

# Walkability: A Key Component of Sustainability

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**Pennsylvania Ave., Washington, D.C.**



**Helsinki, Finland**



**Shenzhen, China**



**Kent Ave., New York City**

# 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



**Buy  
Local**  
SPEND IT HERE • KEEP IT HERE

# Economic Revitalization

**Times  
Square,  
NYC**



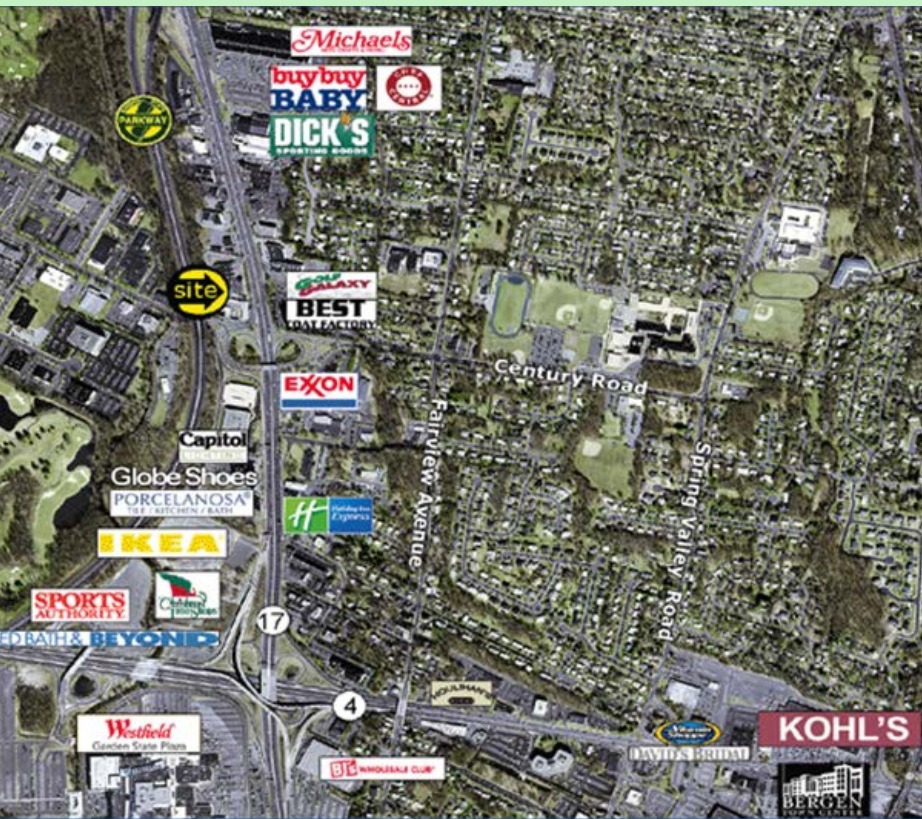
**Barracks Row,  
D.C.**



**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

	Walking just for fun	Walking to amenities
<b>Paramus</b>	30% ↓	60% ↓
<b>Ridgewood</b>	3%	26%

# 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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