

Planning and Designing the Physically Active Community Resource List

The *Planning and Designing the Physically Active Community Resource List* contains book, article, and government document citations. The list is part of a continuous process and may be considered a literature review as well as a resource list for the project.

Texts were chosen for the resource list based on several criteria, including relevance to the topics of planning and the promotion of physical activity, timeliness, the ability to convey concepts accurately and concisely.

The resource list is arranged under the following topics, Popular Literature, material that is of interest but is not specifically about planning and physical activity, including articles that appeared in the popular press; Planning Literature, information written by/for planners; Health Literature, information written by/for medical and public health practitioners; Plans and Guidelines, outstanding plans and technical assistance documents from states and communities; and Law and Legislation, ordinances and other legal documents of interest.

This resource list will be updated regularly as new information becomes available. Additional web links and annotated descriptions of related web sites will be added continually. For more information on APA's Planning the Physically Active Community, contact mmorris@planning.org

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Planning and Designing the Physically Active Community: A Resource List

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Web Resources

Active Community Environments

www.cdc.gov/nccdphp/dnpa/aces.htm

A CDC-sponsored initiative to promote walking, bicycling, and the development of accessible recreation facilities.

America Walks

www.americawalks.org/

America Walks is a national coalition of local advocacy groups dedicated to promoting walkable communities. Members are autonomous grassroots organizations from across the country, each working to improve conditions for walking in their area.

California Safe Routes to School Initiative

www.dhs.cahwnet.gov/routes2school/

One of the best state (or local) programs linking walking and schools.

Center for Livable Communities

www.lgc.org/center/

The Center for Livable Communities, a national initiative of the Local Government Commission (LGC), helps local governments and community leaders be proactive in their land use and transportation planning, and adopt programs and policies that lead to more livable and resource-efficient land use patterns.

Community Initiatives

www.communityinitiatives.com

A consulting firm that promotes the Healthy Communities agenda.

Conservation Law Foundation

www.clf.org/

The Conservation Law Foundation is the largest regional environmental advocacy organization in the United States.

International Walk to School Day

www.iwalktoschool.org/

International Walk to School Day gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Last year nearly 3 million walkers from 21 countries walked to school together for various reasons — all hoping to create communities that are safe places to walk.

National Center for Chronic Disease Prevention and Health Promotion: Nutrition and Physical Activity

www.cdc.gov/nccdphp/dnpa/index.htm

A Centers for Disease Control and Prevention program.

National Center for Bicycling and Walking

www.bikewalk.org/

The National Center for Bicycling & Walking (founded as the Bicycle Federation of America) works for more bicycle-friendly and walkable communities. The NCBW offers information support, training, consultation services and resources to public agencies, non-governmental organizations and advocates, maintains the NCBW Resource Center, publishes the eNewsletter CenterLines, and a quarterly journal, NCBW Forum, and organizes the biennial Pro Bike/Pro Walk Conference and other special meetings.

Northwest Obesity Prevention Project

depts.washington.edu/obesity/index.html

The Northwest Obesity Prevention Project was started in 1998 by a group of public health nutritionists. The mission is to establish and support public health approaches to obesity prevention in the Pacific Northwest.

Pedestrian and Bicycle Information Center

www.walkinginfo.org/

The PBIC is a clearinghouse for information about health and safety, engineering, advocacy, education, enforcement, and access and mobility.

Rails-to-Trails Conservancy

www.railtrails.org/

The purpose of Rails-to-Trails Conservancy (RTC) is to enrich America's communities and countryside by creating a nationwide network of public trails from former rail lines and connecting corridors.

Robert Wood Johnson Foundation

www.rwjf.org/

The Robert Wood Johnson Foundation was established as a national philanthropy in 1972 and today it is the largest U.S. foundation devoted to improving the health and health care of all Americans.

Sprawl Watch Clearinghouse

www.sprawlwatch.org/

The Sprawl Watch Clearinghouse mission is to make the tools, techniques, and strategies developed to manage growth, accessible to citizens, grassroots organizations, environmentalists, public officials, planners, architects, the media, and business leaders. The Clearinghouse identifies, collects, compiles, and disseminates information on the best land use practices, for those listed above.

Transportation Research Board

trb.org/

The Transportation Research Board (TRB) is a unit of the National Research Council, a private, nonprofit institution that is the principal operating agency of the National Academy of Sciences and the National Academy of Engineering. The board's mission is to promote innovation and progress in transportation by stimulating and conducting research, facilitating the dissemination of information, and encouraging the implementation of research results.

Walkable Communities, Inc.

www.walkable.org/

A non-profit corporation, established in the state of Florida in 1996. It was organized for the express purposes of helping whole communities, whether they are large cities or small towns, or parts of communities, i.e. neighborhoods, business districts, parks, school districts, subdivisions, specific roadway corridors, etc., become more walkable and pedestrian friendly.