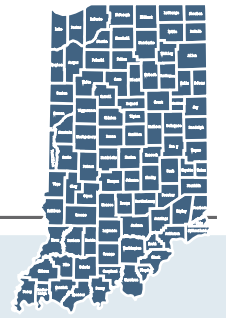


# Bicycle and Pedestrian Planning Grant in Indiana



## SUMMARY

The Indiana State Department of Health Division of Nutrition and Physical Activity (DNPA) provided matching funding for the preparation of 15 bicycle and pedestrian master plans for communities across Indiana in an effort to promote the increase of physical activity throughout the state. To do this, DNPA provided funding to communities to hire consultants to help them prepare their plans. DNPA also provided technical assistance in defining a scope of work for the plans along with guidance for best practices for bicycle and pedestrian planning.



## CHALLENGE

According to the Behavioral Risk Factor Surveillance System, approximately 33% of the adults living in Indiana had obesity in 2016 and less than 50% of adult Indiana residents met moderate physical activity recommendations in 2015. The Nationwide Personal Transportation Survey noted that nationally 48% of children walked or biked to school in 1969. However, in 2017, the National Center for Safe Routes to School found that fewer than one in six students walk or bicycle to school today. Physical activity can lower the risk of early death, heart disease, type 2 diabetes and some cancers. Physical activity also can help manage many chronic diseases, yet communities across Indiana struggle with the adoption of plans and policies necessary to create environmental changes supporting physical activity such as bicycling or walking.

## YOUR INVOLVEMENT IS KEY

For more information about the bicycle and pedestrian plan grant program, visit DNPA's website at <http://www.dnpa.isdh.in.gov>. This project is supported by the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health cooperative agreement (DP13-1305).

*"The bike and pedestrian planning process helped our community to put on paper the bike and pedestrian connectivity we've desired for so long. This planning laid the foundation for our Stellar Communities application, our inclusion in the America's Best Communities competition and now even more grants that will help our community bring the vision to life."*

*- Andrew Forrester  
City of Madison, Indiana*

## Contact

Pete Fritz, AICP, RLA  
Indiana State Department of Health  
Division of Nutrition and Physical Activity

2 N. Meridian St.  
Indianapolis, IN 46204  
Phone: 317-234-6808  
Email: [pefritz@isdh.in.gov](mailto:pefritz@isdh.in.gov)  
Website: <http://www.dnpa.isdh.in.gov>

## SOLUTION

DNPA created a planning grant program to help fund the preparation and adoption of bicycle and pedestrian plans for cities and counties throughout Indiana. Fifteen communities were selected through competitive applications to receive the planning funds. The grantees agreed to an approved scope of work for the plans along with a commitment to formally adopt the plans upon completion. The planning process typically included the creation of a local advisory committee, a public input process, an inventory of existing bicycle and pedestrian facilities and policies along with recommendations to increase the development of bicycle and pedestrian networks. Priorities for both short-term and long-term projects and programs were included in the plans.

## RESULTS

DNPA provided a total of \$300,000 in grant funding to 15 communities to prepare the plans. The plans covered a population of more than 500,000 people throughout the state and included \$500 million in total planned bicycling and walking improvements. For most communities this was the first time a bicycle and pedestrian plan was adopted in their jurisdiction, creating a new vision for bicycling and walking in the region. For example, Madison, Indiana's, adopted plan included a network of multiuse paths connecting residents to the city's historic downtown and riverfront on the Ohio River. Madison leveraged the recommendations of its plan to apply for and receive over \$3 million in funding for multiuse paths from the Indiana Department of Transportation.

U.S. Department of Health and Human  
Services  
Centers for Disease Control and  
Prevention  
NCCDPHP

### Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

### Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).

## SUSTAINING SUCCESS

Moving forward, DNPA will continue to evaluate the effectiveness of the planning grant program and use this information to improve the support provided to communities to put changes into action. DNPA also is partnering with other state agencies (such the Department of Transportation, Department of Natural Resources and Department of Tourism) to create a first-ever statewide active transportation plan. This statewide planning effort will further support local communities in their efforts to create safe bicycle and pedestrian networks.



Indiana State  
Department of Health