



How Walkable is Your Neighborhood?

A project of Health by Design

A walkable neighborhood – one in which all people can safely and easily move about on foot and in which locations, goods, and services can be accessed by walking – has many benefits. Residents in such neighborhoods tend to walk more and therefore get more physical activity; businesses benefit from local customers and property values increase faster; and there is an enhanced sense of connection and safety due to greater interaction among neighbors.

Conducting a walkability assessment provides an opportunity to raise awareness about these benefits and the conditions in your area. Neighborhood strengths and assets can be highlighted, while challenges and concerns can be referred appropriately and improvements can be sought.

Getting Started

- Review the walkability survey to familiarize yourself with the questions.
- Put on your walking shoes, grab your camera, and invite a family member or neighbor to join you.
- Take a walk around your neighborhood and snap a few pictures to capture assets and barriers to walking.
- Return home and complete the survey by hand or electronically.
- Submit the survey to the organization you're working with or email it to: walkable@healthbydesignonline.org.

Taking Action

- Share your results with neighbors and community leadership.
- Prioritize key issues and contact appropriate city departments, such as public works, engineering, planning, neighborhoods, etc.
- Let your Mayor and other elected officials know that a pedestrian-friendly environment is important to you.
- Organize your neighbors to do the small, but important things - pick up litter, plant trees & flowers, walk with children to school, etc.
- Let the media know of your concerns.
- Visit www.healthbydesignonline.org to learn more and get involved!

Thank you! Enjoy walking!

How Walkable is Your Neighborhood?




Instructions: We suggest that you review the questions, then take a walk around your neighborhood with your camera before completing this questionnaire. Please read each question carefully and answer the questions as best as you can. In this questionnaire, consider your “neighborhood” to be the area that is bounded by the nearest major streets on all sides, which you will list below. Complete the questions, then go back at the end and complete the scoring to determine your neighborhood’s walkability score.

What is your zip code? _____ City? _____ County? _____

In order to define your neighborhood, please fill in the nearest major street in each direction of your residence. (By major streets, we mean those streets that people *who do not live* in your neighborhood routinely travel.)

North:

West:  East:

South:

What is your neighborhood's name (if applicable)? _____

I. Think about the sidewalks or other paved paths in your neighborhood...

(Check “does not apply” as needed if your neighborhood does not have sidewalks or paved paths.)

	Always or usually	About half the time	Seldom or never	Does not apply
Are there sidewalks/paths along the minor/major streets that you listed above?				
Does your neighborhood have sidewalks and/or paved multi-use paths?				
Are the sidewalks/paths in good repair, without areas of uneven or broken pavement?				
Are the sidewalks/paths lighted for use at night?				
Are the sidewalks/paths wide enough for at least two adults to walk side by side?				
Are there curbs to separate the sidewalk/paths from the street?				
Is there a grass strip, trees, parking spaces, or other buffer between the street and the sidewalk/paths?				
Could someone use the sidewalk/paths using a wheelchair, walker, stroller, or other mobility aide without difficulty?				
Are the sidewalk/paths free of items that might block free walking such as fire hydrants, light poles, signs, etc. in?				
Are the sidewalks/paths and the area next to them clear of weeds, brush, broken glass and unsightly garbage?				
Are there any benches or other places to rest along your sidewalk/paths?				
Do any of the sidewalks or paths connect to major streets or other neighborhoods?				
Total marks in this column:			NA	NA
Multiplied by points per item:	X 2	X 1	X 0	X 0
Sidewalk Walkability points:			0	0

II. Think about major intersections ...

	Yes	No	There is no major intersection
Are there marked crosswalks at major intersections in your neighborhood?			
Are there functional crossing signals at major intersections in your neighborhood?			
Total marks in this column:		NA	
Multiplied by points per item:	X 2	X 0	X 2
Intersection Walkability points:		0	

III. Think about your safety when walking...

	Yes	No
Do you feel safe to walk alone in your neighborhood during the day?		
Do you feel safe to walk alone in your neighborhood at night?		
Total marks in this column:		NA
Multiplied by points per item:	X 2	X 0
Safety Walkability points:		0

IV. Think about the places that are within a 10 minute walk of your home...

Are these destinations connected to your home by sidewalks or paved paths? In other words, would it be possible to get there by walking on a sidewalk or paved path? (Be sure to answer and score both parts of the question.)

Is this destination within a 10 minute walk of your home?	IF YES, is this destination connected to your home by sidewalks or paved paths?				
	Yes	No	Mostly connected	About half connected	Mostly <i>not</i> connected
Grocery store / supermarket					
Place of worship					
Community Center					
School or childcare facility					
Park or Recreational Facility (including basketball court, ball field, YMCA, or other place for recreation – indoors or outdoors)					
Restaurant or other places to eat					
Retail store or other shopping					
Personal services (hair care, nail salon, dry cleaners, laundry, etc.)					
Post office					
Bank					
Medical clinic					
Workplaces such as offices or businesses					
Bus stop					
Total marks in this column:		NA			NA
Multiplied by points per item:	X 1	X 0	X 2	X 1	X 0
Destination Walkability points:		0			0

To which of these destinations do you walk most often?

To which of these destinations would you most like to walk, but can't?

V. Are there aspects of your neighborhood that you think make it especially walkable (assets) or much less walkable (barriers)? If so, we'd love for you to tell us about it in a few sentences. Adding a photo would be even better!

VI. Now some questions about you...

Your answers to these questions may help those evaluating your neighborhood's walkability to learn more about the specific concerns of certain types of residents. For example, elderly citizens may be more concerned about safety issues, while mothers of young children may be more concerned about crosswalks. Do not answer any question that you are not comfortable answering.

What is your gender? Male Female

What age group best describes you?
 0-18 19-29 30-39 40-49 50-59 60-69 ≥ 70

Check all that describe children living with you:
 None Infant Pre-school age Elementary Age Teen

Which choice best describes your home?
 Single-family home Apartment Condominium Duplex Other

Would you say in general your health is ...
 Excellent Very Good Good Fair Poor

Do you have a physical condition that affects your ability to walk? Yes No

When you walk in your neighborhood, what are the reasons you walk (check all that apply)?
 Walk my dog Exercise
 Going to bus stop Going to a specific place (store, post office, etc.)
 Visit neighbors Enjoy the outdoors
 Getting out with children I don't walk in my neighborhood

How often do you walk in your neighborhood (for any reason)?
 Everyday or nearly every day Rarely
 A few times a week Never
 A few times a month Don't know / not sure

During the last 7 days, on how many days did you walk in your neighborhood?
Number of DAYS: _____ (0-7) Don't know / not sure

On those days that you walked, how long (in minutes) was your usual walk?
 Less than 10 minutes 10-19 minutes 20-29 minutes 30 minutes or more

**Congratulations! You've completed the questionnaire!
Now it's time to tally the walkability score for your neighborhood.**

To calculate your Neighborhood Walkability Score:

In each series of questions, go back and tally the marks you placed in each column, then multiply by the points shown there to determine the walkability points for that set of questions. Transfer the sum of total points from the final row of each set, then divide by the maximum possible points (shown below) to determine a percentage grade.

	Question Set	Responses	Enter Points
I.	Sidewalks	Enter the sum of all points in the final row	
		Divide by the Maximum Possible Points	24
		Your Percentage Score (round up) is:	%
II.	Intersections	Enter the sum of all points in the final row	
		Divide by the Maximum Possible Points	4
		Your Percentage Score (round up) is:	%
III.	Safety	Enter the sum of all points in the final row	
		Divide by the Maximum Possible Points	4
		Your Percentage Score (round up) is:	%
IV.	Destinations	Enter the sum of all points in the final row	
		Divide by the Maximum Possible Points	39
		Your Percentage Score (round up) is:	%
	Overall Walkability Score	Average the Percentage Scores of the 4 question sets (shaded gray)	

If your score is:

- **76-100% - You live in a great neighborhood that is very walkable, so go out and take a walk!**
- **51-75% - Your neighborhood is doing pretty well. Keep walking and seek improvements.**
- **26-50% - Your neighborhood needs a lot of work. Rally your neighbors and work for change.**
- **0-25% - Sorry, but your neighborhood is terrible for walking. Tell your leaders you need their help.**

Thank you for your participation!

Health by Design would love to know how you or your organization used this tool.

Please send us an e-mail to: walkable@healthbydesignonline.org