



ShapingNJ Strategy At A Glance

Creating Active Community Environments



The Facts

- Safe and accessible bicycle and pedestrian facilities are essential if New Jersey residents are to maintain a healthy lifestyle.
- Most people will only reach the recommended levels of physical activity when they are able to use active transportation modes, like bicycling and walking, to reach daily destinations like schools, shopping and employment.
- How we design our communities strongly influences people's physical activity levels and health.

ShapingNJ Vision

Every community will offer abundant opportunities for everyone to engage in safe, affordable physical activity. Physical activity will be a daily routine for all New Jersey residents throughout their lives.

ShapingNJ Strategy

Increase opportunities for indoor and outdoor physical activity in the "built environment" (which includes buildings, parks, transportation system and other manmade features).

Resources and Tools

Increasing Physical Activity through Community Design: A guide for public health practitioners and livable community advocates

http://www.bikewalk.org/pdfs/2010/IPA_full.pdf

Smart Transportation Guidebook: Planning and Designing Highways and Streets that Support Sustainable and Livable Communities

<http://www.state.nj.us/transportation/community/mobility/pdf/smarttransportationguidebook2008.pdf>

Complete Streets Policies

<http://policy.rutgers.edu/vtc/bikeped/completestreets/>

Smart Growth 101

<http://www.njfuture.org/smart-growth-101/>

Neighborhood Watch Program

<http://www.usaonwatch.org/register/default.aspx>

Sustainable Jersey

<http://www.sustainablejersey.com/actionlist.php>

NJ Safe Routes to School Resource Center

<http://policy.rutgers.edu/vtc/srts/>



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ShapingNJ The State Partnership for Nutrition, Physical Activity and Obesity Prevention
www.shapingnj.gov