Walkability: A Key Component of Sustainability

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People and Healthy Living

• Active transport- non-motorized travel, such as walking or biking
People and Well-Being

• Build social capital
• Strengthen community ties
Planet- Reducing our Carbon Footprint

• Oil reserves are peaking
• Climate change
• Maintaining healthy ecosystems and clean air
Profit

• Save money
• Support local businesses and economy
• Keep the money within your community
Economic Revitalization

Times Square, NYC

Barracks Row, D.C.

Valencia Street, San Francisco
The Walkability Study: The effect of urban form on sustainability

Commercial Paramus

Commercial Ridgewood
Resident Survey:
Residents that walk ZERO days a week

<table>
<thead>
<tr>
<th></th>
<th>Walking just for fun</th>
<th>Walking to amenities</th>
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</thead>
<tbody>
<tr>
<td><strong>Paramus</strong></td>
<td>30%</td>
<td>60%</td>
</tr>
<tr>
<td><strong>Ridgewood</strong></td>
<td>3%</td>
<td>26%</td>
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Paramus Comments

- “Most of the stores are on the highways, which you need a car to reach.”
- “There aren’t enough pedestrian overpasses on the highways.”
- “Sidewalks begin and end sporadically, and many roads have narrow, unsafe shoulders.”
- “The traffic on the main roads make it too dangerous to walk with children or pets.”

Would like to walk to: movie theater, stores, malls, supermarket, a downtown center, restaurants
Ridgewood Comments

- “Ridgewood is a great town to walk around!”
- “It would be nice to have more parks within walking distance.”
- “There aren’t any bike lanes in Ridgewood, but there are a lot of bikers.”
- “Gas is too expensive and driving is becoming more of a burden.”

Would like to walk to: parks, malls
Conclusions

(1) Paramus is full of amenities, but accessibility is severely limited.

(2) Ridgewood residents find their town very walkable, but seem to want more amenities and entertainment within walking distance (parks and malls).

(3) Ridgewood residents are able to incorporate much more physical activity into their lifestyles.

(4) Paramus residential zones → more walkable than commercial zones

Other road users: pedestrians, cyclists, senior citizens, the youth, disabled individuals, those who can’t afford a personal vehicle, environmentalists

• Americans With Disabilities Act (1990)
• Triple Bottom Line → healthy and happy people
  healthy planet
  economic stability
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