

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 9: DOWNTOWN AREA

Section 9 refers to your community's downtown area (if your community has a downtown). Take a walk or bicycle ride to your downtown area to answer these questions. You may also need to ask your community's public works department or Downtown Development Authority for some information.

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

9.1 Does your community have a **downtown**?

- Yes
- No

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

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

9.3 Does your community have a **Downtown Development Authority**?

- Yes
- No

Mixed Land Use and Accessibility

9.4 Which of the following destinations are located within the boundaries of your downtown area:

	Yes	No
a. Park	<input type="radio"/>	<input type="radio"/>
b. Recreation center	<input type="radio"/>	<input type="radio"/>
c. Gym or fitness facility	<input type="radio"/>	<input type="radio"/>
d. Convenience/small grocery store	<input type="radio"/>	<input type="radio"/>
e. Supermarket	<input type="radio"/>	<input type="radio"/>
f. Fruit/vegetable market	<input type="radio"/>	<input type="radio"/>
g. Fast food restaurant	<input type="radio"/>	<input type="radio"/>
h. Coffee Shop	<input type="radio"/>	<input type="radio"/>
i. Non-fast food restaurant	<input type="radio"/>	<input type="radio"/>
j. Hardware store	<input type="radio"/>	<input type="radio"/>
k. Clothing store	<input type="radio"/>	<input type="radio"/>
l. Book store	<input type="radio"/>	<input type="radio"/>
m. Video store	<input type="radio"/>	<input type="radio"/>
n. Pharmacy/drug store	<input type="radio"/>	<input type="radio"/>
o. Laundry/dry cleaners	<input type="radio"/>	<input type="radio"/>
p. Post office	<input type="radio"/>	<input type="radio"/>
q. Bank/credit union	<input type="radio"/>	<input type="radio"/>
r. Salon/barber	<input type="radio"/>	<input type="radio"/>
s. Bus stop	<input type="radio"/>	<input type="radio"/>
t. Library	<input type="radio"/>	<input type="radio"/>
u. Elementary school	<input type="radio"/>	<input type="radio"/>
v. Other schools	<input type="radio"/>	<input type="radio"/>

9.5 Are there residential areas located within a safe ten-minute walk from your downtown area?

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.

- No residential areas
- A few residential areas
- Many residential areas

9.6 Are there public transit stops located within a safe ten-minute walk from your downtown area?



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

Sidewalks

9.7 Does your downtown area have sidewalks?

- Yes
- No

If yes to 9.7, answer 9.7a through 9.7f

In your downtown area:

9.7a How many downtown streets have sidewalks?

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

9.7b How many downtown streets have sidewalks on both sides of the street?

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

9.7c How many downtown streets have a **buffer zone** or **furniture zone** between the sidewalk, and automobile traffic or parking lots?

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

9.d How many sidewalks in your downtown area are wide enough for groups to walk together, and pass pedestrians coming in the opposite direction?

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

9.7e Are sidewalk obstructions in your downtown area , such as signs, newspaper vending machines, and trash receptacles, placed out of the path of pedestrians so they do not interfere with walking or wheelchairs?

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

Crosswalks

9.7f How many intersections in your downtown area have two separate **curb ramps** (sloped sections of the sidewalk that connect to the crosswalk), one leading to each **crosswalk**? 

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

9.8 How many **crosswalks** in your downtown 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?

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

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

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

9.10 How many **crosswalks** in your downtown area on roads with four or more lanes have **medians** (with **curb ramps**) that provide a refuge and resting space for pedestrians while crossing? **DG**

- None
- Very few (less than 25%)
- Some (25-75%)
- Most (more than 75%)
- All
- Not applicable; The downtown has no four-lane or wider roads

Streetscape **DG**

9.11 How visually attractive is your downtown area?

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

9.12 How many streets in your downtown area are lined with trees?

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

9.13 Does your downtown area have one or more outdoor public gathering spaces, such as parks, public squares, or green spaces, with places for people to sit? **DG**

- Yes
- No

9.14 Are benches placed at regular intervals in your downtown area?

- Yes, every block or every other block
- Yes, every three or more blocks
- There are no benches in the downtown area

Lighting

9.15 Are sidewalks and parking areas in your downtown area lighted to enhance safety and security at night? **DG**

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

Parking

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



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

9.17 Are **bike racks or bike storage lockers** conveniently located throughout your downtown area?



- None
- Very few
- Some
- Many

Crime

9.18 In general, is fear of crime in your downtown area a deterrent to biking or walking?

- Not at all a deterrent
- A small deterrent
- Somewhat of a deterrent
- A large deterrent