

Caroline County Walking/Walkability Plan

Final Plan

Date due June 30, 2018

Vision: The vision of the Caroline Walkability plan is to have safe and easily accessible areas for people to walk. The public areas in towns and State and County Parks will provide spaces for all people to live healthier lifestyles.

Background: Martinak and Tuckahoe State Parks in Caroline County, according to Park staff, are under-utilized for all the great programs that staff have planned. In 2016, the local Healthy Parks/Healthy People program started to enhance use of our State Parks. The Parks offer twenty miles of trails for walking. Currently, the trails are in need of new trail marker signs and bulletin boards, which promote the location of all the trails and activities planned. Through a budget modification with MDH, the Parks received funds to purchase new trail marker signs. In our nine towns and their surrounding areas, 11 town parks provide some form of walking trails. Leigh and Laura from the Caroline team went before the Federalsburg town council in June and Mayor Chuck Planner signed a MOU agreement with funds going to the Town of Federalsburg for signage for the Marshy hope Park. The town manager Mr. George Happy has been very open to working with us and making the town more walkable for its citizens. Lastly, since the first draft completed, Laura met with Sue Simmons our Recreation and Parks Director and a MOU was awarded for more signage for County Parks using the Born to learn signs in English and Spanish. The Caroline team will be adding a representative from the Caroline Tourism office to our team.

Our goals from the team are (1) to complete walking audits as noted above, to then (2) develop community plans to increase use of parks in the County and (3) to implement pedestrian wayfinding signs in appropriate towns. Leigh from our team contacted State/County and Local Police agencies before our March 12th Walk workshop and found that from 2015 to 2017 data in Caroline we had one pedestrian death and 5 injuries. In one of the police reports, it was noted that the pedestrian was walking at a marked crosswalk. The driver of the vehicle failed to yield to the pedestrian and struck him. At the March 12 workshop, our team

learned about Traffic calming strategies. We would like to purchase some of these signs based on the findings of our walking audits with the towns and County walking areas.

The Toole Design's Walking Plan Assessment was reviewed. One of the current projects they are working on is in Columbia MD. The Toole design group is developing a 3.25-mile trail connecting downtown with the local hospital and Park. The Toole website also linked to street signage that would perhaps benefit County residents. Once walking audits are completed, along with guidance from the Caroline team member's, we will have a better understanding of the need for signage.

Community Partnership:

***Caroline County Recreation and Parks-** Point Person: Director Sue Simmons
Sue and her staff

Mission: To improve and enrich citizen well-being and community life through the provision of affordable, high-quality activities, parks and facilities for Caroline County families and individuals.

Programs offered: Community events, public waterway access, playgrounds and walking trails, community partnerships

Ways to contribute:

- Increasing signage at Parks and trails. Especially signage focusing on pedestrian safety. As mentioned above, a MOU was completed in June for funds to be used to purchase more signage for the County Parks. Sue put the Caroline on the Move new logo in the Fall Caroline Recreation and Parks program book coming out soon to show our collaboration on our walkability efforts.

***Tuckahoe and Martinak State Parks-**Point Persons: Jessica Conley Park Ranger, Ashlee Reinke, and Karen Gianninato

Mission: The mission of the Maryland Park Service is to manage the natural, cultural, historical and recreational resources to provide for wise stewardship and enjoyment by people.

Programs Offered: Healthy Parks/Healthy People, Day Camps, Tuckahoe Triathlon, Mountain Bike rides, walking trials

Ways to Contribute:

- Increasing signage for HPHP, adding trails markers, putting up new trail head bulletin board that display where trails are and activities planned. As mentioned above, the State Parks received a MOU from our grant budget modification for trails markers for the two State Parks. The MOU was completed in June.
- The Parks also received six new mountain bikes for their Monday night bike ride program from the Martinak and Tuckahoe Foundation.

***Choptank Community Health System-**Point Person: Sherry Perkins LPN, Nurse Coordinator

Mission: To provide access to exceptional, affordable care for all

Vision: To improve the health and well-being of the communities we serve: to provide an outstanding care experience, and to be an exceptional place to work and make a difference.

Ways to Contribute:

- Promote patient involvement
- Help to advertise walking programs. As of June 2018, CCHS is promoting the “Caroline on the Move” Rack card initiative in the Wellness Packets given out to patients
- Hand-out promotional information
- Have providers promote programs like they do for HPHP

***Caroline County Health Department-** Point Person: Laura Patrick RN, 1422 Coordinator

Members: Dr. Attilio Zarrella-Deputy Health Officer, Leigh Marquess RN-Wellness Director, Nicole Riddleberger-WIC Director

Mission: Working together to improve the health and safety of all Caroline County residents through disease prevention, access to care, improving the environment, quality management and community engagement.

Vision: The vision of the Caroline County Health Department is to provide for lifelong health and wellness for all residents.

Ways to Contribute:

- Policy development

- Promotion of walking programs
- Speaking engagements about walk-ability

Laura and Leigh have been working a lot in the months of May and June. The following has been worked on or as completed:

1-Caroline on the Move Rack Card Developed

2-Walkability Billboard developed and put up by Clear Channel Outdoor Company on Rt. 404

3-Went before Mayor and Town Council of Federalsburg and updated them on walkability program and had MOU approved for signage for Marshy Hope Park

4-Laura giving Caroline on the Move Rack Cards to all potential Pre-Diabetes clients referred by our FQHC

Team Goals:

- 1. Schedule and implement walk audits with community members and decision makers**
- 2. Implement pedestrian wayfinding signs in towns**
- 3. Develop communication plan to increase use of parks in County**
- 4. Promote “Caroline on the Move” Initiative**

3-5 Outcomes needed to achieve vision

1. Complete walking audits
2. Summarize needs of towns/county areas/walking trails/parks
3. Improve pedestrian crossing signage/add signage to trails promoting Walk-ability
4. Complete “Caroline on the Move” brochure to promote walk-ability areas
5. Use other forms of advertising to promote walk-ability activities

Short-term Goals:

1. Starting July 1, FY19, Laura and Leigh of Caroline team to continue scheduling walking audits and reporting findings. Meet with local town officials.
2. Starting July 1, FY19, Laura to continue giving out Caroline on the Move Rack Cards. 20,000 were purchased.
3. Schedule in early July Caroline team update meeting.

4. Work with Caroline Tourism office on putting ad to promote Caroline on the MOVE in fall brochure

Long-term Goals:

1. Work with other agencies in Caroline County to promote “Caroline on the MOVE” initiative
2. Work on large advertising plan to promote walkability in our towns and parks
3. Apply for more funding opportunities to promote new trails and renovations to upgrade others depending on town officials/director’s direction

Strategic Plan and Timeline:

July 2018	August 2018	September 2018		
Schedule Caroline team meeting 2nd week of July	Mid-August meet with Caroline Team to update them on walking audits, work done to date	Ensure all funds are spent for grant by 9-30-18		
July 13th- Send in article in local Caroline review to promote “Caroline on the Move Initiative”	Continue to schedule walking audits with Leigh-keep log	Continue remaining walking audits		
In the month of July visit	Continue work on	Schedule meeting 1st		

State, County and Town Parks to look at new signage put up with 1422 funds-take pictures to send to MDH	Caroline on the MOVE brochure	week of September with team on future work of walkability plan		
Take Caroline on the Move Rack Cards to local HMB businesses	Attend updated openings of Parks with Parks N Rec for new signage awareness	Promote along with team any new signage put up. Promote in Caroline review/face book-keep log numbers reached		
Continue completing walking audits and reviews		Present walkability work to County Commissioners		

Challenges:

1. Making sure all funds spent by September 30, 2018
2. Make walking audits per month realistic. (2 per month)
3. Finishing "Caroline on the MOVE" brochure

Ideas for Overcoming Challenges:

1. Make up 12 week plan for remainder of grant work
2. Make up tentative plan for making walking audits with key individuals to contact. Ask for assistance from team for key members of towns to contact
3. Starting July 1, continue working on Caroline on the MOVE brochure and seek assistance from Caroline Team for review/edits

Evaluation:

First Goal and Evaluation Method:

Keep log of walking audits completed

Second Goal and Evaluation Method:

Keep detailed reports from walking audits on findings and keep team informed

Third Goal and Evaluation Method:

Present draft of Caroline on the MOVE brochure to team at July meeting

Fourth Goal and Evaluation Method:

Review with team grant opportunities and which grants to pursue