

Hiawatha CARE Project: Fact Sheet

Issue: Community Bikeability & Walkability



Why is Bikeability and Walkability Important?

A community's design can support healthy and more environmentally sustainable decisions. Investments that support biking, walking, and transit can improve health and reduce emissions from vehicles. Neighborhoods that have a mixture of housing, services, stores, and jobs can reduce travel needs and encourage biking and walking.

How Does Community Bikeability and Walkability Affect Us Locally?

Communities that lack crosswalks, sidewalks, and other pedestrian and bike facilities limit people's opportunities to get where they want to go. Zoning restrictions and poorly designed infrastructure can limit access to jobs, schools, and other places.

Lack of transportation choices can create a major barrier to mobility for persons with disabilities, households unable to afford a car, and those who cannot drive.

Transportation expenses can be a hardship for families that need to spend a greater portion their income on one or more cars.



Health Impacts

- Lack of bicycle and pedestrian facilities may force people to travel by personal vehicle or to engage in unsafe biking and walking practices.
- Regular biking and walking can result in health benefits including reduced risk of coronary heart disease, stroke, diabetes, and other chronic diseases – leading to an improved quality of life for people of all ages.
- For seniors, regular exercise contributes to a stronger heart, a more positive mental outlook, and an increased chance of remaining independent.

Environmental Impacts

- Transportation accounts for nearly 80% of carbon monoxide and 55% of nitrogen oxide emissions in the US. [EPA]
- The highest emissions are created in the first minutes after a car is started up, so short trips pollute more on a per-mile basis than longer trips.

Financial Impacts

- The cost to drive the average car in 2010 was \$8,588.¹
- Ownership of one motor vehicle accounts for more than 18% of a typical household's income (2004). [AAA estimates and US Census surveys]
- The cost of operating a bicycle annually is only \$120 [League of American Bicyclists]. Walking is free.

Hiawatha CARE Project Partners

Alexander's Import Auto Repair

American Lung Association of Minnesota

Blue Construction

City of Minneapolis

East Phillips Improvement Coalition

Environmental Justice Advocates of Minnesota

Gardening Matters

Hennepin County

Hennepin - University Partnership

Little Earth of United Tribes

Longfellow Business Association

Longfellow Community Council

Minnehaha Communion Lutheran

Church & Longfellow Lutheran parishes

Minnehaha Creek Watershed District

Minnesota Department of Health

Minnesota Pollution Control Agency

Mississippi Watershed Management Org.

Preventing Harm Minnesota

St. James African Methodist Episcopal Church

US Environmental Protection Agency

Women's Environmental Institute

Hiawatha CARE Project - A project of Minnehaha-Hiawatha Community Works

What Can Individuals Do?

- Start small. Bike or walk for weekend errands or to visit nearby friends and family.
- Find buddies to walk or bike with.
- Contact local bike shops for safe bike classes.
- Invest in a sturdy bicycle rack, basket, or trailer to carry groceries and other small items.

What Can the Community Do?

- Develop classes on safe biking, bike commuting, and winter biking and walking.
- Create neighborhood maps that highlight bike and walking routes and interesting destinations to travel to.
- Sponsor reduced price or free bike helmets and bicycle lights.
- Educate employees about employer reimbursement plans for bicycles and related purchases.
- Support safe routes to schools and walking school buses to encourage youth to walk.

What Can the City, County, and State Do?

- Provide bicycle and pedestrian facilities to reduce roadway congestion and parking demand, enhance safety for motorists, and increase the percentage of workers commuting by bicycle or on foot.
- Encourage businesses to provide facilities for bicycle commuters and customers.

For More Information

Bike Walk Twin Cities,
www.bikewalktwincities.org

City of Minneapolis, Bicycling in Minneapolis,
www.minneapolismn.gov/bicycles/index.htm

Hennepin County, www.hennepin.us
search: biking and walking
search: complete streets

League of American Bicyclists,
www.bikeleague.org/resources/why/index.php

University of North Carolina Highway Safety Research Center, Pedestrian and Bicycle Information Center,
www.walkinginfo.org/why/benefits.cfm

1 AAA Public Affairs,
www.aaaexchange.com

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What is the CARE Project?

The Hiawatha CARE Project is a new effort to address environmental toxins in western Longfellow and East Phillips. The project brings together two dozen business, community, government, and non-profit agencies in a community-

driven effort to identify, prioritize, and address environmental risks in the area.

The project was initiated in December 2010 when Hennepin County received a \$100,000 Community Action for a Renewed Environment (CARE) award from the

US Environmental Protection Agency. The CARE program supports local collaborations to reduce toxins in the local community.

More Information:
www.minnehaha-hiawatha.com/care
612.348.9344.