



Healthy Transportation Network

The California Center for Physical Activity, a program of the California Department of Health Services, houses the Healthy Transportation Network, which collaborates with local governments to support walking and bicycling. The Healthy Transportation Network brings together public health, transportation, and land use expertise and provides three categories of assistance for local officials who determine land use policies that influence pedestrians, bicyclists, transit users, and motorists. These levels of assistance include:

- **A growing web-based resource that features:**
 - California-specific case studies of successful pedestrian- and bicycle-friendly projects.
 - Sample codes, ordinances, and general and specific plans.
 - Information on funding strategies; improving streets, sidewalks and trails; revitalization projects; and planning new development.
 - Links to other experts, including local officials who are implementing cutting edge pedestrian- and bicycle-friendly projects.
- **Networking events with other local officials.**
- **Individualized "how to" consultation on specific projects.**



PHOTO: Local Government Commission

“The Healthy Transportation Network has the expertise and the experience required to help mayors, council members, city managers, and county supervisors create more walkable, bikeable, safe and healthy neighborhoods and town centers.”

Judy Corbett

Executive Director
Local Government
Commission

The California Center for Physical Activity is proud to work with the State and Local Injury Control Section of the California Department of Health Services on this project. The Center also partners with the California Bicycle Coalition, Local Government Commission, and Rails-to-Trails Conservancy to provide technical assistance and resources to communities across the state. For more information about the Healthy Transportation Network, please contact Jeffery Rosenhall at jrosenha@dhs.ca.gov and visit www.healthytransportation.net.

Funding for the Healthy Transportation Network is provided by the Federal Highway Administration through a cooperative agreement with the California Department of Transportation.



About Us

The California Center for Physical Activity, a program of the California Department of Health Services, creates opportunities for everyday physical activity by connecting partners to active living resources and helping develop more walkable and bikeable communities for the state's diverse population. The Center works through strategic alliances with physical activity experts, statewide coalitions, local health departments, community-based organizations and like-minded public- and private-sector partners.

Projects of the California Center for Physical Activity are nationally — and internationally — renowned. The Center's work to promote more walk- and bike-friendly communities is commended for its ability to engage non-traditional partners such as transportation engineers and land use planners. The Center's work to establish community-based physical activity programs for older adults serves as a model across the nation and has received state, national and international honors.

Center projects include:

ACTIVE AGING COMMUNITY TASK FORCES have been established in 31 counties throughout the state to increase the number of Californians over 50-years-old who daily engage in physical activity. The Task Forces implement community-based physical activity programs aimed at improving strength, balance and mobility; maintaining functional fitness; and reducing the risk of chronic disease and falling among older adults.

HEALTHY TRANSPORTATION NETWORK assists California's local officials with ways to design more walk- and bike-friendly communities. The Center partners with California and national experts with real-life experience in building and redesigning communities to be walk- and bike-friendly and collects and organizes input from these experts that can be shared with communities across the state.

CALIFORNIA'S WALK TO SCHOOL HEADQUARTERS provides all the materials, ideas and technical assistance needed to get a Walk to School program started in a neighborhood. Whether hosting a first Walk to School event or conducting a year-round program, our tools, services and technical assistance can help build a tailored program for school districts statewide.

California is the first state in the nation to offer **WALKABLE COMMUNITY WORKSHOPS** that are led by trained, in-state experts. The four-hour workshops convene community stakeholders and serve as the impetus for policy and environmental changes that make it easier and safer to walk in a community. Workshops can focus on safe routes to school, safe routes to transit and safe routes for seniors.



“Your office has provided training and technical assistance to help county health departments initiate different physical activity-related programs. We wouldn't be where we are at today without your help. You've provided good program models and follow-up assistance.”

Sara Sundquist
Health Education Specialist
Shasta County
Public Health Department