Creating a Fit Nation: Tips and Tools from New York City’s Active Design Guidelines

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At the end of the presentation a link to our survey will pop-up. Please complete it so we know how to improve future webinars.

**Thanks!**
Questions & Answers!

To Ask a Question:

Please submit questions via the “Ask A Question” box located in the lower left corner of your screen
New York City’s Active Design Guidelines

Through a collaborative, cross-agency approach, the Active Design Guidelines were developed by staff of 12 NYC agencies:

- **Health Background** – NYC Department of Health & Mental Hygiene
- **Urban Design** – NYC Departments of Transportation and City Planning
- **Building Design** – Academic Partner contracted by the City
- **Synergies** – Multiple City Agencies, including Mayor’s Office of Long-Term Planning and Sustainability and Mayor’s Office of People with Disabilities
- **Graphics** – NYC Department of Design and Construction, Office of Creative Services
FIT CITIES FOR A FIT NATION

ACTIVE DESIGN GUIDELINES
PROMOTING PHYSICAL ACTIVITY AND HEALTH IN DESIGN

Ernie Hutton, FAICP Assoc AIA
Hutton Associates Inc./ Planning Interaction

David Burney, FAIA
Chair, Center for Active Design
Past Commissioner,
NYC Dept of Design and Construction

Rick Bell, FAIA
Executive Director, NY Chapter,
American Institute of Architects

www.centerforactivedesign.org
Fit City Conferences
Creation of the Guidelines
Creation of the Guidelines

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Thanks to all the design practitioners and organizations who participated in the 2009 Design Charrette to help test the Guidelines prior to its publication.

*We also thank the many city agencies that gave input including the Depts of Parks and Recreation, Buildings, Housing Preservation and Development, School Construction Authority, Aging, and Mayor’s Offices of Long-Term Planning and Sustainability, and of People with Disabilities.
THE 19th CENTURY:

Infectious disease

19th Century codes, planning and infrastructure as weapons in the battle against contagious disease

These strategies were built into the city fabric, and they were effective

THE 21st CENTURY:

Chronic Diseases, many of which are “Diseases of Energy”

The emerging design solutions for health parallel sustainable design solutions

Effective designs will have to be an invisible, pervasive, and inevitable part of life
The epidemics of today are:

CHRONIC DISEASES (obesity, diabetes, heart disease & strokes, cancers)

Top 5 Causes of Death in U.S.:

NYC is now faced with a population where about
60% of adults and
40% of children
are overweight or obese.
Diabetes trends among U.S. adults

Our genetics have not changed in one generation, but our built environment has!
Active Design: Physical Activity Recommendations

Adults: 150 minutes of moderate activity or 75 minutes of vigorous activity per week
Children: 60+ minutes per day of physical activity

Less than half of US adults meet recommendations!
Encouraging stair use & active transportation

• Just 2 minutes of stair climbing a day burns enough calories to prevent average U.S. adult annual weight gain.

• Just 15 minutes of cycling (2.5 miles) twice a day burns the equivalent of 10 lbs. per year.

• Each hour spent in a car contributes a 6% risk in obesity and chronic disease while each km walked contributes a 5% decrease in risk.
Design and physical activity

Creating or improving access to places for physical activity
• Can result in a 25% increase in number of people who exercise at least 3 times per week

Creating a more enticing and walkable public realm
• Can result in a 161% increase in physical activity (e.g. walking and biking)
1) Environmental Design and Health: Past and Present

2) Urban Design: Creating an Active City

3) Building Design: Creating Opportunities for Daily Physical Activity

4) Synergies with Sustainable and Universal Design
Building Design
Active Design Guidelines

1) Environmental Design and Health: Past and Present

2) Urban Design: Creating an Active City

3) Building Design: Creating Opportunities for Daily Physical Activity

4) Synergies with Sustainable and Universal Design
To date, NYC has...

- Won 4 National Awards (Health Policy, Environmental Protection, Sustainable Buildings, Architecture)
- Distributed >15,000 copies of ADGs nationally & internationally
- Trained >3,000 built environment professionals in NYC and U.S.
- Mentored 14 other U.S. cities and communities (others now adopting initiatives such as integrating use of Active Design Guidelines, Stair Prompts, Playstreets)
Promoting Health through Partnership Action: NYC Municipal Government/Center for Active Design

David Burney, FAIA
Chair, Center for Active Design
Past Commissioner, NYC Dept of Design and Construction
New York City is one of the healthiest cities in the United States, with a life expectancy that exceeds the national average. This achievement is the result of visionary planning and sustained investment..... Despite these successes, health challenges remain—and new ones are emerging—that require creative, modern shifts in how the city operates.
Active Design

Active Transportation

Active Recreation

Active Buildings

Healthy Food Access
89% OF THE ROAD SPACE FOR VEHICLES
11% FOR PEOPLE!
City Policy + Implementation

Changing the form of the Public Right of Way
Bicycle parking now required for new buildings, enlargements, conversions and public parking garages (floor area is discounted)
Provide attractive and sheltered seating areas to encourage use of transit routes.
City Policy + Implementation

Programming: Summer Streets and Playstreets
Results in NYC between 2000 and 2012

- 30% reduction in traffic fatalities
- 5.5% reduction in Childhood Obesity since 2006
- 10% growth in bus and subway ridership
- 262% increase in commuter cycling
- 5% reduction in motor vehicle registrations
- 25% decline in citywide traffic volumes
Promoting stair use in buildings: Signage and prompts

- Motivational signage placed at points of decision
Make Stairs Accessible, visible, convenient

- Visually prominent, accessible stairs
- Integrate into vertical circulation system (e.g. skip-stop elevators)
Design stairs to be more appealing

• Designed to invite users
• Better lighting, artwork, finishes
Making low density, car-oriented housing more walkable.

Greenbridge Public Housing
King County Housing Authority, Washington - Design by GGLO

< Site in 1960’s

Site in 2011
Understanding where people have **limited** access to fresh produce

+ where the **highest** rates of diabetes and obesity are
NYC FRESH Program: **Zoning and tax incentives** for providing **fresh food** options in the city’s underserved areas.
City Policy + Implementation

Vision 2020: Comprehensive Waterfront Plan
Use of LEED Green Building Credits that Promote PA

Development density and community connectivity

Public transportation access

Bicycle storage and changing rooms

LEED Physical Activity Innovation Credit
Executive Order Summary

SECTION 1

- Review of new construction and major renovation projects for active design opportunities
- Specify use of active design in procurement solicitation or contracts
- Include information on active design in guidelines, standards and handbooks
- Incorporate LEED Credit “Design for Active Occupants”
SECTION 2
- Promote stairway use:
  - Allow access to at least 1 stair
  - Post stair prompt signage

SECTION 3
- Support training of appropriate design and construction personnel
  - Coordinate with the Center for Active Design

SECTION 4
- Effective immediately
IMPLEMENTING ACTIVE DESIGN AT NYC DDC
Active Design and the DDC Design Process

**STRATEGY BOARD**
Active Design Applicability is determined

**SITE VISIT AND SCOPE DEVELOPMENT**
Include Active Design requirement in scope

**KICKOFF AND PROGRESS MEETINGS**
Introduction of relevant Active Design strategies to consultant and client agency, follow up throughout the process

Presentation of design options – consultants present Active Design strategies for each option.

Where relevant, the LEED pilot credit (Design for Active Occupants) is included.
Mission
We advance the use of Active Design strategies in the built environment by serving as a nonprofit resource to design professionals, policy makers, and the real estate development community.
ROLE In support of the Executive Order:
- Training and education
- Resource hub (website, publications, case studies)
Center for Active Design

Services to public and private organizations:

**Technical assistance** to developers, policymakers, city agencies, and community organizations on implementation strategies.

**Multi-sector trainings and workshops** of key stakeholders to bring about incremental and broad sweeping changes.

**Policy changes** through advocacy, education, lectures, workshops, webinars, and digital communications.

**Communicate design innovation** by identifying and translating current health research and best practices, into practical solutions.

**Research and publications** that offer design strategies based on current health knowledge and peer case studies.
www.centerforactive design.org
Fit Cities for a Fit Nation      Rick Bell
New York: Citi Bike Use Survey
New Orleans: Stair Use in Ninth Ward
Atlanta: Beltline Park
Los Angeles: CicLAvia during APA
San Antonio: Riverwalk

8:30 – 10:00AM Opening Plenary Session – “Fit City and the New York City Active Design Guidelines”, Rick Bell, Executive Director, American Institute of Architects (AIA), New York Chapter

Urban Design

San Antonio River Improvements
Bexar County and City of San Antonio with San Antonio River Authority
Copenhagen: Bicycle Storage
Journée du Cyclocivisme

Samedi 28 avril 2012
Parc des Bastions
De 13h00 à 18h00

Concours pour enfants (dès 8 ans) et adultes

17h30
Remise des prix

ATTENTION : L’organisateur ne peut être tenu responsable de la perte, de la dégradation, ou tout dommage au cas où un adulte partirait sans enfant."
Oslo: Bike Share
Paris: Vélib’ Survey by Harris
New York: FitNation Exhibition
Birmingham: FitNation Exhibition

FitNation

An active counterpoint between technology and nature

Keys to a FitNation
Projects in FitNation share concepts noted by key words at the top of each display panel. Design that encourages increased movement, grassroots and policy initiatives directed at public health, and the interactions of other healthful efforts are common themes in the selected work.

EDUCATE / teaching, discovery, learning
CLIMB / climbing stairs, ramps or hills
MOVE / Walking
RIDE / Bicycling
CONNECT / Multimodal transit use
PLAY / Active recreation, exercise or sport

The Alabama Chapter of the American Society of Landscape Architects and the Birmingham Chapter of the American Institute of Architects have partnered together to bring this national exhibit to our local communities.

The local projects have been interwoven into the national exhibit for you to view and experience, showcasing local projects that meet and exceed national standards and FitNation's core values.
Miami: Wolfson Student Center

Miami-Dade Wolfson Campus Student Support Center
Zyscovich Architects
FIT CITIES FOR A FIT NATION

-Fit Nation Exhibit/ Fit Nation Process
  in exhibiting cities:
  Initial Forum/ Workshops/ Follow-through

-Catalyst: National AIA/APA, Local Chapters
-Assistance: Center for Active Design
-Funding: National Foundations/ Health Groups
-Local Partners: Health Depts/ Organizations
  Local Elected Officials
  Municipal Staff: Planning,
  Transportation, Human Services
  Local Corporations/ Business Groups
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