WHAT MAKES A NEIGHBORHOOD Walkable?

**Mixed Uses** - People walk more if they have a proper balance of uses (housing, shopping, work, recreation, etc.) within walking distance of each other.

**Parking** - Allowing parking supply and prices to be determined by market demand (rather than excessive parking requirements) promotes walking, discourages driving, and creates more inviting pedestrian environments.

**Crosswalks** - Frequent and well-marked crosswalks increase pedestrian safety and convenience.

**Transit** - Walkability and transit go hand in hand. Transit vastly extends the range of people’s walks, and it performs best in dense, walkable neighborhoods.

**Traffic calming** - Measures like raised crosswalks, traffic circles, and narrower lanes make drivers slow down and be more alert, thereby enhancing pedestrian and driver safety.

**Active Street Levels** - Buildings that form an attractive, transparent (windowed), and engaging “street wall” with lots of shops, restaurants, and other “active” ground-floor uses encourage walking.

**Density** - Generally, the higher the concentration of residents, jobs, and shops within a given area, the more walkable that area is.

**Sidewalks** - The most walkable neighborhoods have wide, well-maintained sidewalks, preferably detached from the street curb and enhanced by amenities like benches, landscaping, and pedestrian-scale lighting.

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**THE BENEFITS OF Walkability**

### Health

- Having shops and services within walking distance of one’s residence has been found to be the **single best predictor of not being obese.**
- Living in walkable neighborhoods is associated with **higher life expectancies**, lower blood pressures, lower heart disease risk, lower diabetes risk, and even **increased civic engagement and creativity!**
- Residents of walkable neighborhoods perform **35-45 minutes more moderate physical activity** per week and are much **less likely to be overweight** than those who live in less walkable environments.

### Environment

- Dense, mixed use, walkable neighborhoods are far **more energy and water efficient** than sprawling, auto-oriented neighborhoods.
- Automobile use is the **single greatest contributor to a household’s total carbon footprint**. Increasing walkability reduces dependence on automobiles, thereby reducing our contribution to climate change.
- Fifty-four percent of trips in the Front Range are 3 miles or less. If all of these trips were made by walking or biking, we would collectively emit **1,770,141 fewer tons of greenhouse gases.**

### Equity

- Walkability can significantly reduce living costs. Households in communities with more mixed land uses and more multi-modal transportation systems **spend 50% less on transportation** than households in automobile-dependent neighborhoods.

### Economy

- A neighborhood with good walkability, on average, **generates 80 percent more retail sales** compared with a neighborhood with fair walkability, holding household income levels constant.
- **Economic output** is positively correlated with **density and mix of land uses**, and is negatively correlated with vehicle miles traveled (a measure of how much people drive).
- A study using WalkScore, a website that measures walkability, found every 1-point increase in WalkScore was associated with a **$500 to $3,000 increase in property values**, depending on the market.

**Sources:**
- Economy - CEOs for Cities (2009), Brookings Institution (2012), Speck (2012)
- Environment - Troy (2012), RTD, DRCOG
- Equity - McCann (2000), Federal Highway Administration (2011)