

# 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](http://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](http://www.mihealthtools.org/communities/default.asp?tab=faqs)).

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

## SECTION 8: PUBLIC TRANSPORTATION

Having a system of public transportation (or transit) promotes physical activity in three ways: (1) public transportation can reduce some of the traffic congestion that makes walking and biking challenging; 2) people who use public transportation generally walk some distance between their transit stops and their destinations; and 3) a public transportation system that can accommodate bicycles can increase the practicality of bicycling to many destinations. To answer the questions in Section 8, contact the director or an employee of the local public transit agency that serves your community.

Questions with a (CSI), (CSP), or (CSP&I) notation at the end are included in the Complete Streets Score.

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

Learn more! Follow the  and  links.

8.1 Does your community have a system of public transportation or is it part of a regional transportation authority such as CATA (Capital Area Transportation Authority) or GRATA (Grand Rapids Area Transportation Authority)?

- Yes, we have a fixed-route transportation system
- Yes, we have a Dial-a-Ride type transportation system for the general public (that is, not limited to a special system for residents with disabilities)
- No, we do not have a public transportation system

**If “yes” to a fixed route or Dial-a-Ride transportation system, answer the remainder of the questions. If “no,” do not answer any remaining questions and proceed to the next section.**

8.2 What proportion of your community is served by your area’s public transportation system?

- Very few residents (0-25%)
- Some residents (26-75%)
- Most residents (more than 75%)
- All residents

8.3 Does your community’s public transportation service area include major employers, medical facilities, schools and retail areas that serve your community?

- Includes none of these destinations
- Includes very few of these destinations (0-25%)
- Includes some of these destinations (26-75%)
- Includes most of these destinations (more than 75%)
- Includes all of these destinations

8.4 Does your community’s public transportation system serve all areas of your community often enough to make it a realistic option for regular commuting?

- None of the relevant areas are served often enough
- Very few relevant areas are served often enough (0-25%)
- Some relevant areas are served often enough (26-75%)
- Most relevant areas are served often enough (more than 75%)
- All relevant areas are served often enough

8.5 Can public transportation stops be easily reached by walking? (CSI)

*Note: This means that sidewalks leading up to the transit stop 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.*

- No stops
- Very few stops (0-25%)
- Some stops(26-75%) 1
- Most stops (more than 75%)
- All stops
- Not applicable, we have a Dial-a-Ride transportation System

8.6 Are the community's general funds and/or a dedicated transit millage used to help fund public transportation? (CSI)

- Yes, general funds and/or a transit millage fund public transportation
- No, neither general funds nor a millage fund public transportation

8.7 Are public transportation vehicles in your community equipped with bike racks? (CSI)

- Yes, all are equipped with bike racks
- More than 75% are equipped with bike racks
- 50% to 75% are equipped with bike racks
- 25-49% are equipped with bike racks
- Less than 25% are equipped with bike racks
- None are equipped with bike racks