

## MLHU Active Transportation Policy Position and Recommendations

The MLHU policy position and corresponding recommendations aim to increase active transportation while reducing health inequities, fostering social connection, and contributing to sustainability in alignment with the Middlesex-London Health Unit's Built, Natural, and Social Environment Framework.

### MLHU Policy Position on Active Transportation:

***To protect and promote the health of Middlesex-London residents, municipalities should prioritize active transportation in the development and implementation of transportation networks.***

### Policy Recommendations

The following recommendations highlight policies and actions that can be taken by municipalities and community partners to ensure transportation networks in Middlesex-London are:

- Active,
- Safe,
- Affordable,
- Sustainable, and
- Accessible for individuals of all ages and abilities.

#### 1. Walking, cycling, and public transit should be prioritized in the design of communities and transportation networks over single-occupancy vehicles.



Provide a complete and well-maintained cycling network to encourage active daily travel.



Provide well-maintained sidewalks on both sides of the street to promote accessibility and safety.



Provide adequate, convenient, and secure bike parking and shelters to encourage and support cycling as a viable transportation option.



Encourage convenient and reliable access to affordable public transit, through implementation of dedicated transit lanes, and accessible, proximal transit stops.



Enhance public transit use through the integration of intercommunity transit options.



Support multimodal travel by providing infrastructure (e.g., bike storage at transit stations, bike racks at the front of transit buses, park-and-ride lots) at transfer points to encourage the integration of travel modes and facilitate getting to a destination that is further away without the use of a personal vehicle.



Provide easy and safe connections to accessible trails and pathways within existing and new residential areas.



Maintain, strengthen, and promote existing trail networks to facilitate the use of active travel for both recreational and everyday needs.



Encourage easy and safe connections between new green space and the active transportation network.

## 2. Prioritize accessibility and safety in the design and implementation of transportation networks.



Promote accessibility through ongoing maintenance of AT infrastructure (e.g., sidewalks, bike lanes, and multi-use pathways).



Implement transportation policies that protect vulnerable road users from speed such as automated speed enforcement, red light cameras, traffic calming measures, and lower neighbourhood speeds.



Adopt and implement strategies to improve safety for all road users (e.g., Complete Streets, Vision Zero).



Provide infrastructure that protects vulnerable road users through separation from motor vehicle traffic (e.g., protected bike lanes, safety islands, longer leading pedestrian intervals).



Ensure that pedestrian crossings are designed, maintained, and operated in a manner that promotes safety, equity, and efficiency for all road users.



Incorporate design elements that provide safety and comfort while using AT such as benches, trees, pleasant streetscapes, and adequate lighting.



Develop, maintain, and improve navigation tools such as wayfinding systems and travel route mapping (e.g., bike and walking maps, trail guides).



Promote and support safe routes to school through school-based approaches such as Active and Safe Routes to School and neighbourhood school travel plans to encourage safe and active school commutes.



Encourage and promote workplace policies, programs, and incentives that facilitate active modes of commuting.

## 3. Design neighbourhoods that are complete, compact, and connected to facilitate easy and equitable access to daily needs within a short walk or ride.



Encourage transit-oriented development to facilitate connections to a variety of places.



Design compact neighbourhoods with higher residential densities to support the use of active modes of transportation.



Provide a mix of land uses and diverse housing options to shorten the distance between destinations while ensuring equitable access to school, recreation, faith-based institutions, services, and employment opportunities.



Ensure active transportation connections are integrated into new developments early in the planning stages.

- 4. Prioritize ongoing, meaningful, and inclusive community engagement in the development and implementation of active transportation infrastructure, policies, and programs.**