

Promoting Active Communities Award Application

Michigan's Promoting Active Communities (PAC) assessment and award application is available for online completion and submission at www.mihealthtools.org/communities. To be considered for the PAC award, the application must be completed and submitted online. However, communities may find this print version of the application useful for previewing the assessment before they register or for collecting data, which can then be transferred to the online application.

This print version includes all the PAC assessment questions and is similar but not identical to the online version. When you complete the questions online, the computer provides assistance. For example, the online assessment displays relevant questions based on your previous answers automatically, performs all calculations for you, checks to make sure all questions are answered, and checks for inconsistent or illogical information. Community population and geographic information is also provided with the online version along with links to numerous online resources to assist your community in completing the assessment and obtaining ideas for ways to make your community more conducive to active living. Additionally, scorecards are provided on the online application; each time you enter data and save, the scorecard is updated.

Please note the following on this print version:

- Instructions for skipping/answering questions and calculation instructions are provided in red. (These functions are performed automatically with the online version.)
- Terms that you can find in the Promoting Active Communities glossary located at the PAC website are in **bold face** in the print version. In the online version, these appear in bold blue letters throughout the application. All you need to do is click on the word and the definition will appear.
- Icons in the print version represent links to the **Design Guidelines for Active Michigan Communities**  and Promoting Active Communities Resource Guide . In the online version, these links are active. When you click, the link will take you to the Design Guidelines or Resource Guide where you can learn more about the topic referenced in the question, section or subsection.

All Michigan communities are eligible to apply for the Promoting Active Communities award. Communities that achieve an award are recognized at an annual event. Look at the PAC website Frequently Asked Questions for this year's award application deadline (www.mihealthtools.org/communities/default.asp?tab=faqs).

For more information, please visit the Promoting Active Communities website at www.mihealthtools.org/communities. Or contact Sarah Panken at slpanken@michiganfitness.org or 517-908-3822.

SECTION 10: SHOPPING AREAS

Section 10 refers to one of your community's shopping areas, other than your primary "downtown" shopping area. This may include a shopping mall, **big box retail area**, commercial strip mall, farmers market or **urban center**. To complete this section, please select one major shopping area in your community. Only this shopping area will be scored for your award application.

Take a walk or bicycle ride to the shopping area you select to answer the questions in this section. You may also need to contact your community's public works department.

Note: If you have questions about any aspect of the assessment, please contact Sarah Panken (via email at slpanken@michiganfitness.org or via phone at 517-908-3822).

Learn more! Follow the  and  links.

Background Questions

10.1 Does your community have one or more shopping areas, other than a primary "downtown" shopping area, such as shopping malls, **big box retail areas**, commercial strip malls, or **urban centers**?

- Yes
- No

If yes, answer the remainder of the questions in this section. If no, skip all the questions and proceed to the next section.

10.2 What is the name of the shopping area in your community for which you will be completing this section?

10.3 Shopping area description (Select one):

- Big box retail** area
- Shopping mall
- Farmers market
- Commercial strip mall
- Urban center**
- Other, please describe _____

10.4 Please indicate the boundaries surrounding this shopping area. Boundaries can include streets, highways, rivers or other natural terrain, or structural features such as railroad tracks.

Accessibility

10.5 Is your shopping area located within a safe ten-minute walk of residential homes? 

Note: A "safe walk" means that sidewalks are continuous, maintained and present on both sides of the street, busy intersections are safe for pedestrian crossing, and the area is secure from crime.

- There are no residential areas within a safe walk
- Yes, there are a few residential areas within a safe walk
- Yes, there are many residential areas within a safe walk

10.6 Is your shopping area located within a safe ten-minute walk of public transit stops? 

Note: A "safe walk" means that sidewalks are continuous, maintained and present on both sides of the street, busy intersections are safe for pedestrian crossing, and the area is secure from crime.

- Yes
- No
- Not applicable; Our community is not served by public transit

10.7 Are automobile entrances and exits from the road into your shopping area limited in number and width so as to protect pedestrians and cyclists on the sidewalks and roads? This is called **"access management."**  

- Yes
- No

Sidewalks

10.8 Within your shopping area, are there safe and clearly designated sidewalks or pathways for pedestrians to walk:

- a. From outside of the shopping area to the store entrances?
 - Yes
 - No
- b. From parking areas to the store entrances?
 - Yes
 - No
- c. From store to store?
 - Yes
 - No

Streetscape

10.9 Is your shopping area attractively landscaped? 

- Absolutely beautiful
- Very attractive
- Somewhat attractive
- Not at all attractive

10.10 Does your shopping area have one or more outdoor public gathering spaces, such as small parks, public squares, or green spaces with places for people to sit?

- Yes
- No

DG

RG

Lighting

10.11 Are sidewalks and parking areas in your shopping area lighted to enhance safety and security at night?

DG

- None
- Very few
- Some
- Most
- All

Crosswalks and Traffic **RG**

10.12 How many intersections within or leading to your shopping area have two separate **curb ramps** (sloped sections of the sidewalk that connect to the crosswalk), one leading to each **crosswalk**?

DG

- None
- Very few (less than 25%)
- Some (25-75%)
- Most (more than 75%)
- All
- Not applicable; There are no sidewalks in your shopping area

10.13 How many **crosswalks** within or leading to your shopping area have well-marked pavement (i.e., with **continental** or **ladder style markings**, **stop bars**, or similar markings) and are supported by clear signage and lighting?

DG

- None
- Very few (less than 25%)
- Some (25-75%)
- Most (more than 75%)
- All

10.14 How many crosswalks within or leading to your shopping area have **fixed-time pedestrian signals**, **leading-time pedestrian signals**, visibility enhancements such as **flashing lights**, **curb extensions** or other pedestrian-focused devices or improvements so that pedestrians and bicyclists are prioritized at intersections for safe crossing?

DG

- None
- Very few (less than 25%)
- Some (25-75%)
- Most (more than 75%)
- All

10.15 How many **crosswalks** within or leading to your shopping area with four or more lanes have **medians** (with **curb ramps**) that provide a refuge and resting space for pedestrians while crossing?



- None
- Very few (less than 25%)
- Some (25-75%)
- Most (more than 75%)
- All
- Not applicable; Your shopping area has no 4-lane or wider roads

Parking

10.16 Are automobile parking areas in your shopping area located behind commercial buildings, in parking garages, or on the street -- not in parking lots between storefronts and streets?



- Yes
- No

10.17 Are **bike racks** or **bike storage lockers** conveniently located throughout your shopping area?



- None
- Very few
- Some
- Many