

# ALProHealth

## Creating Opportunities in Cullman

### **Cullman County ACES Office**

Donna Shanklin, Regional Extension Agent

Tony Glover, County Extension Coordinator

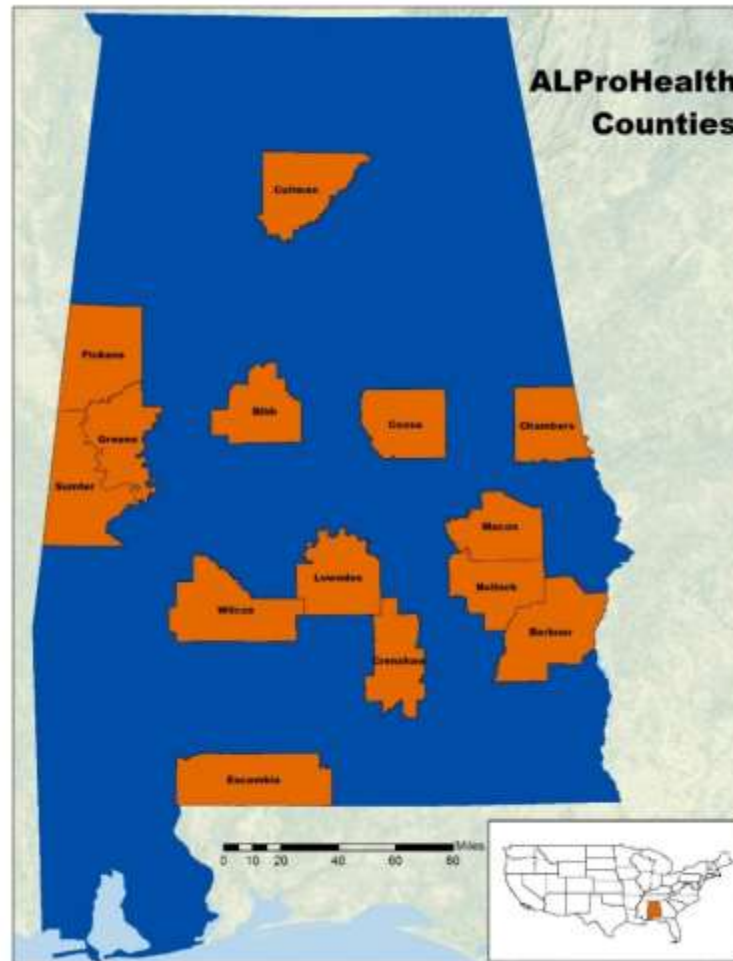
Emma Thornton, Nutrition Education Program Agent

# Making a Difference

*in Every Corner of the State*



**Alabama Preventing and Reducing Obesity:  
Helping to Engage Alabamians for Long-Term Health**



# 3 Strategies of ALPROHEALTH

**Strategy 1:** Provide Education and Promotional Support to Environmental Approaches

**Strategy 2:** Increase access to and promote healthy & affordable food retail

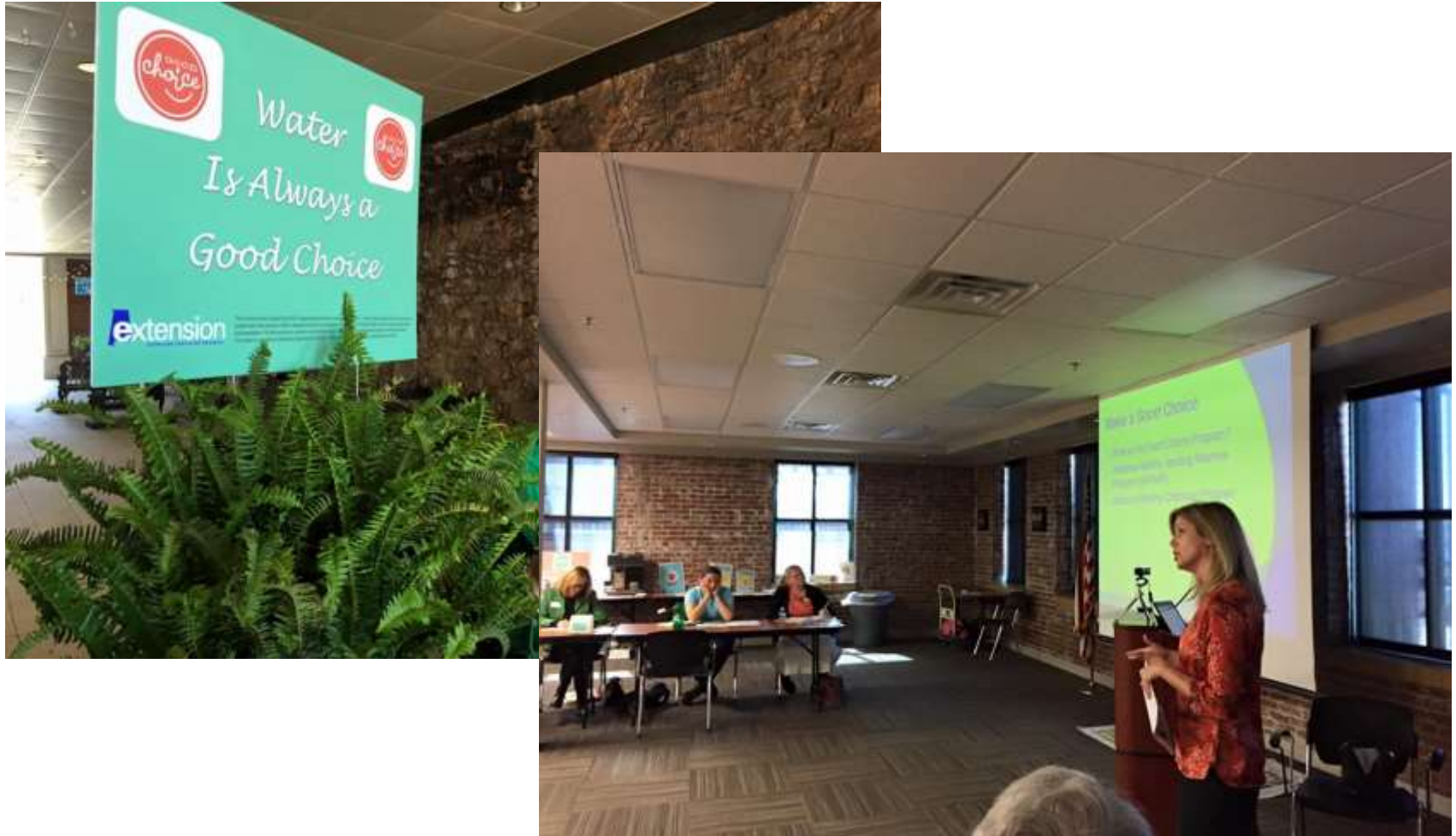
**Strategy 3:** Increase community wide opportunities for safe & affordable physical activity

A 3-year, Centers for Disease Control Cooperative Agreement  
Entering 3<sup>rd</sup> year 2016-2017 Funding

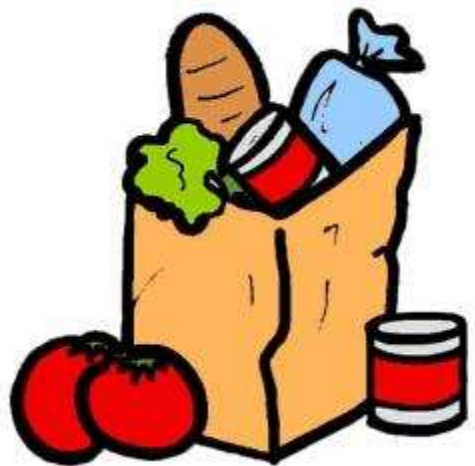
# Strategy 1: Provide Education and Promotional Support to Environmental Approaches



## Strategy 2: Increase access to and promote healthy & affordable food retail



## Strategy 2: Increase access to and promote healthy & affordable food retail



Community Gardens  
Food Bank Assistance  
Gleaning

# Strategy 3: Increase community wide opportunities for safe & affordable physical activity





# COMPLETE STREETS INVITE BACKGROUND

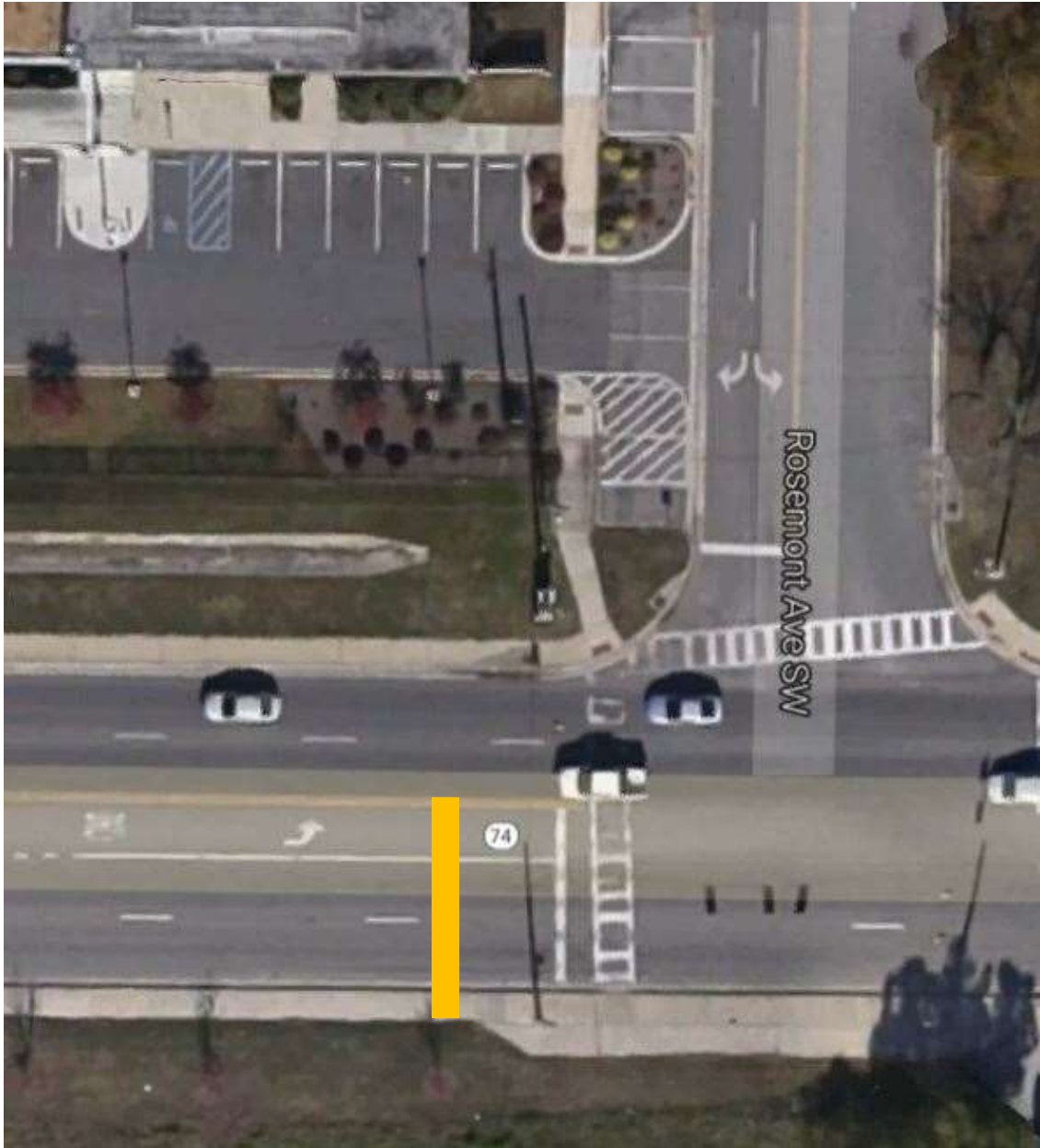


# ALProHealth Coalition Meeting with a Cullman Map



ID areas  
with  
Red, yellow,  
Or green dots

Red – an issue  
Yellow – needs help  
Green – love it



**Move the  
Vehicle Stop  
line further  
from the  
crosswalk**

# Crosswalk to be changed

- HWY 278 is a well-travelled state highway
- West Elementary students (K – 3<sup>rd</sup> grade) have to cross 4 lanes of traffic with a red light
- Vehicle stop line close to crosswalk – large vehicles, such as semi-trucks may not see small child
- Noted HWY 278 up for repaving by visiting Alabama Department of Transportation (ALDOT) website
- Request to ALDOT to move vehicle stop line further back from the crosswalk line
- Changed approved – awaiting repaving for change to occur

# Safe Routes to School

- Outfitting of walkers with reflective vests
  - Cullman Middle School
    - Middle school youth walk but have been less responsive about wearing reflective vests
  - West Elementary School
    - Elementary school youth exciting to wear reflective vests



# Coalition Idea to CDC Partner Connection

- City of Cullman Parks & Rec & others in the Coalition were interested in connecting the various parks in the city in some way
- Various coalition partners noted the lack of walkability in the community
- Cullman was offered opportunity for a Complete Streets assessment through technical assistance provided by ALProHealth



**Smart Growth America**  
Improving lives by improving communities

SMART GROWTH AMERICA  
1707 L ST. NW, SUITE 250  
WASHINGTON, DC 20036  
202-207-3355

The National Complete Streets Coalition, a **program of Smart Growth America**, is a non-profit, non-partisan alliance of public interest organizations and transportation professionals **committed to the development and implementation of Complete Streets policies and practices.**

<https://smartgrowthamerica.org/program/national-complete-streets-coalition/who-we-are/>



# Complete Streets in Action

## June 17, 2016



Walking Tour



Forum



# Press Coverage



## National Complete Streets Coalition

Tony Glover hopes that this initial Public Forum into the subject will motivate City leaders and citizens to start a conversation and inquiry on how best to plan for the City of Cullman's next 50 to 100 years.

Waid Harbison generally concurred with Mr. Glover's views after the public forum. He also emphasized how important it is for city planners to consider the effects on health, wellness and fitness when planning all aspects of community development, including streets, walkways, bike paths and public transportation.

In this interview, Tony Glover, Director of the Cullman County Alabama Extension Office, and Waid Harbison, Marketing, Programs, & Events Coordinator for Cullman City Parks & Recreation, explain the important details about today's Cullman Complete Streets Public Forum:



<http://cullmantoday.com/2016/06/20/cullman-complete-streets-public-forum/>

# **Our Current Policies: How transportation decisions are made in our community**

- 1. Has your community undertaken other activities related to sustainability, active transportation, public health, economic development, and/or other initiatives that support Complete Streets goals? What are they?**
- 2. What plans guide transportation decisions?**
- 3. What do these plans say about accommodating all users?**
- 4. Does your City Code direct construction of bicycle, pedestrian, and/or public transportation facilities?**
- 5. What do you use to guide the design of your streets? When was the last time they were updated?**
- 6. Does your community refer to any other rules or regulations that influence street design?**
- 7. Are resurfacing, restoration, and rehabilitation projects guided by the same policies and manuals as new construction or reconstruction? If not, what documents guide those projects?**
- 8. When can residents and outside stakeholders (e.g. transit, public health, utilities, advocacy groups) provide input into planning and design decisions?**
- 9. How are transportation projects selected for your Capital Improvement Program (CIP)?**
- 10. Please try to draw a flow chart of the process that guides capital projects.**

(Questions sent to Cullman from Complete Streets)

# Follow-Up September 27, 2016

- City Government
- Cullman Parks & Rec
- Alabama Extension (ACES)
- AARP
- National Complete Streets Coalition



\*As a result of the walk audit City of Cullman Workers noted many things and implemented several - including the timing of crosswalk lights -- improving curb issues for the handicapped.

WHAT'S  
NEXT,  
CULLMAN?



A David Mathews Center for Civic Engagement Forum has found Transportation (which includes walkability) an issue --- when attendees asked the question WHERE DO WE WANT TO GO?

Forum sponsored by TheLink & ACES

# Summary of Complete Streets

## Cullman ALPROHEALTH

- ALProHealth grant & Coalition brought community members, representing diverse organizations together to improve Cullman through policy, systems, and environmental changes
- Coalition identified various concerns and brought in various other partners to address the concerns (ALDOT, AARP, National Complete Streets Coalition)
- Coalition continues to look at various options for implementing Complete Streets policies on some level – allocation of funds to implement temporary ‘installations’ an example