ABSTRACT: A community’s physical design has significant impact upon physical, mental, emotional, spiritual, and economic well-being of its citizens. With a background of extensive community-based research and activism, Dr. Beine will present highlights of key accomplishments, learnings, tools to evaluate communities, recommendations and opportunities for synergy while working to improve your communities.

My entry into advocacy: Sidewalks

Rx “Go for a daily walk” ➡️ “Go play in traffic”

Overview
- Missing community infrastructure
- Rationale for change: Economic Development
- Strategies for Change
- Tools for You!!!
- Funding Sources

Infrastructure – often missing:
- Sidewalks & handicapped ramps
- Greenspaces & Parks
- Bikeways
- Public gathering areas
- Small grocery stores

Poor Community Design = Health Hazards

Healthy, Livable Communities = Economic Development!!!

Economic Benefits:
- More desirable for locating businesses
- Higher quality of life
  - individuals & businesses
- Improved health and well being
- Lower medical costs
- Improved productivity

Strategies for Community Change: Vision, Passion and Persistence
- Form an Advocacy Group
- Collaborate / Network
- Evaluate community
- Determine needs & prioritize
- Maintain what is already there
- Change ordinances for new areas
- Change ordinances for re-design
- Retrofit essential infrastructure
- Seek funding where possible
- Educate community, leaders, & city staff:
  - *Economic costs
    - people / families
    - businesses
    - community
  - *Economic benefits
    - health savings
    - productivity

Tools for Healthy Community Assessment and Creating Change:
- # 1 Tool: You
- Community Advocacy
- Website Resources
- Books, Journals
- Community Surveys
- Consultants
- Demographic Data Analysis
- Visual Preference Surveys
- Photoshop – “A picture = 1,000 words.”
- Evaluate Transit Options
- GIS – Geographic Information Mapping
- Local Ordinances & Plans
- Community’s Budget
- Analyze CIP Budgets
- Analyze Existing Infrastructure
- Calculate Adverse Financial Consequences
- Calculate costs to Retrofit Infrastructure
- Tally Community Infrastructure
**Funding Sources: - “Who’s going to pay for this?”**

- General tax dollars
- Grants
- Benefactors
- Special taxes or levies
- Assessments on properties
- Improvement districts

**CONTACT**

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**References / Resources:** (partial listing – many more are available)

Centers for Disease Control and Prevention  [www.cdc.gov](http://www.cdc.gov)

“Opportunities for Creating Livable Communities”  AARP Public Policy Institute  [www.aarp.org/ppi](http://www.aarp.org/ppi)

National Complete Streets Coalition  [www.completestreets.org](http://www.completestreets.org)

Project for Public Spaces  [www.pps.org](http://www.pps.org)

Smart Growth  [www.smarthgrowth.org](http://www.smarthgrowth.org)

Walkable and Livable Communities Institute  [www.walklive.org](http://www.walklive.org)

Institute of Transportation Engineers  [www.ite.org](http://www.ite.org)

National Recreation and Parks Association  [www.nrpa.org](http://www.nrpa.org)

The National Center for Bicycling and Walking  
http://www.bikewalk.org/index.php  
http://www.bikewalk.org/thepractice.php

Safe Routes to School Guide  [www.saferoutesinfo.org](http://www.saferoutesinfo.org)


“Planning Complete Streets for an Aging America”  AARP Public Policy Institute  [www.aarp.org/ppi](http://www.aarp.org/ppi)

