CITY OF KIRKLAND
Department of Public Works
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MEMORANDUM

To: Kurt Triplett, City Manager

From: David Godfrey, P.E., Transportation Engineering Manager
Ray Steiger, P.E., Public Works Director

Date: July 21, 2011

Subject: FEET FIRST AGENDA CITY RECOGNITION

RECOMMENDATION

It is recommended that the City Council receive recognition for becoming a Feet First Agenda City.

BACKGROUND

On July 19 the City Council passed an ordinance adopting the Feet First agenda and making Kirkland a "Feet First Agenda City". On behalf of Feet First, Executive Director Lisa Quinn would like to formally recognize Council's action.

Feet First is a walking advocacy organization promoting walkable communities in Seattle and surrounding cities. One of Feet First's initiatives is promotion of a nine point agenda. Feet First has identified Kirkland as one of a handful of cities in Washington that meets all nine of the agenda points. As an "Agenda City" Feet First will recognize Kirkland in their promotional material, on their website and at their 10 Year Anniversary this October.

More information about Feet First and their agenda points are on the next two pages.

feet first
PROMOTING WALKABLE COMMUNITIES

Feet First Agenda

MISSION
who we are - what we do

Walking is an essential part of our everyday lives. Walking connects us to people, places and to other forms of transportation. We are all pedestrians.

Feet First promotes walkable communities and envisions people walking every day for their health, transportation, environment, community and pleasure.

Committing to the Feet First Agenda demonstrates support for more walkable and vibrant communities and for pedestrian enhancements that improve safety, mobility and access for all.

GOALS
promoting walkable communities

1 Promote walking as an important public policy that:
- Connects communities;
- Improves health and physical fitness;
- Helps the environment by reducing our carbon footprint;
- Improves mobility and provides transportation options;
- Increases community safety by providing eyes on the street; and
- Enhances business district vitality.

2 Implement a comprehensive set of policies, plans, projects and programs resulting in walkable communities throughout the region.

INITIATIVES
strategies for action

CHILDREN NEED MORE OPPORTUNITIES TO BE ACTIVE:

The percentage of children walking to school has dropped from 66% to 13%[1] over the last 30 years while the number of overweight children has increased 300%[2].

WALKING WILL HELP YOU LIVE LONGER:

People who engage in moderate activity – the equivalent of walking for *30 minutes a day* for 5 days a week – *live about 1.3 to 1.5 years longer* than those who are less active[3].

WALKABILITY IS GOOD FOR HOME VALUES:

In a typical metropolitan area, a one-point increase in *Walk Score is associated with an increase of housing value* from $700 to $3,000[4].

1. US Centers for Disease Control and Prevention
2. National Center for Health Statistics
3. Franco, Oscar H., et al. "Effects of Physical Activity on Life Expectancy With Cardiovascular Disease" Archives of Internal Medicine 165 (2005): 2355-2360.
4. Cortright, Joseph. "Walking the Walk." CEO's for Cities (2009).

1. **An Active Transportation Plan or Pedestrian Master Plan**
   Adoption of this comprehensive document should guide all pedestrian oriented policies and strategies.

2. **A Complete Street Policy**
   An adoption of a policy recognizing that public streets need to be designed to accommodate multiple uses including pedestrian, bicycle, transit, freight and vehicle mobility.

3. **Supportive land use policies**
   Adoption of policies resulting in pedestrian-friendly and sustainable developments, vibrant neighborhoods and communities.

4. **A Pedestrian Advisory Committee or Active Living Task Force**
   The creation of and support for a community-based group is essential to effectively advocate for projects and programs that promote walking.

5. **An integrated departmental approach**
   Staff, preferably from multiple departments, should be assigned to support and coordinate pedestrian-related policies and activities.

6. **Projects promoting walking and pedestrian safety**
   Capital Improvement Programs and operating budgets should include projects that encourage walking and enhance pedestrian safety e.g. sidewalks, crossings, wayfinding signs, amenities including benches, shelters, and lighting. A dedicated funding source for these projects should be identified.

7. **Pedestrian safety**
   Legislation, policies, education, engineering and enforcement strategies should be implemented and supported enhancing pedestrian safety.

8. **Promote walking in communities**
   Policies and programs should be implemented that promote walking to and from schools, parks, libraries, public transportation, work, home and shopping.

9. **Performance measurement system**
   Measures should be put in place to monitor the levels pedestrian activity and the effectiveness of pedestrian-oriented strategies.

For more information please contact us:
Feet First is a 501(c)(3) non-profit organization.

feet first

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