Disease Control – “Designing and Building Healthy Places”**

<http://www.cdc.gov/healthyplaces>

National Center for Environmental Health (NCEH) -- [ncehinfo@cdc.gov](mailto:ncehinfo@cdc.gov).

As the leading public health agency in the United States, the Centers for Disease Control and Prevention (CDC) scientifically considers all factors that affect the health of the nation. As we embark into the 21st century, the interaction between people and their environments, natural as well as human-made, continues to emerge as a major issue concerning public health. The September 2003 issue of American Journal of Public Health featured research on the effect of land use and community design on public health concerns such as physical activity, obesity, and pedestrian injuries and fatalities.

Direct link to “Creating a Healthy Environment: The Impact of the Built Environment on Public Health” --

<http://www.cdc.gov/healthyplaces/articles/Creating%20A%20Healthy%20Environment.pdf>

### **Centers for Disease Control (CDC) National Center for Chronic Disease Prevention and Health Promotion– “ACES: Active Community Environments Initiative”**

<http://www.cdc.gov/nccdphp/dnpa/aces.htm>

Division of Nutrition and Physical Activity

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

4770 Buford Highway, NE, MS/K-24

Atlanta GA 30341-3717

Phone (770) 488-5820

CDC's Active Community Environments Initiative (ACES) promotes walking, bicycling, and the development of accessible recreation facilities.

**American Obesity Association** -- <http://www.obesity.org/subs/community/creating.shtml>

AOE website has strategies for integrating obesity management into communities.

### **Direct Links to Other Reports, Articles and Fact Sheets**

- “Measuring the Health Effects of Sprawl: A National Analysis of Physical Activity, Obesity and Chronic Disease” --  
<http://www.smartgrowthamerica.org/report/HealthSprawl8.03.pdf>
- “Making the Public Health/Smart Growth Connection”  
[http://www.fundersnetwork.org/usr\\_doc/SpotLight\\_7\\_Public\\_Health.pdf](http://www.fundersnetwork.org/usr_doc/SpotLight_7_Public_Health.pdf)
- “The Built Environment and Health: 11 Profiles of Neighborhood Transformation”  
<http://www.preventioninstitute.org/builtenv.html#pdfs>
- “Development and Public Health: Could our development patterns be affecting our personal health?”  
[http://www.lgc.org/freepub/land\\_use/articles/develop\\_and\\_publichealth/page01.html](http://www.lgc.org/freepub/land_use/articles/develop_and_publichealth/page01.html)
- “Health and Smart Growth: Building Health, Promoting Active Communities” (Funder’s Network) --  
[http://www.fundersnetwork.org/usr\\_doc/Health\\_and\\_Smart\\_Growth.pdf](http://www.fundersnetwork.org/usr_doc/Health_and_Smart_Growth.pdf)

## **Active Living**

“Active Living” is a way of life that integrates physical activity into daily routines. An active living community is designed with a pedestrian focus and provides opportunities for people of all ages and abilities to engage in routine physical activity.

### **The Robert Wood Johnson Foundation**

<http://www.rwjf.org>

P.O. Box 2316

College Road East and Route 1

Princeton, NJ 08543

888-631-9989

A philanthropic organization that has created a number of programs and projects to address health and health care of Americans, including Active Living Programs around the country. The RWJ Foundation has four goal areas:

1. To assure that all Americans have access to quality health care at reasonable cost.
2. To improve the quality of care and support for people with chronic health conditions.
3. To promote healthy communities and lifestyles.
4. To reduce the personal, social and economic harm caused by substance abuse – tobacco, alcohol, and illicit drugs.

During 2004, the Foundation made 823 grants and contracts, totaling \$249.3 million in support of programs and projects to improve health and health care in the United States.

The RWJ Foundation supports “The Shape We’re In”, a five-part newspaper series distributed by Knight Ridder/Tribune Information Services that focuses on America’s obesity crisis. The companion web site can be found at <http://www.shapenews.com> .

### **Active Living Network**

<http://www.activeliving.org/>

The Active Living Network

1932 First Avenue Suite 507

Seattle, WA 98101

206-792-0433

Email: [info@activeliving.org](mailto:info@activeliving.org)

The Active Living Network is part of a coordinated response to find creative approaches for integrating physical activity into American life. Rather than solely addressing obesity as an individual health problem, the Network focuses on how the built environment — including neighborhoods, transportation systems, buildings, parks and open space — can promote more active lives.

To achieve this goal, the Active Living Network is building relationships among leaders in diverse professions such as urban planning, architecture, transportation planning, education, environment and public health. Together we work to identify opportunities for coordinated action and to promote activity-friendly environments in cities, schools, workplaces and neighborhoods.

## **Active Living by Design**

<http://www.activelivingbydesign.org>

400 Market Street, Suite 205

Chapel Hill, North Carolina 27516

Phone: 919-843-ALBD (2523)

Email: [info@activelivingbydesign.org](mailto:info@activelivingbydesign.org)

Active Living by Design is a national program of The Robert Wood Johnson Foundation and is a part of the UNC School of Public Health in Chapel Hill, North Carolina. This program establishes innovative approaches to increase physical activity through community design, public policies and communications strategies. Active Living by Design is funding 25 community partnerships across the country to demonstrate how changing community design will impact physical activity.

Numerous publications by Active Living by Design on this webpage:

<http://www.activelivingbydesign.org/index.php?id=17>

## **Active Living Research**

<http://www.activelivingresearch.org>

Active Living Research supports research to examine relationships among characteristics of natural and built environments, public and private policies, and personal levels of physical activity. Active Living Research has three primary objectives:

1. To establish a strong research base regarding the environmental and policy correlates of physical activity.
2. To help build a transdisciplinary field of physical activity policy and environmental researchers.
3. To facilitate the use of research to support policy change.

Direct links to three Active Living Research fact sheets:

- “Designing for Active Recreation”  
<http://www.activelivingresearch.org/downloads/recreationrevised021105.pdf>
- “Designing for Active Transportation”  
<http://www.activelivingresearch.org/downloads/transportationrevised021105.pdf>
- “Designing to Reduce Childhood Obesity”  
<http://www.activelivingresearch.org/downloads/childhoodobesity021105.pdf>

## **Ontario Healthy Communities Coalition**

<http://www.healthycommunities.on.ca>

A registered charity established in 1992. Membership represents provincial associations, local and regional healthy community coalitions and others who support the principles of healthy communities.

Educational materials include a newsletter, an organizing handbook, and a video.

# **Leadership, Government, Communications and Action**

## **Active Living Leadership**

<http://www.activelivingleadership.org>

A National Initiative supported by the Robert Wood Johnson Foundation (RWJF), developed to support government leaders as they create and promote policies, programs and places that support healthy community environments and enable active living and healthy eating to improve the health, well-being and vitality of communities.

Coordinated at San Diego State University, Active Living Leadership is a partnership effort of the Council of Governments International City/County Management Association, the Local Government Commission, National Association of Counties, National Conference of State Legislatures, National Governors Association Center for Best Practices, National League of Cities, and United States Conference of Mayors in collaboration with the American Association of School Administrators.

Direct links to Active Living Leadership reports and fact sheets:

- “Healthy Community Design Success Stories from State and Local Leaders”  
[http://www.activelivingleadership.org/pdf\\_file/Storybook.pdf](http://www.activelivingleadership.org/pdf_file/Storybook.pdf)
- “Health Primer on Active Living for Government Officials”  
[http://www.activelivingleadership.org/pdf\\_file/ALL\\_primer\\_final.pdf](http://www.activelivingleadership.org/pdf_file/ALL_primer_final.pdf)
- “Active Living Leadership Action Strategies”  
[http://www.activelivingleadership.org/pdf\\_file/LeadershipActionStr%20web.pdf](http://www.activelivingleadership.org/pdf_file/LeadershipActionStr%20web.pdf)

## **National Civic League, Healthy Communities Initiatives**

<http://www.ncl.org/cs/services/healthycommunities.html>

National Civic League  
1445 Market St., Suite 300  
Denver, CO 80202  
303-571-4343 (phone)  
Email: [ncl@ncl.org](mailto:ncl@ncl.org)

The National Civic League (NCL) is a non-profit, non-partisan, membership organization dedicated to strengthening citizen democracy by transforming democratic institutions.

NCL technical assistance includes the following:

- Provide training in healthy community’s principles, practices & tools.
- Designs and facilitate short and long-term healthy communities planning projects.
- Helps communities create a shared vision for the future by engaging citizens, local government, business and non-profits.
- Connects communities to a national network of "healthy communities" innovators at the local, state and national levels.

## **International City/County Management Association (ICMA) Active Living Program**

<http://www.icma.org/main/topic.asp?tpid=31&hsid=1>

ICMA is the professional and educational organization for chief appointed managers, administrators, and assistants in cities, towns, counties, and regional entities throughout the world.

The ICMA webpage on active living provides links to local government innovations, sample government documents, reports/articles, and other web sites.

**Smart Growth Leadership Institute** -- <http://www.sgli.org>

Created by former Maryland Governor Parris N. Glendening to help state and local elected, civic and business leaders design and implement effective smart growth strategies. A project of "Smart Growth America."

**National Conference of State Legislatures Healthy Community Initiative**

<http://www.ncsl.org/programs/envIRON/healthycommunity>

Direct link to NCSL's "Promoting Walking and Biking – The Legislative Role":

[http://www.leadershipforactiveliving.org/pdf\\_file/promoting\\_walking\\_and\\_biking.pdf](http://www.leadershipforactiveliving.org/pdf_file/promoting_walking_and_biking.pdf)

**National Association of County and City Health Officials** -- <http://naccho.org>

Direct links to a NACCHO toolbox and publication:

- "Land use and health toolbox"  
[http://naccho.org/topics/HPDP/land\\_use\\_planning/LUP\\_Toolbox.cfm](http://naccho.org/topics/HPDP/land_use_planning/LUP_Toolbox.cfm)
- "Working with Elected Officials to Promote Health Land Use Planning & Community Design" -- <http://archive.naccho.org/documents/LUP-Working-with-Officials.pdf>

**AWARE (Addressing Water and Natural Resource Education)**

<http://www.awarecolorado.org>

A League of Women Voters program to educate local decision makers about the impacts of land use choices on water quality.

**Direct Links to Other Reports, Articles and Fact Sheets**

- "Public Sector Leadership: The Role of Local Government in Smart Growth"  
<http://www>
- "Livable Communities: An Evaluation Guide"  
[http://assets.aarp.org/rgcenter/il/d18311\\_communities.pdf](http://assets.aarp.org/rgcenter/il/d18311_communities.pdf)
- "The Shape We're In: Community Action Guide"  
<http://www.rwjf.org/files/newsroom/ShapeCommunityGuidePDF.pdf>
- "Promoting Active Living Communities, A Guide to Marketing and Communication"  
[http://www.activelivingbydesign.org/fileadmin/template/documents/rwjf\\_toolkit.pdf#search='promoting%20active%20living%20communities'](http://www.activelivingbydesign.org/fileadmin/template/documents/rwjf_toolkit.pdf#search='promoting%20active%20living%20communities')
- "Active Living by Design Community Action Model"  
<http://www.activelivingbydesign.org/index.php?id=293>
- "Introduction to Pedestrian Advocacy"  
<http://americawalks.org/resources/downloads/PedAdv.pdf>
- "The Ten Essentials of Pedestrian Advocacy"  
<http://americawalks.org/resources/downloads/TenEss.pdf>
- "Toolbox for Pedestrian Advocates"  
<http://americawalks.org/resources/toolbox.html>

## **Non-motorized Transportation (Walking/Biking/Trails)**

### **Kansas Transportation Enhancement Coordinator**

[http://www.ksdot.org/burProgProjMgmt/Local/TEwebpgRev4-26-05\\_files/frame.htm](http://www.ksdot.org/burProgProjMgmt/Local/TEwebpgRev4-26-05_files/frame.htm)

Enhancements Coordinator

Kaye Jordan-Cain

Phone: 785-296-0280

Department of Transportation

700 SW Harrison Street

Topeka, KS 66603-3754

### **National Transportation Enhancement Clearinghouse**

<http://www.enhancements.org/>

The National Transportation Enhancements Clearinghouse (NTEC) is an information service sponsored by the Federal Highway Administration (FHWA) and Rails-to-Trails Conservancy. NTEC works to provide professionals, policy makers, and citizens with timely and accurate information necessary to make well-informed decisions about Transportation Enhancements (TE).

### **Kids Walk to School/ Safe Kids**

National Program – <http://www.walktoschool-usa.org>

Kansas State Coordinator

Jan Stegelman

Phone: 785-296-1223

Kansas Safe Kids Coalition

1000 SW Jackson Suite 230

Topeka, Kansas 66612-1274

Each October, millions of children, parents, teachers and community leaders across the globe walk to school to celebrate International Walk to School Day and, since 2003, International Walk to School Week. It is an energizing event, reminding parents and children alike of the simple joy of walking to school. It also serves as an opportunity to focus on the importance of physical activity, safety, air quality and walkable communities. Walk to School activities often become a catalyst for on-going efforts to increase safe walking and bicycling all of the time.

### **Kansas Department of Transportation**

<http://www.ksdot.org/burRail/bike>

Bicycle and Pedestrian Coordinator

Paul Ahlenius

Phone: 785-296-7448

Bureau of Transportation Planning

Dwight D. Eisenhower State Office Building

700 SW Harrison St./ 22nd Floor tower

Topeka, Kansas 66603-3754

## **Walk Kansas: A Fitness Challenge**

<http://www.oznet.ksu.edu/walk>

Walk Kansas is an 8-week walking program encouraging family members, schoolmates, co-workers, friends, and neighbors to come together as a team. Participants will set goals for health and fitness. A Team Captain will recruit 5 people to make a 6-member team who will collectively walk 423 miles, the distance across Kansas. The program is sponsored by Kansas State Research and Extension.

## **Get Fit Kansas**

<https://www.getfitkansas.org/index.sp>

Get Fit Kansas is a team wellness program conducted by the Sunflower State Games. This four-month endeavor (February 1 - June 1) encourages Kansans to develop sustainable healthy exercise and eating habits. The unique team format encourages teammates to work together toward the common goal of living healthier lives.

Kansans are encouraged to form teams of up to 10 people and Get Fit! Team competition will recognize achievement in two areas:

1. Weight loss (due to healthy, appropriate diet and physical activity.) Each member of the team submits an "honor" weight to the team captain. Captains total the team weight, complete the team entry form and submit it by January 31, 2005. "Honor" weigh-ins will be repeated in April (midway point) and June (final). Winning teams are those that lose the highest percentage of weight over the four-month program.
2. Accumulated activity (in the form of miles.) Teams track miles based on activity performed. Winning teams are those that logged the most miles over the four-month program. Captains total the team miles and report them monthly.

## **National Center for Bicycling & Walking**

<http://www.bikewalk.org>

8120 Woodmont Ave, Suite 650

Bethesda, MD 20814

Phone: 301.656.4220

Fax: 301.656.4225

Email: [info@bikewalk.org](mailto:info@bikewalk.org)

The National Center for Bicycling & Walking (NCBW) is the major program of the Bicycle Federation of America, Inc. (BFA), a national, nonprofit [501(c)(3)] corporation established in 1977. The center's mission is to create bicycle-friendly and walkable communities.

In 2001, the NCBW was awarded a multi-year grant from The Robert Wood Johnson Foundation (RWJF) to provide information and resources to communities and professionals working to create more activity-friendly communities. This program is referred to as Active Living's Technical Assistance Center, or ALTAC for short. The grant is part of RWJF's efforts to provide improved opportunities for Americans to be physically active on a daily basis in the communities where they live and work.

## **Partnership for a Walkable America**

<http://www.walkableamerica.org>

The Partnership for a Walkable America (PWA) is a national coalition working to improve the conditions for walking in America and to increase the number of Americans who walk regularly. The members are national governmental agencies and non-profit organizations concerned about three main areas: Health, Safety and the Environment.

## **Walkable Communities**

<http://www.walkable.org>

33 E. Pine Street

Orlando, FL 32801

1-866-347-2734

Email: [DBurden@aol.com](mailto:DBurden@aol.com) or [kowens@glatting.com](mailto:kowens@glatting.com)

Walkable Communities was established in the state of Florida in 1996. It was organized for the express purposes of helping whole communities, whether they are large cities or small towns, or parts of communities, i.e. neighborhoods, business districts, parks, school districts, subdivisions, specific roadway corridors, etc., become more walkable and pedestrian friendly.

Walkable Communities provides the following services: presentations, walkable audits (to help determine specific problems and solutions), training courses, workshops, planning and visioning charrettes to facilitate community planning efforts, and mediation in community disputes over planning issues.

Walkable Communities also provides a small inventory of publications and photo CDs to assist in further educating people interested in the related issues of community planning and zoning, traffic calming, street and intersection design, specific bicycle and pedestrian facility design, ADA requirements and public involvement processes.

## **walkinginfo.org – Pedestrian and Bicycle Information Center**

<http://www.walkinginfo.org/>

The PBIC is a clearinghouse for information about health and safety, engineering, advocacy, education, enforcement and access and mobility. PBIC provides technical support for communities, including walkability and bikeability checklists and design guides. The website is maintained by the Pedestrian and Bicycle Information Center (PBIC) with funding from the U.S. Department of Transportation and the Centers for Disease Control and Prevention.

Direct links to publications on the walkinginfo.org website:

- “Walkability Checklist – How walkable is your community?”  
<http://www.walkinginfo.org/pdf/walkingchecklist.pdf>
- “Pedestrian Facilities Users Guide – Providing Safety and Mobility”, Federal Highway Administration --  
<http://www.walkinginfo.org/pdf/peduserguide/peduserguide.pdf>

## **Association of Pedestrian and Bicycle Professionals (APBP)**

<http://www.apbp.org>

P.O. Box 23576

Washington, DC 20026

## **America Walks**

<http://www.americawalks.org>

503-222-1077

A national coalition of local advocacy groups dedicated to promoting walkable communities. Members are autonomous grassroots organizations from across the country, each working to improve conditions for walking in their area. The mission of America Walks is to foster the development of community-based pedestrian advocacy groups, to educate the public about the benefits of walking, and, when appropriate, to act as a collective voice for walking advocates. America Walks provides a support network for local pedestrian advocacy groups and offers advice on how to get started and how to be effective with public officials and engineering and design professionals.

Direct links to three articles/reports by “America Walks” --

- “Introduction to Pedestrian Advocacy”  
<http://americawalks.org/resources/downloads/PedAdv.pdf>
- “The Ten Essentials of Pedestrian Advocacy”  
<http://americawalks.org/resources/downloads/TenEss.pdf>
- “Toolbox for Pedestrian Advocates”  
<http://americawalks.org/resources/toolbox.html>

## **Bikes Belong Coalition, Ltd.**

<http://www.bikesbelong.org>

617-734-2800

Bikes Belong Coalition is comprised of bicycle industry supporters of more livable community efforts.

## **League of American Bicyclists**

<http://www.bikeleague.org>

202-822-1333

National advocacy group advancing the Bike Friendly Communities program.

## **National Center for Bicycling and Walking**

<http://www.bikewalk.org>

This Center organizes the Pro Walk/Pro Bike conference every two years.

## **Bicyclinginfo.org**

<http://www.bicyclinginfo.org>

Direct link to Bicyclinginfo’s “Bikeability Checklist – How bikeable is your community?”:

<http://www.bicyclinginfo.org/cps/checklist.htm>

### **Kansas Trails Council, Inc.**

<http://www.kansastrailscouncil.org>

P.O. Box 695

Topeka, KS 66601-0695

The Kansas Trails Council began informally in 1974 when a group of trail enthusiasts joined together to build multi-use trails near several Kansas lakes. In 1978, the KTC officially became a non-profit 501c3 corporation dedicated to promoting the development and enjoyment of Kansas trails. The KTC's primary purposes are to:

1. develop and maintain multi-use trails;
2. provide resources to trail developers and trail stewards;
3. provide trail information to interested parties; and
4. educate trail stewards and trail users.

### **Rails-to-Trails Conservancy**

<http://www.railtrails.org/>

1100 17<sup>th</sup> St., NW

Washington, D.C. 20036

Rails-to-Trails promotes policy at the national and state levels to create the conditions that make trail building possible. Rails-to-Trails is developing a Regional Trails and Greenways Initiative designed to make trails an essential component of the emerging smart growth and livable communities movement.

Direct link to two reports by the Rails-to-Trails Conservancy:

- "Trails & Greenways: Advancing the Smart Growth Agenda":  
<http://www.railstotrails.org/whatwedo/information/TGSmartgrowth.pdf>
- "Creating Active Communities: Ten Case Studies of Programs and Partnerships"  
[http://www.railtrails.org/whatwedo/information/bestpractices\\_health.pdf](http://www.railtrails.org/whatwedo/information/bestpractices_health.pdf)

### **Rivers and Trails Conservation Assistance**

<http://www.ncrc.nps.gov/rtca>

A program of the National Park Service.

### **Mid-America Regional Council (MARC)**

<http://www.marc.org>

600 Broadway, Suite 300

Kansas City, MO 64105

816-474-4240

MARC serves as the association of city and county governments and the metropolitan planning organization for the bi-state Kansas City region. Issues addressed by MARC include child care, transportation, aging, emergency services, and environmental issues. MARC's Board of Directors consists of 30 locally elected leaders representing the eight counties and 116 cities in the bi-state metropolitan Kansas City region.

Walking and bicycling are fundamental outdoor activities which both support and are supported by the [MetroGreen](#) regional greenway plan. MARC promotes walking and bicycling in the urban environment through [Heartland Sky](#) as alternative transportation modes that help address air quality issues, and through its [Creating Quality Places](#) initiative to foster sustainable communities. In addition, MARC supports walking and bicycling through the [Transit-Supportive Development](#) initiative focused on finding the proper mix and density of land use to support the region's transit system and to create urban and suburban environments where walking, biking and transit are viable transportation options.

MARC provides a forum to address regional bicycle and pedestrian issues through the [Bicycle and Pedestrian Advisory Committee](#) (BPAC), a subcommittee of the Total Transportation Policy Committee (TTPC).

Direct link to MARC reports:

- “Creating Walkable Communities – A Guide for Local Governments”  
<http://www.marc.org/cwctoc.pdf>
- “Successful Small Cities: A Technical Tool Kit”  
<http://www.marc.org/Community/ssc.htm>

#### **Direct Links to Other Articles, Reports and Fact Sheets**

- “The Economic Benefits of Walkable Communities”  
[http://www.lgc.org/freepub/PDF/Land\\_Use/focus/walk\\_to\\_money.pdf](http://www.lgc.org/freepub/PDF/Land_Use/focus/walk_to_money.pdf)
- “Why People Don’t Walk and What City Planners Can do About It”  
[http://www.lgc.org/freepub/PDF/Land\\_Use/focus/plan\\_to\\_walk.pdf](http://www.lgc.org/freepub/PDF/Land_Use/focus/plan_to_walk.pdf)
- “America Bikes America Benefits; TEA-21 reauthorization priorities from the bicycle community”  
<http://www.americabikes.org/images/resource/America%20Bikes%20Policy%20Guide.pdf>
- “Promoting Walking and Biking – The Legislative Role” (National Conference of State Legislatures)  
[http://www.leadershipforactiveliving.org/pdf\\_file/promoting\\_walking\\_and\\_biking.pdf](http://www.leadershipforactiveliving.org/pdf_file/promoting_walking_and_biking.pdf)

## **Motorized Transportation**

### **Transportation Toolbox for Rural Areas and Small Communities**

<http://www.199.79.179.78/ruraltransport/toolbox/index.html>

Resources for rural transportation planning -- <http://www.fhwa.dot.gov/planning/rural>

In 1998 the United States Department of Agriculture and the United States Department of Transportation signed a Memorandum of Understanding in which the agencies jointly agreed to address long-term agricultural transportation, rural passenger and freight mobility challenges. As a result of the Memorandum of Understanding, the agencies have pursued a variety of projects of mutual interest, including the development of this website. The Transportation Toolbox for Rural Areas and Small Communities was designed to assist public and private stakeholders in planning, developing, and improving rural areas and small communities, especially through transportation and related projects. It is a work in progress, and we welcome your suggestions.

### **Surface Transportation Policy Project**

<http://www.transact.org>

The Surface Transportation Policy Project is a nationwide coalition working to ensure safer communities and smarter transportation choices that enhance the economy, improve public health, promote social equity, and protect the environment. STPP is a 501(c)(3) non-profit organization funded by individual donations and a range of national and regional foundations.

This Project publishes “Mean Streets” (pedestrian data) and is a companion project to the Alliance for a New Transportation Charter (<http://www.antic.net>).

### **Traffic Calming Measures (Institute of Transportation Engineers)**

<http://www.ite.org/traffic>

### **Direct Links to Other Reports, Articles and Fact Sheets**

- “Our Built and Natural Environments – A Technical Review of the Interactions between Land Use, Transportation, and Environmental Quality”  
[www.epa.gov/smartgrowth/pdf/built.pdf](http://www.epa.gov/smartgrowth/pdf/built.pdf)

## **Schools**

### **Coordinated School Health (CSH) Program -- <http://www.kshealthykids.org/>**

Allison Koonce, MS, CHES  
KDHE Office of Health Promotion  
1000 SW Jackson, Suite 230  
Topeka, KS 66612  
Tel: 785 296-1949 Fax: 785 296-8059  
Email: [akoonce@kdhe.state.ks.us](mailto:akoonce@kdhe.state.ks.us)

CSH is a multi-faceted approach to helping youth establish healthful behaviors and attitudes. It begins with a thorough assessment of health influences within a school/community which directs CSH leaders toward the greatest areas of student health needs. With a goal in mind, leaders strengthen each of the eight components to provide the knowledge and environment necessary for students to make healthful decisions.

### **Healthy Schools Network, Inc. -- <http://www.healthyschools.org>**

A national not-for-profit organization, centered on children's environmental health, and dedicated to assuring every child and school employee an environmentally safe and healthy school through research, information and referral, advocacy, and coalition-building.

### **Kids Walk to School/ Safe Kids – National Program – <http://www.walktoschool-usa.org>**

Kansas State Coordinator, Jan Stegelman  
Phone: 785-296-1223  
Kansas Safe Kids Coalition  
1000 SW Jackson Suite 230  
Topeka, Kansas 66612-1274

Each October, millions of children, parents, teachers and community leaders across the globe walk to school to celebrate International Walk to School Day and, since 2003, International Walk to School Week. It is an energizing event, reminding parents and children alike of the simple joy of walking to school. It also serves as an opportunity to focus on the importance of physical activity, safety, air quality and walkable communities. Walk to School activities often become a catalyst for on-going efforts to increase safe walking and bicycling all of the time.

### **Action for Healthy Kids -- <http://www.actionforhealthykids.org>**

A nonprofit group that addresses the epidemic of overweight, undernourished and sedentary youth by focusing on changes in schools. Website has a “wellness policy tool.”

### **Direct Links to Other Reports, Articles and Fact Sheets**

- “Travel and Environmental Implications of School Siting”  
[http://www.epa.gov/smartgrowth/pdf/school\\_travel.pdf](http://www.epa.gov/smartgrowth/pdf/school_travel.pdf)
- “New Schools for Older Neighborhoods – Strategies for Building Our Communities’ Most Important Assets” (Local Government Commission)  
[http://www.lgc.org/freepub/PDF/Land\\_Use/reports/new\\_schools\\_rpt.pdf](http://www.lgc.org/freepub/PDF/Land_Use/reports/new_schools_rpt.pdf)

## **Senior Citizens**

### **AARP (American Association of Retired Persons)**

<http://www.aarp.org>

Direct links to AARP publications and checklists:

- “Legislating Mobility Options: A Survey of State Laws Promoting Public Transit, Walking, and Bicycling” -- [http://www.aarp.org/research/housing-mobility/transportation/2005\\_12\\_mobility.html](http://www.aarp.org/research/housing-mobility/transportation/2005_12_mobility.html)
- “Community Mobility Options: The Older Person's Interest” report [http://www.aarp.org/research/housing-mobility/transportation/fs44r\\_com\\_mobility.html](http://www.aarp.org/research/housing-mobility/transportation/fs44r_com_mobility.html)
- “Community Mobility Options: The Older Person's Interest” fact sheet [http://assets.aarp.org/rqcenter/il/fs44r\\_com\\_mobility.pdf](http://assets.aarp.org/rqcenter/il/fs44r_com_mobility.pdf)
- “Walkability Checklist” (National Safety Council) <http://www.nsc.org/walk/wkcheck.htm>
- “Livable Communities: An Evaluation Guide” [http://assets.aarp.org/rqcenter/il/d18311\\_communities.pdf](http://assets.aarp.org/rqcenter/il/d18311_communities.pdf)

### **Successful Aging Initiative of The Cleveland Foundation**

<http://www.successfulaging.org>

A three-year, \$4 million initiative to provide opportunities and resources to assist Cleveland's seniors in remaining an active part of the community.

Direct link to the Initiative's “Guide to Elder-Friendly Community Building” (74 pages):

[http://www.successfulaging.org/images/Guide\\_to\\_EFC\\_Building.doc.pdf](http://www.successfulaging.org/images/Guide_to_EFC_Building.doc.pdf)

### **Direct Links to Other Reports, Articles and Fact Sheets**

- “Active-adult havens for a new breed of (not quite) retirees” (Christian Science Monitor) <http://www.csmonitor.com/2005/0627/p01s01-ussc.htm>
- “Active Living for Older Adults: Management Strategies for Healthy and Livable Communities” (International City Management Association) [http://www.leadershipforactiveliving.org/pdf\\_file/icma\\_al\\_older\\_adults.pdf](http://www.leadershipforactiveliving.org/pdf_file/icma_al_older_adults.pdf)

## **Land Use, Planning and Community Development**

### **Center for Livable Communities (Local Government Commission)**

<http://www.lgc.org/center>

1414 K St., Ste. 600

Sacramento, CA 95814

916-448-1198

Email: [center@lgc.org](mailto:center@lgc.org)

The Center for Livable Communities is a national initiative of the Local Government Commission (LGC), a nonprofit, nonpartisan, membership organization of elected officials, city and county staff, and other interested individuals throughout California and other states.

In 1991, working with some of the country's leading architects and planners, the LGC developed the "Ahwahnee Principles" for resource-efficient local and regional land use planning. The Center grew out of the Commission's work helping local officials implement the "Ahwahnee Principles." Realizing that economic vitality and livability are inextricably linked, the LGC followed up in 1997 by developing the "Ahwahnee Principles for Economic Development."

In 2005, the LGC developed a new set of principles in 2005 to assist communities with water quality issues. The "Ahwahnee Water Principles for Resource Efficient Land Use" address the disconnect between land use decisions and water resources, and will help cities and counties reduce costs while improving the reliability and quality of our water resources.

Besides the "Ahwahnee Principles," the CLC's website provides numerous resources, including "Community Design Fact Sheets for Safe Streets and Healthy Communities", "Ten Keys to Walkable/Livable Communities," and "Participation Tools for Better Community and Land Use Planning."

Direct links to LGC fact sheets:

- "Ten Keys to Walkable/Livable Communities"  
[http://www.lgc.org/freepub/land\\_use/articles/ten\\_keys/page01.html](http://www.lgc.org/freepub/land_use/articles/ten_keys/page01.html)
- "The Economic Benefits of Walkable Communities"  
[http://www.lgc.org/freepub/PDF/Land\\_Use/focus/walk\\_to\\_money.pdf](http://www.lgc.org/freepub/PDF/Land_Use/focus/walk_to_money.pdf)
- "The Ahwahnee Principles for Resource-Efficient Communities"  
"The Ahwahnee Principles for Economic Development"  
"The Ahwahnee Principles for Resource Efficient Land Use"  
"The Ahwahnee Water Principles for Resource Efficient Land Use"  
<http://www.lgc.org/center/index.html>
- "Why People Don't Walk and What City Planners Can do About It"  
[http://www.lgc.org/freepub/PDF/Land\\_Use/focus/plan\\_to\\_walk.pdf](http://www.lgc.org/freepub/PDF/Land_Use/focus/plan_to_walk.pdf)
- "Overcoming Obstacles to Smart Growth through Code Reform"  
[http://www.lgc.org/freepub/PDF/Land\\_Use/sg\\_code\\_exec\\_summary.pdf](http://www.lgc.org/freepub/PDF/Land_Use/sg_code_exec_summary.pdf)
- "Neighborhood-Scale Planning tools to Create Active, Livable Communities"  
[http://www.lgc.org/freepub/PDF/Land\\_Use/fact\\_sheets/neighborhood\\_planning.pdf](http://www.lgc.org/freepub/PDF/Land_Use/fact_sheets/neighborhood_planning.pdf)

## **American Planning Association (APA) Planners Web sprawl guide**

<http://www.plannersweb.com/sprawl/sprawlguide.html>

Planning Commissioners Journal

P.O. Box 4295

Burlington, VT 05406

Phone: 802-864-9083

## **EPA Smart Growth**

<http://www.epa.gov/smartgrowth/>

An office within EPA with a mission to help states and communities realize the economic, community, and environmental benefits of smart growth by:

1. Providing information, model programs, and analytical tools to inform communities about growth and development.
2. Working to remove federal barriers that may hinder smarter community growth.
3. Creating new resources and incentives for states and communities pursuing smart growth.

This office's website has numerous fact sheets and reports on smart growth. Here are direct links to two reports:

- "Protecting Water Resources with Smart Growth"  
[http://www.epa.gov/smartgrowth/pdf/waterresources\\_with\\_sg.pdf](http://www.epa.gov/smartgrowth/pdf/waterresources_with_sg.pdf)
- "Our Built and Natural Environments – A Technical Review of the Interactions between Land Use, Transportation, and Environmental Quality" --  
[www.epa.gov/smartgrowth/pdf/built.pdf](http://www.epa.gov/smartgrowth/pdf/built.pdf)

## **Congress for the New Urbanism**

<http://www.cnu.org/>

## **The Town Paper**

<http://www.tndtownpaper.com/>

A newspaper in Maryland that promote traditional neighborhood development (TND).

## **Sprawl Watch Clearinghouse**

<http://www.sprawlwatch.org>

The Sprawl Watch Clearinghouse mission is to make the tools, techniques, and strategies developed to manage growth, accessible to citizens, grassroots organizations, environmentalists, public officials, planners, architects, the media and business leaders. The Clearinghouse identifies, collects, compiles, and disseminates information on the best land use practices, for those listed above.

Sprawl Watch receives funding from the Turner Foundation, Inc., The David & Lucile Packard Foundation, Surdna Foundation, Inc., The George Gund Foundation, The Henry M. Jackson Foundation, The Educational Foundation of America and the Robert Wood Johnson Foundation.

## **Orton Family Foundation**

<http://www.orton.org>

The Orton Family Foundation seeks to transform the land use planning system as a pathway to vibrant and sustainable communities. The Foundation delivers its mission through three activity areas:

- Planning Action provides project consultation and coordination in support of land use planning situations in communities and regions that present opportunities for testing new approaches and tackling entrenched land use patterns.
- Planning Tools is the Foundation's national technology resource center, providing tool development, application and advisory services to advance the state-of-the-art and accelerate civic innovation.
- Planning Vision includes convenings, learning networks, publications and other offerings that help the Foundation, its partners and communities better understand and influence the land use planning system as a whole.

## **PlaceMatters.com**

<http://www.placematters.com>

A national organization working to engage communities in democratic, holistic and place-based planning. PlaceMatters.com represents a coalition of community leaders and organizations interested in high performance approaches to citizen collaboration, community design and development.

PlaceMatters.com focuses on three areas: Vision-Centered Place-Based Planning, Civic Engagement, and Tools for Community Design and Decision Making.

## **Local Government Environmental Assistance Network (LGEAN)**

<http://www.lgean.org>

The Local Government Environmental Assistance Network (LGEAN) is a "first-stop shop" providing environmental management, planning, funding, and regulatory information for local government elected and appointed officials, managers and staff.

## **Greener Prospects**

<http://www.greenerprospects.com>

*Greener Prospects* is the business name for the professional work of Randall Arendt, a specialist in the field of conservation planning. Arendt is a landscape planner, site designer, author, lecturer, and an advocate of "conservation planning", which Arendt defines as the art and science of designing with nature for people.

Arendt's books include "Conservation Design for Subdivisions - A Practical Guide to Creating Open Space Networks" and "Growing Greener - Putting Conservation into Local Plans and Ordinances".

Direct links to writings by Randall Arendt:

- "Designing Traditional Neighborhoods Around Natural Features"  
<http://www.terrain.org/articles/7/arendt.htm>

- “Linked Landscapes: Creating Greenway Corridors through Conservation Subdivision Design Strategies in the Northeastern and Central United States”  
<http://www.ecoplan.mcgill.ca/documents/cbed/green-corridors-US.pdf>

**The Center for Law and the Public’s Health at Georgetown & John Hopkins Universities**

<http://www.publichealthlaw.net>

Founded in October, 2000 as a collaborating center of the Centers for Disease Control and Prevention (CDC), and in June, 2005 as a WHO/PAHO collaborating center in public health law and human rights, the Center for Law and the Public's Health is a primary, international, national, state, and local resource on public health law, ethics, and policy for public health practitioners, lawyers, legislators, judges, academics, policy-makers, and others.

Direct link to two of the Center’s reports:

- “The Use of Zoning to Restrict Fast Food Outlets: A Potential Strategy to Combat Obesity”  
<http://www.publichealthlaw.net/Zoning%20Fast%20Food%20Outlets.pdf>
- “The City Planner’s Guide to the Obesity Epidemic: Zoning and Fast Food”  
<http://www.publichealthlaw.net/Zoning%20City%20Planners%20Guide.pdf>

**Kansas Main Street Program**

[http://kdoch.state.ks.us/public/agency/programs/pgm\\_details.jsp?pgID=995984245772](http://kdoch.state.ks.us/public/agency/programs/pgm_details.jsp?pgID=995984245772)

Jeanne E. Stinson, Community Assistance Services Manager  
Kansas Department of Commerce  
1000 S.W. Jackson Street, Suite 100  
Topeka, Kansas 66612-1354  
Phone: (785) 296-2725

This program provides management training, consultation visits, local program evaluation design assistance, business enhancement strategies, incentive dollars, and on-going training in the National Main Street Center’s (<http://www.mainstreet.org>) four-point approach. Staff provides technical assistance, but the responsibility and credit for success rests with the community leaders who offer time, expertise, and enthusiasm to revitalizing downtown.

**Kansas PRIDE Program -- <http://www.kansasprideprogram.ksu.edu>**

Ruth A. Smerchek, Marketing Specialist  
Kansas Department of Commerce  
1000 S.W. Jackson Street, Suite 100  
Topeka, Kansas 66612-1354  
Phone: (785) 296-3034

Dan Kahl  
Extension PRIDE Coordinator  
101 Umberger Hall, KSU  
Manhattan, KS 66506-4804  
Phone: 785-532-5840

The Kansas PRIDE program is a volunteer grassroots effort to improve the quality of life in communities. The program is intended to encourage communities, regardless of size, to carry out a program of total community improvement. Since 1970, the Kansas PRIDE program has assisted and encouraged communities to prepare for the future by building on their heritage and forming a vision of the future. The goal of PRIDE is to help maximize community and economic development efforts by encouraging all groups to coordinate and work collaboratively for community betterment.

**The Office of Local Government** -- <http://www.oznet.ksu.edu/olg>

Department of Agricultural Economics  
Kansas State University  
10E Umberger Hall  
Manhattan, Kansas 66506-3415  
Phone: 785-532-2643

The Office of Local Government provides educational outreach, technical assistance, applied research, and information and referral services to city and county governments, local organizations, the county Extension network and citizens throughout Kansas. These services relate to three broad and interconnected program areas: local and regional economic development practice and policy, local public service organization and finance, and natural resource management and land use planning.

**Planetizen – The Planning and Development Network** -- <http://www.planetizen.org>

A public-interest information exchange provided by Urban Insight for the urban planning, design and development community. Current articles on land use and smart growth issues.

**Project for Public Places (PPS)** -- <http://www.pps.org>

A nonprofit organization dedicated to creating and sustaining public places that build communities. The website has sections on transportation, parks, buildings, and markets.

**Direct Links to Other Reports, Articles, Fact Sheets, and Websites**

- “Growing Smarter – Best Site Planning for Residential, Commercial & Industrial Development” -- <http://www.vtsprawl.org/Pdfs/SPRAWLbestpractices.pdf>
- The American Institute of Architects’ “10 Principles for Livable Communities”  
[http://aia.org/liv\\_principles](http://aia.org/liv_principles)
- The American Institute of Architects’ “How Architects Can Become Advocates for Livable Communities”  
<http://www.aia.org/SiteObjects/files/Architects%20as%20Advocates.pdf>
- “Creating a Regulatory Blueprint for Healthy Community Design”  
[http://www.leadershipforactiveliving.org/pdf\\_file/icma\\_regulatory\\_blueprint.pdf](http://www.leadershipforactiveliving.org/pdf_file/icma_regulatory_blueprint.pdf)
- “Development and Dollars – An Introduction to Fiscal Impact Analysis in Land Use Planning” (Natural Resources Defense Council)  
<http://www.nrdc.org/cities/smartGrowth/dd/ddinx.asp>
- National NEMO (Nonpoint Education for Municipal Officials) Network -- A network of education programs teaching decision makers about the relationship of land use to natural resources. <http://nemo.uconn.edu>

## **Natural Resources**

**EPA Smart Growth** -- <http://www.epa.gov/smartgrowth>

An office within EPA with a mission to help states and communities realize the economic, community, and environmental benefits of smart growth. This office's website has numerous fact sheets and reports on smart growth. Direct links to two reports:

- "Protecting Water Resources with Smart Growth"  
[http://www.epa.gov/smartgrowth/pdf/waterresources\\_with\\_sg.pdf](http://www.epa.gov/smartgrowth/pdf/waterresources_with_sg.pdf)
- "Our Built and Natural Environments – A Technical Review of the Interactions between Land Use, Transportation, and Environmental Quality"  
[www.epa.gov/smartgrowth/pdf/built.pdf](http://www.epa.gov/smartgrowth/pdf/built.pdf)

**Prevention Institute** -- <http://www.preventioninstitute.org/environment.html>

A non-profit national center dedicated to improving community health and well-being by building momentum for effective primary prevention. The website has numerous publications and reports.

**Low Impact Development Center** -- <http://www.lowimpactdevelopment.org>

5010 Sunnyside Ave., Suite 200  
Beltsville, MD 20705; 301-982-5559

A non-profit organization dedicated to the advancement of Low Impact Development (LID) technology. LID is a new, comprehensive land planning and engineering design approach with a goal of maintaining and enhancing the pre-development hydrologic regime of urban and developing watersheds.

**Center for Watershed Protection** -- <http://www.cwp.org>

A non-profit corporation that provides local governments, activists, and watershed organizations with the technical tools for protecting streams, lakes and rivers. The Center has developed and disseminated a multi-disciplinary strategy to watershed protection that encompasses watershed planning, watershed restoration, stormwater management, watershed research, better site design, education and outreach, and watershed training.

**AWARE (Addressing Water and Natural Resource Education)**

<http://www.awarecolorado.org>

A League of Women Voters of Colorado program to educate local decision makers about the impacts of land use choices on water quality.

**Direct Links to Other Reports, Articles and Fact Sheets**

- "The Ahwahnee Water Principles for Resource Efficient Land Use"  
<http://www.lgc.org/center/index.html>
- "Protecting the Source: Land Conservation and the Future of America's Drinking Water" -- [http://www.tpl.org/content\\_documents/protecting\\_the\\_source\\_04.pdf](http://www.tpl.org/content_documents/protecting_the_source_04.pdf)
- "Air Quality and Smart Growth: Planning for Clean Air" (Funder's Network)  
[http://www.fundersnetwork.org/usr\\_doc/Air\\_Quality\\_and\\_Smart\\_Growth.pdf](http://www.fundersnetwork.org/usr_doc/Air_Quality_and_Smart_Growth.pdf)

- “Water and Smart Growth: The Impacts of Sprawl on Aquatic Ecosystems” (Funder’s Network) -- [http://www.fundersnetwork.org/usr\\_doc/Water\\_and\\_Smart\\_Growth\\_Final.pdf](http://www.fundersnetwork.org/usr_doc/Water_and_Smart_Growth_Final.pdf)
- Mid America Regional Council “Heartland Sky” (clean air) program <http://www.marc.org/environment/heartsky.htm>

## **Parks, Open Space and Outdoor Recreation**

**Trust for Public Lands** -- <http://www.tpl.org/>

TPL National Office  
116 New Montgomery St., 4th Floor  
San Francisco, CA 94105  
(415) 495-4014; Email: [info@tpl.org](mailto:info@tpl.org)

A national, nonprofit, land conservation organization that conserves land for parks, community gardens, historic sites, rural lands, and other natural places. TPL has several initiatives:

- Parks for People
- Working Lands (farms, ranches and forests)
- Natural Lands
- Heritage Lands
- Land & Water

Direct links to three TPL reports:

- “Economic benefits of parks and open space” -- [http://www.tpl.org/tier2\\_cl.cfm?folder\\_id=725](http://www.tpl.org/tier2_cl.cfm?folder_id=725)
- “Local Greenprinting for Growth” [http://www.tpl.org/content\\_documents/local\\_greenprinting\\_Vol\\_1.pdf](http://www.tpl.org/content_documents/local_greenprinting_Vol_1.pdf)
- “Protecting the Source: Land Conservation and the Future of America’s Drinking Water” -- [http://www.tpl.org/content\\_documents/protecting\\_the\\_source\\_04.pdf](http://www.tpl.org/content_documents/protecting_the_source_04.pdf)

**The Conservation Fund** -- <http://www.conservationfund.org>

This non-profit organization has three main purposes:

1. Help local, state and federal agencies, and nonprofit organizations acquire property from willing sellers to protect open space, wildlife habitat, public recreation areas, river corridors and historic places.
2. Work with communities as well as different sectors of industry, including forest and chemical companies, developers, and ranchers to demonstrate sustainable practices that balance economic and environmental goals.
3. Serve as a national resource for environmental organizations by providing financial resources and technical assistance as well as formal training to land conservation professionals from all sectors.

**Kansas Wildlife and Parks Department** -- <http://www.kdwp.state.ks.us>

Direct link to KWPD’s webpage with links to outdoor activity opportunities: [http://www.kdwp.state.ks.us/news/other\\_services/outdoor\\_activities](http://www.kdwp.state.ks.us/news/other_services/outdoor_activities)

### **Kansas Trails Council, Inc.**

<http://www.kansastrailscouncil.org>

P.O. Box 695

Topeka, KS 66601-0695

The Kansas Trails Council began informally in 1974 when a group of trail enthusiasts joined together to build multi-use trails near several Kansas lakes. In 1978, the KTC officially became a non-profit 501c3 corporation dedicated to promoting the development and enjoyment of Kansas trails. The KTC's primary purposes are to:

1. develop and maintain multi-use trails;
2. provide resources to trail developers and trail stewards;
3. provide trail information to interested parties; and
4. educate trail stewards and trail users.

### **Rails-to-Trails Conservancy -- <http://www.railtrails.org/>**

1100 17<sup>th</sup> St., NW

Washington, D.C. 20036

Rails-to-Trails promotes policy at the national and state levels to create the conditions that make trail building possible. Rails-to-Trails is developing a Regional Trails and Greenways Initiative designed to make trails an essential component of the emerging smart growth and livable communities movement.

Direct link to two reports by the Rails-to-Trails Conservancy:

- "Trails & Greenways: Advancing the Smart Growth Agenda":  
<http://www.railstotrails.org/whatwedo/information/TGSmartgrowth.pdf>
- "Creating Active Communities: Ten Case Studies of Programs and Partnerships"  
[http://www.railtrails.org/whatwedo/information/bestpractices\\_health.pdf](http://www.railtrails.org/whatwedo/information/bestpractices_health.pdf)

### **Kansas Recreation and Parks Association (KRPA) -- <http://www.krpa.org>**

### **Rivers and Trails Conservation Assistance -- <http://www.ncrc.nps.gov/rtca>**

### **American Community Gardening Association -- <http://www.communitygarden.org>**

Through its networking, publications, slide show and an annual conference held in a different part of the country each year, ACGA:

- promotes the formation and expansion of community gardening networks,
- develops resources in support of community gardening and greening,
- encourages research on the impact of community greening, and
- conducts educational programs.

### **Direct Links to Other Reports, Articles and Fact Sheets**

- "The Economic Benefits of Parks and Open Space"  
[http://www.tpl.org/tier3\\_cd.cfm?content\\_item\\_id=1195&folder\\_id=727](http://www.tpl.org/tier3_cd.cfm?content_item_id=1195&folder_id=727)
- "Linked Landscapes: Creating Greenway Corridors through Conservation"  
<http://www.ecoplan.mcgill.ca/documents/cbed/green-corridors-US.pdf>
- "Designing for Active Recreation"  
<http://www.activelivingresearch.org/downloads/recreationrevised021105.pdf>

## **Agriculture**

**American Farmland Trust** -- <http://www.farmland.org/>

American Farmland Trust  
1200 18<sup>th</sup> St., NW  
Washington, D.C. 20036  
202-331-7300  
Email: [info@farmland.org](mailto:info@farmland.org)

The American Farmland Trust has three strategies for saving America's farmland:

1. Protect the best land through publicly funded agricultural conservation easement programs.
2. Plan for growth with agriculture in mind through effective community planning and growth management.
3. Keep land healthy for farmland through encouraging stewardship and conservation practices.

Direct link to AFT's "Why Save Farmland? fact sheet":

[http://www.farmlandinfo.org/documents/28562/FS\\_Why%20Save%20Farmland\\_1-03.pdf](http://www.farmlandinfo.org/documents/28562/FS_Why%20Save%20Farmland_1-03.pdf)

**Farmland Information Center** -- <http://www.farmlandinfo.org>

FIC is a clearinghouse for information about farmland protection and stewardship. It is a partnership between the USDA Natural Resources Conservation Service and American Farmland Trust.

Direct link to "Saving Open Spaces: Public Support for Farmland Protection"

<http://www.farmlandinfo.org/documents/29035/wp99-1.pdf>

**LandChoices** -- <http://www.landchoices.org>

A national non-profit organization working to reach landowners before they decide to subdivide their land for conventional subdivision development. LandChoices provides educational information and initial direct assistance, then refers landowners to the appropriate group or organization that can assist them further on the ground. Voluntary land preservation agreements (also called conservation easements) keep lands in private hands and preserve traditional land uses, such as family farming and ranching. These agreements make it possible to prevent natural areas from being developed without forcing anyone to sell their land.

**Prevention Institute's Building Bridges Project**

<http://www.preventioninstitute.org/buildingbr.html>

The Building Bridges project was developed to create opportunities for strengthening the momentum for a just, sustainable, health-promoting food system by joining the forces of public health and the sustainable agriculture movement.

A report titled "Cultivating Common Ground: Linking Health and Sustainable Agriculture" is available on the Building Bridges web page.

## **Sustainable Development**

Sustainable development is a strategy by which communities seek economic development approaches that also benefit the local environment and quality of life. Organizations and information in this section is limited to energy conservation and green building.

### **Smart Communities Network, Creating Energy Smart Communities**

<http://www.smartcommunities.ncat.org>

A website by the U.S. Department of Energy, Office of Energy Efficiency and Renewable Energy. This site's main focus is on energy conservation and resource efficiency, but it also provides information on smart growth, community design, open space, and rural issues. It also has a webpage on communities and health --

<http://www.smartcommunities.ncat.org/management/health.shtml> .

The network provides overview articles, slide shows, links to other sources of information, recommended books and videos, and educational materials and programs that can help your community in its sustainable development efforts.

### **Green Communities Initiative**

<http://www.greencommunitiesonline.org>

A partnership between the American Planning Association, the Enterprise Foundation, the Natural Resources Defense Council, and other organizations. The initiative has a five-year, \$550 million commitment to build more than 8,500 environmentally friendly affordable homes across the U.S. In Massachusetts, MassHousing, the Massachusetts Technology Collaborative (MTC), and the Enterprise Foundation/Enterprise Social Investment Corporation (ESIC) have joined forces to invest at least \$209 million worth of incentives to build 1,000 new homes that will promote health, conserve energy and natural resources, and provide easy access to jobs, schools and services.

### **U.S. Green Building Council**

<http://www.USGBC.org>

A coalition of leaders from across the building industry working to promote buildings that are environmentally responsible, profitable and healthy places to live and work. The Council developed the LEED (Leadership in Energy and Environmental Design) Green Building Rating System<sup>®</sup>, a voluntary, consensus-based national standard for developing high-performance, sustainable buildings. LEED standards are currently available or under development for:

- New commercial construction and major renovation projects (LEED-NC)
- Existing building operations (LEED-EB)
- Commercial interiors projects (LEED-CI)
- Core and shell projects (LEED-CS)
- Homes (LEED-H)
- Neighborhood Development (LEED-ND)

## **GreenerBuildings**

<http://www.greenerbuildings.com>

A free, Web-based resource to help companies of all sizes and sectors understand and address building design, construction, and operation in a way that aligns environmental responsibility with business success.

The website's mission is to provide hands-on tools, action steps, and other resources companies can use to understand the underlying issues, and to promote positive, cost-effective practices that improve buildings' environmental performance while simultaneously reducing costs and negative health impacts.

Produced by Green Business Network, a program of The National Environmental Education & Training Foundation (NEETF), that also produces GreenBiz, ClimateBiz, and other sites.

## **BuildingGreen.com**

<http://www.buildinggreen.com>

A subscription-based online resource for environmentally sensitive design and construction.

## **Built Green**

<http://www.builtgreen.org>

Introduced in 1995, Built Green Colorado was created through the joint efforts of the Home Builders Association of Metro Denver (HBA), The Governor's Office of Energy Management and Conservation (OEMC), Xcel Energy, and E-Star Colorado. The program currently has over 100 builder members across the state, 45 sponsor members, and 8 members of the Built Green Industry Leaders group. A voluntary program, the purpose of Built Green Colorado is to encourage homebuilders to use technologies, products and practices that will:

- Provide greater energy efficiency and reduce pollution
- Provide healthier indoor air
- Reduce water usage
- Preserve natural resources
- Improve durability and reduce maintenance

Direct link to the "Built Green Checklist":

[http://www.builtgreen.org/community/community\\_checklist.pdf](http://www.builtgreen.org/community/community_checklist.pdf)

## **National Association of Home Builders Research Center**

<http://www.nahbrc.org>

Location of information about NAHB's Green Building Program, which encourages builders, remodelers, and consumers to think efficiently and environmentally. NAHB Green Home Building Guidelines, created for mainstream home builders, are designed to highlight the ways a mainstream home builder can effectively weave environmental solutions holistically into a new home and provide a tool that local associations can use to create their own green home building program

NAHB's guiding principles for green home builders:

- Lot design, preparation, and development
- Resource efficiency
- Energy efficiency
- Water efficiency
- Indoor environmental quality
- Operation, maintenance & homeowner education
- Global impact
- Site planning and land development

### **Whole Building Design Guide**

<http://www.wbdg.org>

A web-based portal providing government and industry practitioners with one-stop access to up-to-date information on a wide range of building-related guidance, criteria and technology from a “whole buildings” perspective. Currently organized into two major categories—Design Guidance and Project Management.

The WBDG web site is offered as an assistance to building professionals by the [National Institute of Building Sciences \(NIBS\)](#) through the funding of the [NAVFAC Engineering Innovation and Criteria Office](#), the [U.S. General Services Administration \(GSA\)](#), the [Department of Energy](#) (through the [National Renewable Energy Laboratory \(NREL\)](#)), and the assistance of the [Sustainable Buildings Industry Council \(SBIC\)](#).

### **Minnesota Sustainable Design Guide Strategies**

<http://www.sustainabledesignguide.umn.edu/MSDG/guide2.html>

The Design Guide provides 42 strategies that are organized according to six environmental design topics--site, water, energy, indoor environmental quality, materials, and waste. Each topic contains a series of design strategies that address the related sustainable design issues.

### **Direct Links to Other Reports, Articles and Fact Sheets**

- “Green Home Checklist” -- <http://www.ci.austin.tx.us/greenbuilder/checklist.htm>
- “Green Living Fact Sheets” -- [http://www.ci.austin.tx.us/greenbuilder/glfs\\_toc.htm](http://www.ci.austin.tx.us/greenbuilder/glfs_toc.htm)
- “Energy and the Human Environment: Towards Better Neighborhood Design” [http://www.lgc.org/freepub/land\\_use/articles/energy\\_betterdsgn/page01.html](http://www.lgc.org/freepub/land_use/articles/energy_betterdsgn/page01.html)

## **Economics**

Direct link to various publications:

- “The Economic Benefits of Walkable Communities” [http://www.lgc.org/freepub/PDF/Land\\_Use/focus/walk\\_to\\_money.pdf](http://www.lgc.org/freepub/PDF/Land_Use/focus/walk_to_money.pdf)
- “The Economic Benefits of Parks and Open Space” [http://www.tpl.org/tier3\\_cd.cfm?content\\_item\\_id=1195&folder\\_id=727](http://www.tpl.org/tier3_cd.cfm?content_item_id=1195&folder_id=727)
- “The Ahwahnee Principles for Economic Development” <http://www.lgc.org/center/index.html>
- Local Government Commission, Economic Development webpage <http://www.lgc.org/economic>

## **Smart Growth**

The definition of “smart growth” varies considerably. All organizations that promote smart growth, however, agree on these ten principles:

1. Mix Land Uses
2. Take Advantage of Compact Building Design
3. Create a Range of Housing Opportunities and Choices
4. Create Walkable Neighborhoods
5. Foster Distinctive, Attractive Communities with a Strong Sense of Place
6. Preserve Open Space, Farmland, Natural Beauty, and Critical Environmental Areas
7. Strengthen and Direct Development Towards Existing Communities
8. Provide a Variety of Transportation Choices
9. Make Development Decisions Predictable, Fair, and Cost Effective
10. Encourage Community and Stakeholder Collaboration in Development Decisions

### **EPA Smart Growth**

<http://www.epa.gov/smartgrowth/>

An office within EPA with a mission to help states and communities realize the economic, community, and environmental benefits of smart growth by:

1. Providing information, model programs, and analytical tools to inform communities about growth and development.
2. Working to remove federal barriers that may hinder smarter community growth.
3. Creating new resources and incentives for states and communities pursuing smart growth.

This office’s website has numerous fact sheets and reports on smart growth. Here is a direct link to “Travel and Environmental Implications of School Siting”:

[http://www.epa.gov/smartgrowth/pdf/school\\_travel.pdf](http://www.epa.gov/smartgrowth/pdf/school_travel.pdf)

### **Smart Growth Network**

<http://www.smartgrowth.org>

In 1996, the U.S. Environmental Protection Agency joined with several non-profit and government organizations to form the Smart Growth Network (SGN). The Network was formed in response to increasing community concerns about the need for new ways to grow that boost the economy, protect the environment, and enhance community vitality. The Network’s partners include environmental groups, historic preservation organizations, professional organizations, developers, real estate interests; local and state government entities.

The SGN works to encourage development that serves the economy, community and the environment. It is a forum for:

1. Raising public awareness of how growth can improve community quality of life;
2. Promoting smart growth best practices;
3. Developing and sharing information, innovative policies, tools and ideas;
4. Cultivating strategies to address barriers to and advance opportunities for smart growth.

## **Funder's Network for Smart Growth and Livable Communities**

<http://www.fundersnetwork.org>

1500 San Remo Avenue, Suite 249

Coral Gables, FL 33146

305-667-6350

Email: [info@fundersnetwork.org](mailto:info@fundersnetwork.org)

A non-partisan, not-for-profit organization that exists to inspire, strengthen and expand philanthropic leadership and funders' abilities to support organizations working to improve communities through better development decisions and growth policies.

Direct link to two articles by the Funder's Network:

- "Making the Public Health/Smart Growth Connection":  
[http://www.fundersnetwork.org/usr\\_doc/SpotLight\\_7\\_Public\\_Health.pdf](http://www.fundersnetwork.org/usr_doc/SpotLight_7_Public_Health.pdf)
- "Livable Communities @ Work"  
[http://www.fundersnetwork.org/info-url\\_nocat2778/info-url\\_nocat\\_list.htm?attrib\\_id=7555](http://www.fundersnetwork.org/info-url_nocat2778/info-url_nocat_list.htm?attrib_id=7555)

## **Smart Growth America**

<http://www.smartgrowthamerica.org/>

Smart Growth America

1707 L St NW, Suite 1050

Washington, DC 20036

202-207-3355

Email: [sga@smartgrowthamerica.org](mailto:sga@smartgrowthamerica.org)

An umbrella organization comprised of many groups involved in the smart growth movement.

Direct link to two publications by Smart Growth America:

- "Measuring the Health Effects of Sprawl: A National Analysis of Physical Activity, Obesity and Chronic Disease"  
<http://www.smartgrowthamerica.org/report/HealthSprawl8.03.pdf>
- "Choosing Our Community's Future"  
<http://www.smartgrowthamerica.org/resources.html>
- Free "Smart Growth Shareware CD" with purchase of "Choosing Our Community's Future"

## **Smart Growth Leadership Institute -- <http://www.sgli.org>**

The Smart Growth Leadership Institute was created by former Maryland Governor Parris N. Glendening to help state and local elected, civic and business leaders design and implement effective smart growth strategies. SGLI is a project of "Smart Growth America."

SGLI studies several communities each year. Lawrence, Kansas was reviewed in 2004:

- "Recommendations to the City of Lawrence, Kansas – Design Guideline Strategies", Smart Growth Leadership Institute, University of Colorado Real Estate Center -- <http://www.sgli.org/LawrenceKSFinal.pdf>

## **Smart Growth Gateway**

<http://www.smartgrowthgateway.org/>

A clearinghouse of information, a "one-stop shopping" web resource where local government officials, civic leaders, and concerned citizens can access information and resources on matters relating to smart growth, sustainable development, and environmental protection in New Jersey.

One section of the website -- <http://www.smartgrowthgateway.org/howsmart.shtml> -- contains links to six scorecards and checklists:

1. Proposed developments
2. Municipal planning
3. Pedestrian-friendliness
4. Bikeability
5. Walkability
6. Community design

## **International City/County Management Association (ICMA)**

<http://www.icma.org/main/topic.asp?tpid=8&hsid=1>

ICMA is the professional and educational organization for chief appointed managers, administrators, and assistants in cities, towns, counties, and regional entities throughout the world.

The ICMA "smart growth" webpage provides links to local government innovations, sample government documents, reports/articles, and other web sites.

## **Vermont Forum on Sprawl**

<http://www.vtsprawl.org>

A non-profit organization that encourages economic vitality in community centers and preservation of Vermont's unique working landscape and quality of life.

Direct links to four publications by the Vermont Forum on Sprawl:

- "Growing Smarter – Making Smart Growth Work"  
<http://www.vtsprawl.org/Pdfs/bestresource.pdf>
- "The Vermont Smart Growth Scorecard"  
<http://www.vtsprawl.org/Pdfs/SPRAWLscorecard.pdf>
- "Community Rules: A New England Guide to Smart Growth Strategies"  
<http://www.vtsprawl.org/Resources/publications/communityrulesmain.htm>
- "Growing Smarter – Best Site Planning for Residential, Commercial & Industrial Development"  
<http://www.vtsprawl.org/Pdfs/SPRAWLbestpractices.pdf>

## **National Center for Smart Growth Research and Education**

<http://www.smartgrowth.umd.edu>

A non-partisan center for research and leadership training on Smart Growth and related land use issues nationally and internationally. Located at the University of Maryland in College Park, Maryland.

**Natural Resources Defense Council** -- <http://www.nrdc.org/cities/smartGrowth>

NRDC is a national environmental action organization. Direct link to NRDC's "Environmental Characteristics of Smart Growth Neighborhoods; Case Studies in Sacramento and Nashville" -- <http://www.nrdc.org/cities/smartGrowth/char/charinx.asp>

**New Jersey Future** -- <http://www.njfuture.org>

A statewide research and policy group advocating a smarter way to grow: one that protects open lands and natural resources, revitalizes neighborhoods and keeps housing affordable, and provides more transportation choices. "Proposed Developments Scorecard" and "Municipal Planning Scorecard" in the Resources section of the website.

**Smart City Radio** -- <http://www.smartcityradio.com>

A weekly, hour-long public radio talk show that takes an in-depth look at urban life, the people, places, ideas and trends shaping cities. Host Carol Coletta talks with national and international public policy experts, elected officials, economists, business leaders, artists, developers, planners and others for a discussion of urban issues.

**NALGEP** -- <http://www.nalgep.org>

A not-for-profit organization that represents local government personnel responsible for ensuring environmental compliance and developing and implementing environmental policies and programs. NALGEP's membership includes more than 140 local government entities located throughout the United States, ranging in size from the largest cities to much smaller local communities.

Direct link to NALGEP's report "Smart Growth for Clean Water: Helping Communities Address the Water Quality Impacts of Sprawl":

<http://www.resourcesaver.com/file/toolmanager/CustomO93C337F42157.pdf>

### **Links to Other Reports, Articles, Fact Sheets, and Checklists**

- "Getting the Growth You Want – A Citizen's Guide to Subdivisions & Smart Growth"  
<http://www.mtsmartgrowth.org/newsletters/Growth%20Guide%20Part%201.pdf>
- "Local Guide for Smart Growth, Practical Strategies and Techniques to Improve Our Communities" (National Association of Counties)  
[http://www.naco.org/Content/ContentGroups/Programs\\_and\\_Projects/Environmental1/Sources/1528LocalTools.pdf](http://www.naco.org/Content/ContentGroups/Programs_and_Projects/Environmental1/Sources/1528LocalTools.pdf)
- "Colorado Smart Growth Scorecard -- A Community Self-Assessment Tool"  
<http://www.hmccolorado.org/coloradocenter.html>
- "Smart Growth Development Checklist" (City of New Westminster, British Columbia) <http://www.city.new-westminster.bc.ca>
- "Trails & Greenways: Advancing the Smart Growth Agenda":  
<http://www.railstotrails.org/whatwedo/information/TGSmartgrowth.pdf>

## **State Planning and/or Smart Growth Offices, Programs and Initiatives**

- Colorado Department of Local Affairs, Office of Smart Growth  
<http://www.dola.state.co.us/smartgrowth>
- Delaware
  - Office of Planning Coordination -- <http://www.state.de.us/planning>
  - Livable Delaware Initiative -- <http://www.state.de.us/planning/livedel>
- Florida
  - Department of Community Affairs, Division of Community Planning  
<http://www.dca.state.fl.us/fdcp/dcp>
  - Florida Growth Management Commission -- <http://www.floridagrowth.org>
- Georgia Department of Community Affairs -- <http://www.dca.state.ga.us>
- Hawaii Office of State Planning – <http://www.hawaii.gov/dbedt/op>
- Maine State Planning Office -- <http://www.state.me.us/spo>
- Maryland Department of Planning -- <http://www.mdp.state.md.us>
- Massachusetts
  - Executive Office of Environmental Affairs  
<http://www.mass.gov/envir/eoea.htm>
  - Massachusetts Smart Growth Toolkit  
<http://www.horsleywitten.com/smart-growth>
- New Hampshire Office of Energy and Planning -- <http://www.state.nh.us/oepl>
- New Jersey Department of Community Affairs, Office of Smart Growth  
<http://www.nj.gov/dca/osg>
- Oregon Department of Conservation and Development, Statewide Planning Goals  
<http://egov.oregon.gov/LCD/goals.shtml>
- Pennsylvania Department of Community & Economic Development, Governor's Center for Local Government Services --  
<http://www.newpa.com/default.aspx?id=129>
- Rhode Island Statewide Planning Program -- <http://www.planning.state.ri.us>
- Vermont Department of Housing & Community Affairs, Planning Division  
<http://www.dhca.state.vt.us/Planning>
- Washington State Department of Community, Trade & Economic Development, Local Government Division  
[http://www.cted.wa.gov/portal/alias\\_CTED/lang\\_en/tabID\\_303/DesktopDefault.aspx](http://www.cted.wa.gov/portal/alias_CTED/lang_en/tabID_303/DesktopDefault.aspx)
- Wisconsin Department of Natural Resources, Land Use Resources & Community Planning -- <http://dnr.wi.gov/org/es/science/landuse>

## **Potential Funding Opportunities**

### **DISCLAIMER**

**KDHE does not guarantee that funds are available from any of the agencies or organizations listed below.**

## **Kansas-Based Funders**

### **Kansas Transportation Enhancement Program**

[http://www.ksdot.org/burProgProjMgmt/Local/TEwebpgRev4-26-05\\_files/frame.htm](http://www.ksdot.org/burProgProjMgmt/Local/TEwebpgRev4-26-05_files/frame.htm)

**Safe Routes to School Program** (funding available for the vicinity of schools, approximately 2 miles)

<http://safety.fhwa.dot.gov/saferoutes/index.htm>

**Kansas Trails Council, Inc.** -- <http://www.kansastrailscouncil.org>

**Kansas Wildlife and Parks Department** -- <http://www.kdwp.state.ks.us>

**Sunflower Foundation** – <http://www.sunflowerfoundation.org>

**Kansas Health Foundation** -- <http://www.kansashealth.org>

**Koch Industries, Inc.** -- <http://www.kochind.com/community>

### **Payless ShoeSource Foundation**

<http://www.payless.com/en-US/Corporate/Foundation/Foundation.htm>

## **Nationwide Funders**

### **Funder's Network for Smart Growth and Livable Communities**

<http://www.fundersnetwork.org>

### **Centers for Disease Control – “Designing and Building Healthy Places”**

<http://www.cdc.gov/healthyplaces>

### **Centers for Disease Control (CDC) National Center for Chronic Disease Prevention and Health Promotion – “ACES: Active Community Environments Initiative”**

<http://www.cdc.gov/nccdphp/dnpa/aces.htm>

**The Robert Wood Johnson Foundation** -- <http://www.rwjf.org>

**W. K. Kellogg Foundation** -- <http://www.wkkf.org/>

**National Center for Bicycling & Walking** -- <http://www.bikewalk.org>

**EPA Smart Growth** -- <http://www.epa.gov/smartgrowth/>

**Orton Family Foundation** -- <http://www.orton.org>

**The Conservation Fund** -- <http://www.conservationfund.org>

**Smart Communities Network, Creating Energy Smart Communities**  
<http://www.smartcommunities.ncat.org>

**Green Communities Initiative** -- <http://www.greencommunitiesonline.org>