



City of National City's Active Transportation Program

*ITE San Diego Section
May 9, 2019*

Background



- 2nd oldest city in San Diego County (incorporated in 1887)
- Population of approx. 61,000
- Land area of approx. 8 sq. mi. (limited to infill development)
- Traditional grid-based transportation network
- Primarily low-income, minority community (median household income of approx. \$41,000)
- Residents rely on alternative modes of transportation
- Over 95% of residents live within ¼ mile of a transit stop
- Approx. 25% of National City elementary school students walk/bike to school

Background

**Transportation.gov**
U.S. Department of Transportation

Se

About DOT

Transportation and Health Tool Home

Indicator Data

Indicator Profiles

Strategies

Literature and Resources

Overview

Active Transportation

Safety

Cleaner Air

Connectivity

Equity

Scoring Methodology

Background

Relationship to public health

Almost one in four adults in the United States report that they do not engage in any physical activity outside of their jobs. Sedentary lifestyles are an important reason that two of every three adults in the United States are overweight or obese.

How can transportation agencies support active transportation?

Transportation agencies and their partners can create opportunities for people to exercise for recreation and to build physical activity into their daily routine. Agencies can do that by reducing distances between key destinations and providing and improving bicycle and pedestrian facilities. More people might then bicycle or walk to work, shops, and services.

Improving public transportation services produces similar results. Although public transportation is not typically defined as active transportation, studies have shown a higher level of physical activity among public transportation riders. This is because every public transportation trip is a multi-modal trip. Most people who use public transportation walk to or from stops and stations or make other trips by foot during the course of their day.

Transportation agencies can also support projects that enhance mixed-use neighborhoods where different destinations are within walking distance of one another. For example, improved public transportation service can foster new development near a stop or station that already has a variety of housing, jobs, shops, and services.

Benefits of active transportation

Investing in public transportation and bicycle and pedestrian facilities creates opportunities for people to exercise. This helps reduce obesity and the risks for developing costly chronic conditions such as diabetes and cardiovascular disease. Active transportation facilities are particularly important in low-income and minority communities, or communities with high percentages of new immigrants. People in those communities are less likely to own vehicles, and unsafe streets might pose a barrier to using active transportation.

Background

- AB 1358 (Complete Streets Act of 2008) – local agencies required to modify Circulation Element of General Plan to include balanced, multimodal transportation network, commencing January 1, 2011
- 2011 General Plan Update – incorporated Community Corridor (“Complete Streets”) multimodal transportation network and policies into Circulation Element
- 2011 Comprehensive Land Use Update – promote mixed-use, smart growth infill development
- 2011 Climate Action Plan – reduce VMTs / GHG reduction
- 2011 Bike Master Plan
- 2012 ADA Transition Plan
- 2014 Active Transportation Plan (SMART Foundation – Safe, Multimodal, Accessible Routes To...Transit, Work, Schools, Services and Recreation)
- 2019 Active Transportation Plan (INTRA Connect – Integrating Neighborhoods with Transportation Routes for All)

Community Outreach

- Partnerships with Rady Children's Hospital-San Diego, Circulate San Diego, and National City Police Department for implementation of Safe Routes to School / Active Transportation Education & Encouragement Program
 - City Council commits between \$100k and \$200k annually from the General Fund to support program for outreach to all 10 elementary schools (National School District) and surrounding neighborhoods
 - "Boots-on-the-Ground" approach
 - Safety Trainings
 - Bike Rodeos
 - Walk/Bike to School Events
 - Volunteer Parent Patrol Program (Intergenerational Engagement)
 - Neighborhood Walk Audits
 - Presentations (PTO meetings, Community Organizations, Neighborhood Councils, Project-specific community workshops)
 - Partner with other Community Events (4th of July Carnival, Public Safety Fair, National Night Out / Movies in the Park)
 - Educational Materials (pamphlets, videos, Capital Improvement Program website)

Community Outreach



Community Outreach

Kimball Walk To School Day Celebration

National City residents and guests, please join us on a symbolic walk from Big B's Market to the front of Kimball School for a Ribbon Cutting Ceremony

Big B's Market:

- Healthy snack tasting
- Morning yoga for kids and parents
- Fun prizes

Kimball School:

- Celebrate improvements made in front of the school and along Coolidge Ave.
- Message from the Mayor and community members

Meet at Big B's Market on the corner of Coolidge Ave. & 16th St.
on Thursday, August 14th by 7:45am

Questions? Contact the City of National City Department of Engineering and Public Works at (619)336-4380 or nationalcityprojects.com



Celebración en Kimball del Día de Caminar a la Escuela

Residentes de National City e invitados, por favor únanse a nosotros en una caminata simbólica desde

Big B's Market al frente de la Escuela Kimball para una ceremonia de Inauguración

Big B's Market:

- Aperitivos saludable
- Yoga para niños y padres
- Regalos divertidos

Escuela Kimball:

- Celebrar los cambios hechos al frente de la escuela y por Coolidge Ave.
- Un mensaje del Alcalde, y miembros de la comunidad

Reunirse en Big B's Market en la esquina de Coolidge Ave. & 16th St.
El día jueves 14 de agosto a las 7:45 am

¿Preguntas? Comuníquese al departamento de City of National City Engineering and Public Works at (619)336-4380



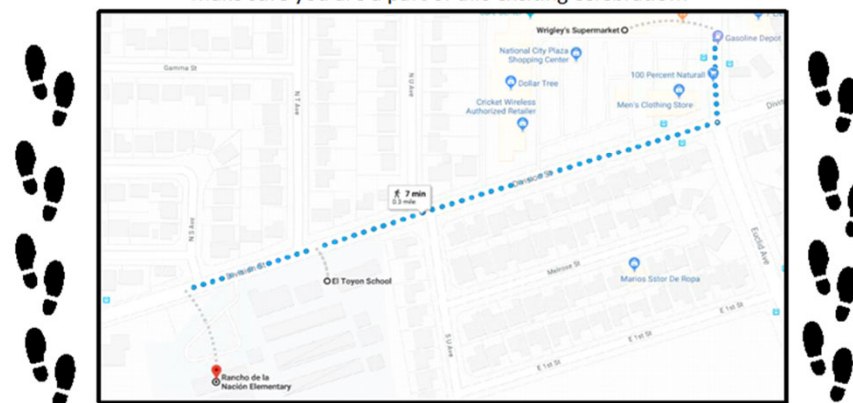
El Toyon & Rancho de la Nacion Walk to School Day!

On Wednesday, October 17, 2018 meet at **Wrigley's Supermarket** at 7:30am for safety & wellness tips plus some fun activities!

We will walk to **El Toyon and Rancho de la Nacion School** by 7:55am, don't be late!

Parents, students, and community members: Please join us to celebrate Walk to School Day! This will be a great way to start the day, and it helps us bring attention to the importance of living in a safe and active community!

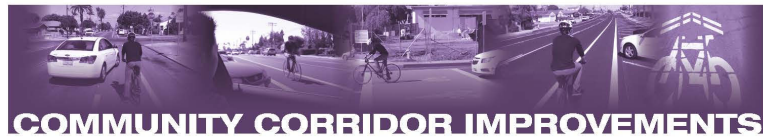
Make sure you are a part of this exciting celebration!



Partnerships



Educational Materials



COMMUNITY CORRIDOR IMPROVEMENTS

NEW BICYCLE FACILITIES/DEVICES



Reverse Angle Parking

- Improve visibility of oncoming traffic and bicyclists
- Allow for easier exit of parking stalls
- Usher children leaving vehicles toward the sidewalk
- Improve trunk loading and unloading

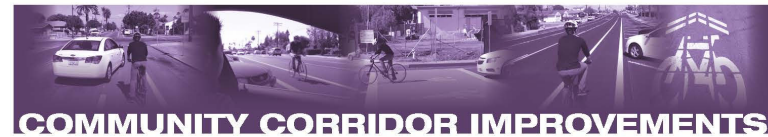


Reversed angle parking is similar to parallel parking:

Step 1: Signal a right turn to warn other drivers, pull past the parking spot and stop

Step 2: Reverse into the parking spot

Step 3: Check that vehicle does not encroach onto bike lane



COMMUNITY CORRIDOR IMPROVEMENTS

NEW BICYCLE FACILITIES/DEVICES



Bike Boxes

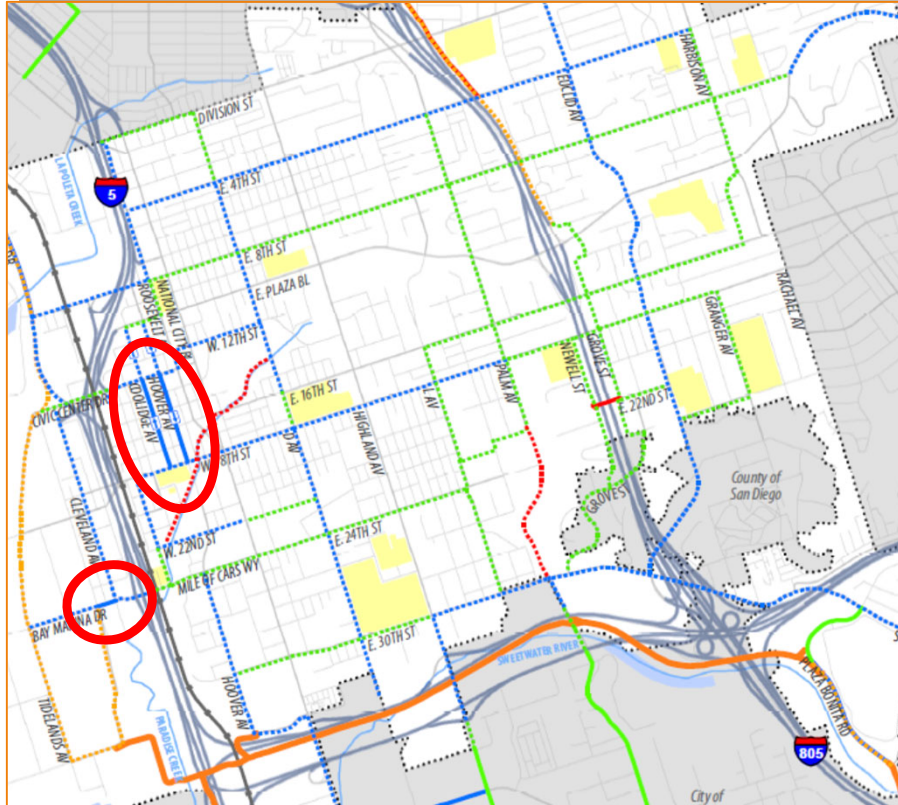
- Reduce car-bike conflicts and right-hook collisions
- Increase cyclist visibility
- Reduce vehicle encroachment into crosswalks
- Help facilitate left turns for bicycles during red signal indications



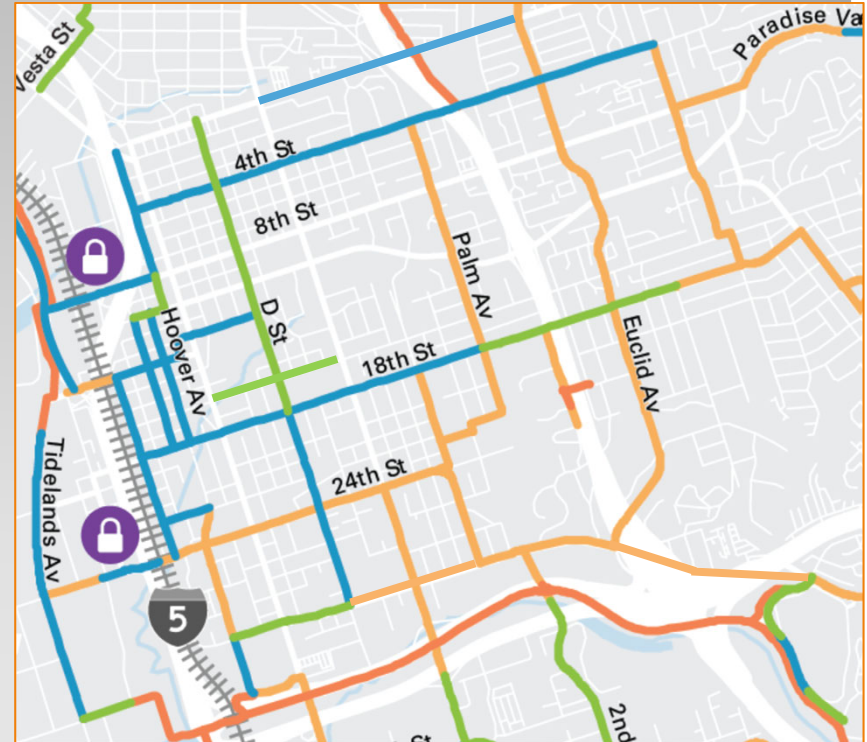
ATP Project Highlights

- Completed over \$30 million in Active Transportation projects over the past 5 years
- Scheduled to complete an additional \$30 million in Active Transportation projects over the next 3 years
- Constructed approximately 12 miles of new bike facilities
- Partnered with *A Reason to Survive (ARTS)* and local students to design, fabricate and install approximately 100 custom bike racks
- Received approval for “Request for Experimentation” from the California Traffic Control Devices Committee (CTCDC) to install green bike boxes at signalized intersections – completed installation of green bike boxes at 10 signalized intersections
- Installed reverse angle parking along 3 bike corridors
- Constructed over 4 miles of “road diets” to allow for bike and/or pedestrian enhancements
- Provided pedestrian safety enhancements for approximately 50 midblock / uncontrolled crosswalks Citywide
- Constructed 2 urban roundabouts and 5 raised crosswalks

Bike Facilities



2011



2018

Existing Bike Facilities

- Class I
- Class II
- Class III

ATP Completed Projects

“Complete Streets” Project (E. 16th St near National City Middle School)



After

Before



ATP Completed Projects

Midblock Pedestrian Crossing Enhancements (National City Blvd at Public Library)

After



Before



ATP Completed Projects

4th St Community Corridor (4th St at "U" Ave near El Toyon Park)

Before



After

ATP Completed Projects

4th St Community Corridor (4th St near Paradise Valley Hospital)



Bike Lane with Reverse Angle Parking

ATP Completed Projects

18th St Community Corridor
(Phase I – Wilson Ave to "D" Ave)



Green Bike Box



Bike Lane

ATP Completed Projects

18th St Community Corridor (Phase II – “D” Ave to Granger Ave)



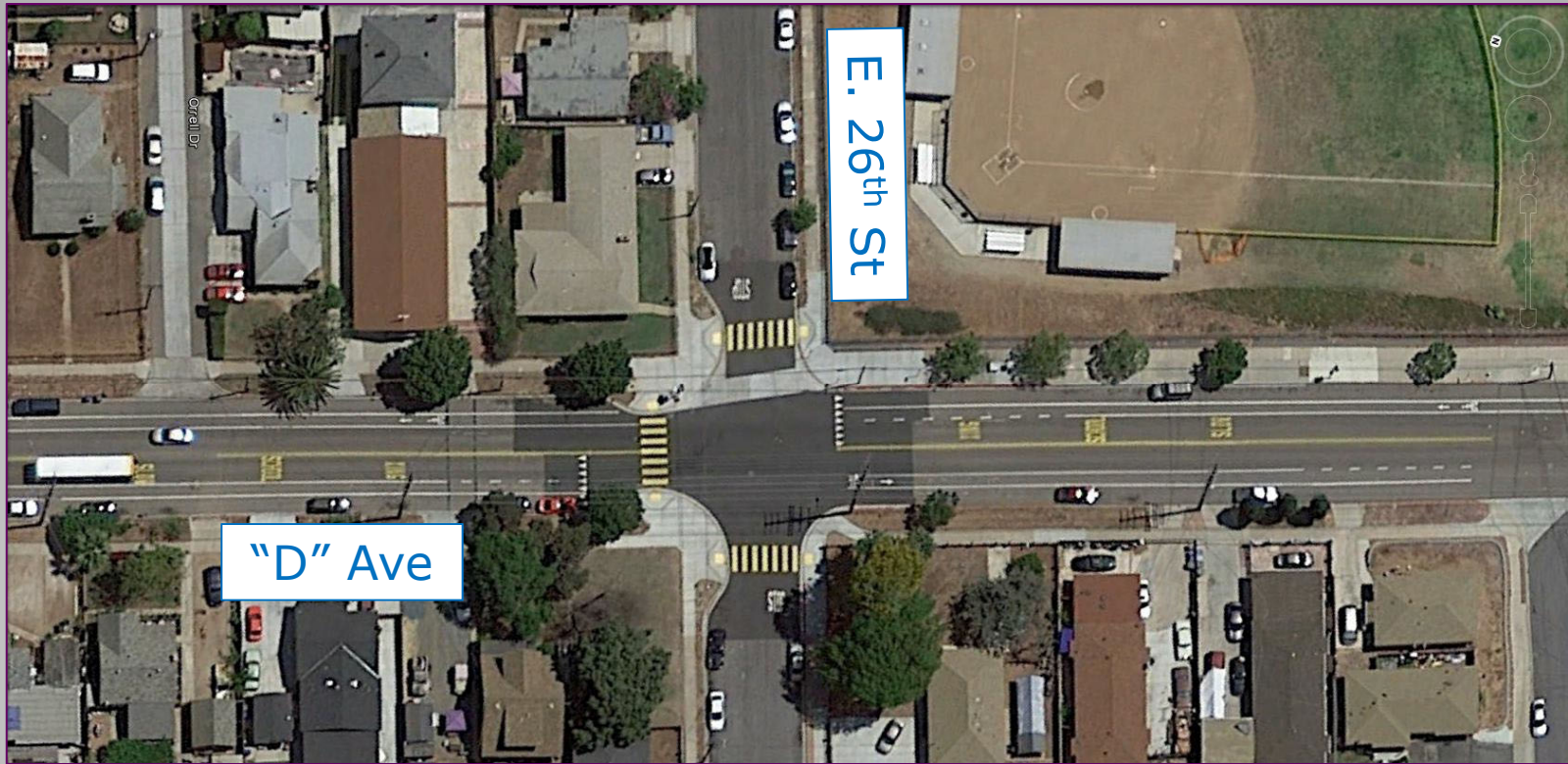
Before

After



ATP Completed Projects

"D" Ave Community Corridor (Division St to 30th St)



Class II Bike Lanes &
Pedestrian Crossing Enhancements

ATP Completed Projects

"D" Ave Community Corridor
("D" Ave & 12th St Roundabout & War Memorial)



ATP Completed Projects

"D" Ave Community Corridor ("D" Ave & 12th St Roundabout & War Memorial)



ATP Completed Projects

Division St between Highland Ave and Euclid Ave
("Road Diet")



Before

After



ATP Completed Projects

8th St between National City Blvd and Highland Ave
("Road Diet")



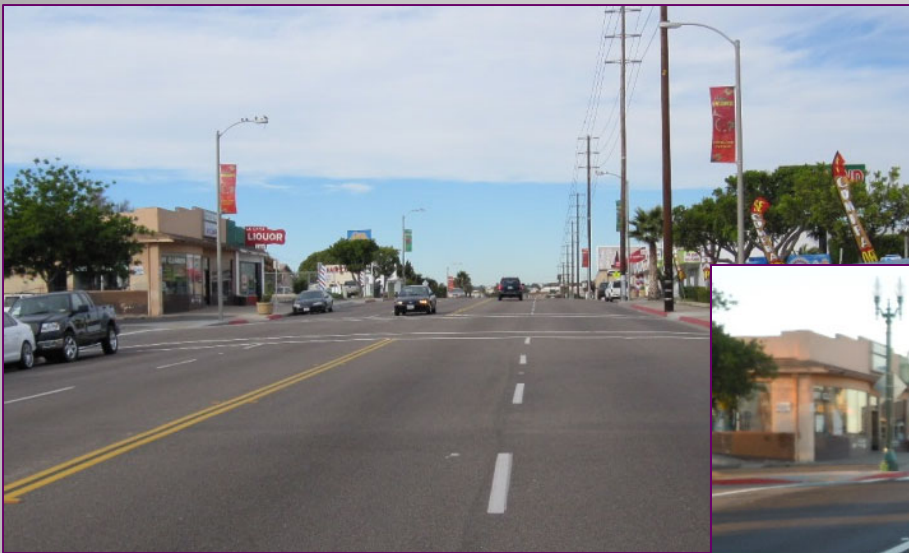
Before



After

ATP Completed Projects

Highland Ave between Division St and E. 8th St
("Road Diet")



Before

After



ATP Completed Projects

"A" Ave "Green" Street
(8th St through Kimball Park to Paradise Creek)



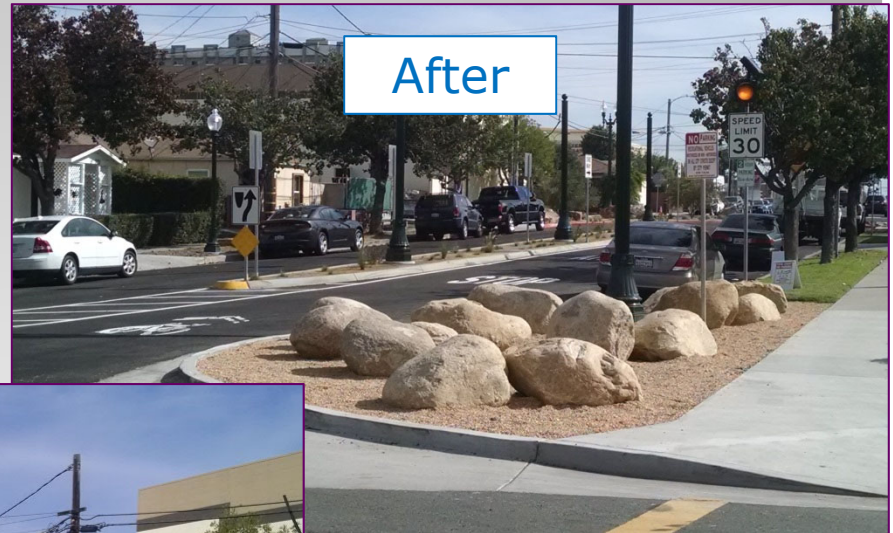
ATP Completed Projects

Downtown-Westside Community Connections
(Plaza Blvd between Coolidge Ave and Hoover Ave)

Before



After



After



ATP Completed Projects

Westside Pedestrian and Bicycle Enhancements



Roundabout at Harding Ave
& W. 14th St



Raised crosswalk and
sidewalk on W. 18th St



ATP Completed Projects

Coolidge Ave Safe Routes to School (18th St to Plaza Blvd)



ATP Completed Projects

Paradise Valley Rd Safe Routes to School (8th St to Plaza Blvd)



Before

After



ATP Completed Projects

Safe Routes to School Pedestrian and Bicycle Safety Enhancements

Pedestrian Crossing
Enhancements -
E. 16th Street & Grove St



Raised Crosswalk
in front of
Granger Jr High School

ATP Completed Projects

Safe Routes to School Pedestrian and Bicycle Safety Enhancements



Raised Crosswalk in front of
Lincoln Acres Elementary School

ATP Completed Projects

Bicycle Parking Enhancements



Bike corral (functional art) on E. 12th Street
in front of ARTS Center

ATP Completed Projects

Wayfinding Signage



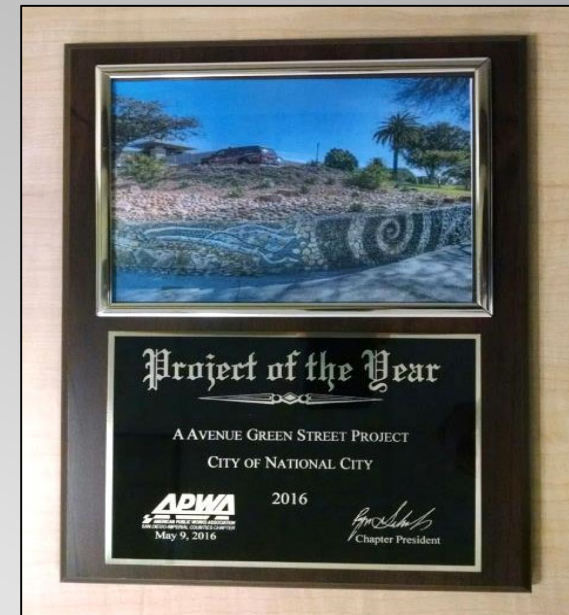
Project Awards

Awards
Institute of Transportation Engineers (ITE) San Diego Section “2014 Public Agency of the Year Award”
Circulate San Diego “2014 Innovator Award”
American Planning Association (APA) San Diego Chapter “2015 Comprehensive Planning Award: Small Jurisdiction” for SMART Foundation Plan
American Planning Association (APA) California Chapter “2015 Comprehensive Planning Award: Small Jurisdiction” for SMART Foundation Plan
Women’s Transportation Seminar (WTS) San Diego Chapter “2015 Innovative Transportation Solutions Award: Alternative Modes and Active Transportation” for Community Corridors
Circulate San Diego “2015 San Diego Regional Walk Scorecard – Top Ranked City”
San Diego County Bicycle Coalition “2015 Golden Gear Award: Public Partner of the Year”
American Public Works Association (APWA) San Diego Chapter “2016 Project of the Year Award” for “A” Avenue “Green” Street
American Public Works Association (APWA) San Diego Chapter “2016 Honor Award” for 8th Street Smart Growth Revitalization
American Public Works Association (APWA) San Diego Chapter “2016 Honor Award” for Highland Avenue Safety Enhancements
American Public Works Association (APWA) San Diego Chapter “2016 Honor Award” for Community Corridors
American Society of Civil Engineers (ASCE) San Diego Section “2016 Project of the Year Award: Urban Design & Beautification” for 8th Street Smart Growth Revitalization
American Society of Civil Engineers (ASCE) San Diego Section “2016 Project of the Year Award: Sustainable Technologies” for Highland Avenue Safety Enhancements

Project Awards

Awards
Institute of Transportation Engineers (ITE) San Diego Section “2015/2016 Small Project of the Year Award” for “D” Avenue & 12th Street Roundabout
Circulate San Diego “2016 Momentum Award: Healthy Community” for Paradise Creek Educational Park Urban Greening Project
Women’s Transportation Seminar (WTS) San Diego Chapter “2016 Innovative Transportation Solutions Award: Alternative Modes and Active Transportation” for “A” Avenue Green Street
American Council of Engineering Companies (ACEC) “2017 California Merit Award for Engineering Excellence” for “A” Avenue Green Street
American Public Works Association (APWA) San Diego Chapter “2017 Project of the Year Award” for Paradise Creek Restoration
American Public Works Association (APWA) San Diego Chapter “2017 Honor Award” for Kimball & El Toyon Park Improvements
American Council of Engineering Companies (ACEC) “2018 California Merit Award for Engineering Excellence” for Paradise Creek Restoration
San Diego Architectural Foundation 2017 Orchid Architecture Award for Aquatic Center
American Public Works Association (APWA) San Diego Chapter “2018 Project of the Year Award” for Paradise Creek Educational Park
American Planning Association (APA) San Diego Chapter “2018 Comprehensive Planning Award: Small Jurisdiction” for National City Downtown Specific Plan

Project Awards



Questions



See our Progress at:
nationalcityprojects.com

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