

HOWARD COUNTY WALKTOBER 2021

WEBINAR #1

**Movement Matters:
Walk, Roll, Ride, Move!**

Oct 5, 2021



Promote. Preserve. Protect.

hchealth.org



HOUSEKEEPING

Audience will be muted upon entry.

Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
 - Please mute yourself during the webinar



Use the “chat” feature to ask questions during the webinar.

- View Participant list on computer– opens a pop-out screen that includes a “Chat” icon that you may use to submit questions

This webinar will be recorded...presenters may have cameras on.

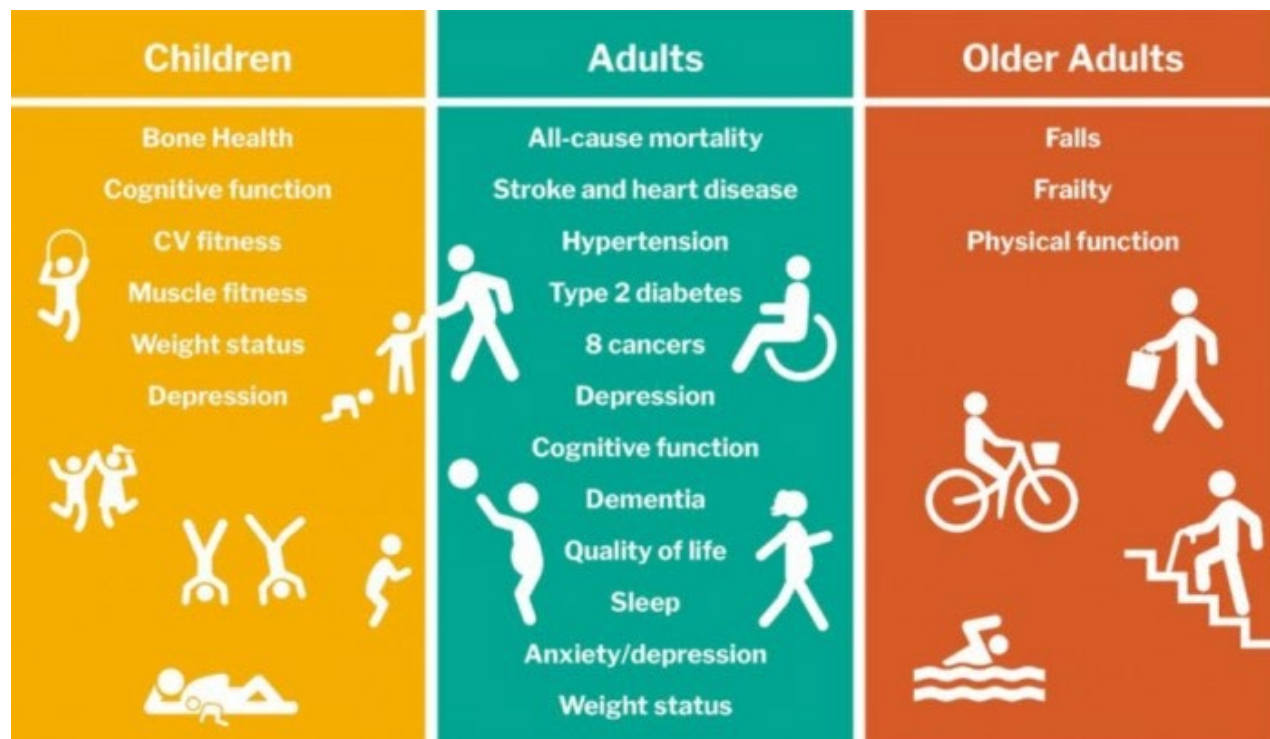
HOWARD COUNTY WALKTOBER 2021



For more information, visit
<https://www.howardcountymd.gov/health/walktober-2021>

BENEFITS OF WALKING AND BEING PHYSICALLY ACTIVE

1. Reduce Obesity
2. Lowers Blood Sugar
3. Prevent and Reduce pain
4. Lowers High Blood Pressure
5. Improves Bone Health
6. Manages Stress
7. Burn Calories
8. Helps control weight



Source: <https://gpcpd.heiw.wales/clinical/motivate-2-move/>

Health Benefits of Physical Activity for Adults



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep
Improves sleep quality



Less Anxiety
Reduces feelings of anxiety



Blood Pressure
Reduces blood pressure



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.



Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls

HEALTH BENEFITS FOR PHYSICAL ACTIVITY



SAFE PHYSICAL ACTIVITY

Key Guidelines for Safe Physical Activity

- Consult with a physician before exercising.
- Choose types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- Increase physical activity gradually over time to meet key guidelines or health goals. Inactive people should "start low and go slow" by starting with lower intensity activities and gradually increasing how often and how long activities are done.

Source: https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least
150
minutes
moderate intensity
per week
increased breathing
able to talk

OR
or a combination of both

at least
75
minutes
vigorous intensity
per week
breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least
2
days a
week



Gym



Yoga



Carry heavy
bags



Minimise sedentary time

Break up periods of inactivity



Dance



Bowls



Tai Chi



For older adults, to reduce the
chance of frailty and falls
Improve balance
2 days a week

CHILDREN

5-17 years

Children aged 5-17 should do at least **60 minutes** of physical activity every day.



Physical activity promotes a child's concentration, healthy growth and development, **prevents disease** and unhealthy weight gain.

Urbanization reduces levels of physical activity, cities must be built with enough safe green spaces for children's recreational activities.



Physical activity learned in childhood continues in adulthood, contributing to the person's decreased risk for heart disease and stroke.



PHYSICAL ACTIVITY FOR DISABLED ADULTS

Chris Eatough
Planning Manager
Howard County Office of Transportation



Howard County
OFFICE OF TRANSPORTATION



Howard County Complete Streets





Howard County Complete Streets Design Manual Workshops

What is the Design Manual? The Design Manual is a technical document that guides the design of Howard County streets. It is being updated and incorporates best practices and Complete Streets concepts.

What is “Complete Streets”? Two years ago, Howard County Council adopted a Complete Streets policy to ensure that Howard County roads are designed to accommodate “residents of all ages and abilities who travel by foot, bicycle, public transportation or automobile.” It is a nationwide movement to balance the needs of different modes and prioritize safety over speed. For details, visit <https://www.howardcountymd.gov/complete-streets>.

Where can I get details?

The Design Manual website, <https://www.howardcountymd.gov/DM-updates> includes:

- Links to the workshops,
- The draft version of the updated Design Manual (available in early October), and
- An opportunity to submit questions prior to the workshops and provide feedback on the Manual (deadline is October 28).

Both workshops will be recorded and posted online for those who cannot attend.
Further questions can be directed to: transportation@howardcountymd.gov.

WORKSHOP 1

Introduction to the County Complete Streets Design Manual

Who is the workshop for: The general public to understand about how Howard County Complete Streets policy translates into the design of future roads for cars, transit, bicycles, pedestrians, and others.

When: Thursday, October 14, 7 pm - 8 pm (virtual). Includes time for Q&A.

WORKSHOP 2

Technical Overview to the County Complete Streets Design Manual

Who is the workshop for: Technical professionals and others who use the Design Manual on a regular basis (however, the general public is welcome to attend).

Review ahead of time: Please review the technical materials posted in advance of the workshops.

When: Thursday, October 21, 2 pm - 3:30 pm (virtual). Includes time for Q&A.

Julie Kwedar

Partnerships, Resources, and Outreach Section - Maryland Highway Safety Office

Maryland Department of Transportation

and

Ernie Lehr

Speed/Motorcycle Program Manager

Maryland Highway Safety Office

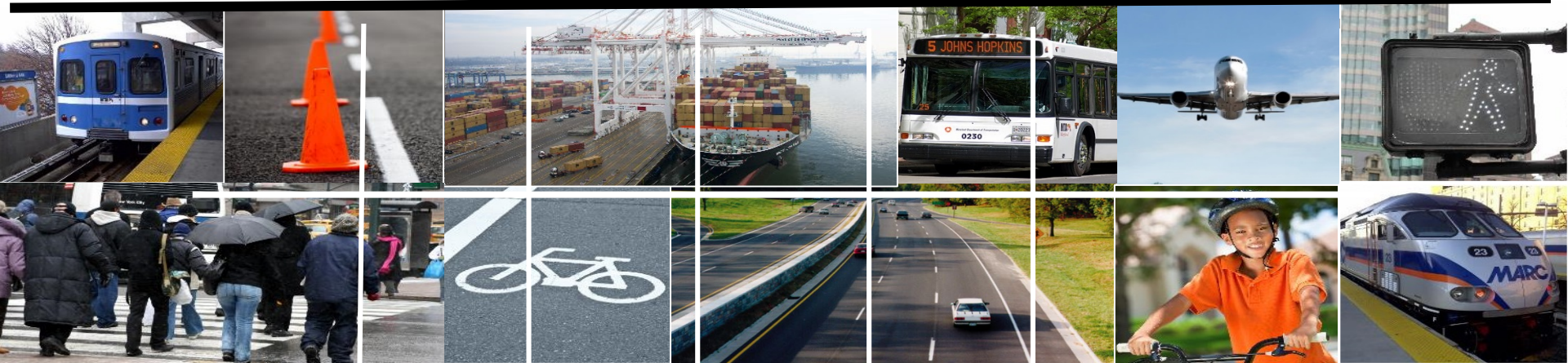


Aggressive Driving & Pedestrian Safety

ZERO
DEATHS
MARYLAND

MDOT
MARYLAND DEPARTMENT
OF TRANSPORTATION
MOTOR VEHICLE
ADMINISTRATION

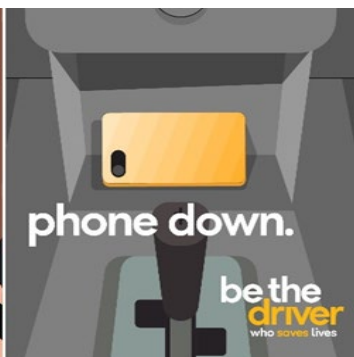
Maryland
Highway
Safety
Office





MHSO Mission

The Maryland Department of Transportation's Highway Safety Office is dedicated to saving lives and preventing injuries by reducing the number and severity of motor vehicle crashes through the administration of a comprehensive and effective network of traffic safety programs.



Maryland Highway Safety Office





Be the *SHARE* *THE ROAD* Driver

- Exercise
- Walk smart, Bike smart, & Drive smart



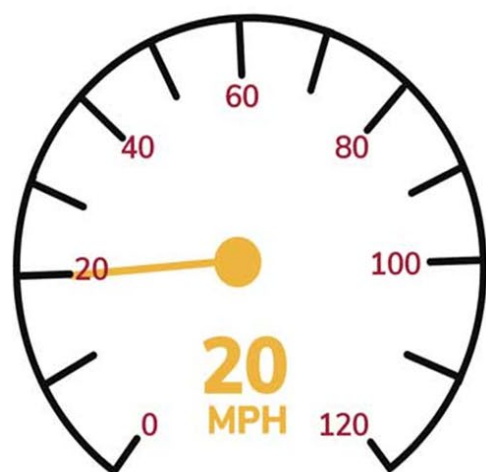
Speed



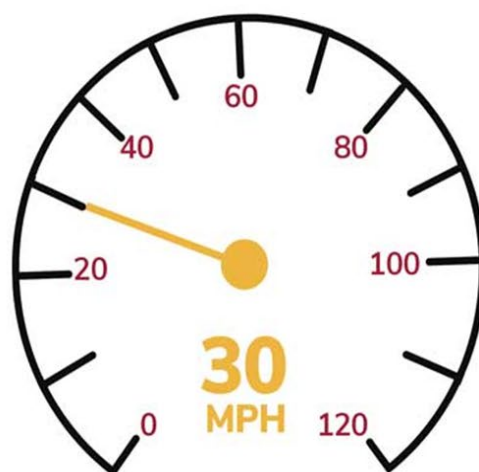
- Obey all posted speed limits
- Slow Down



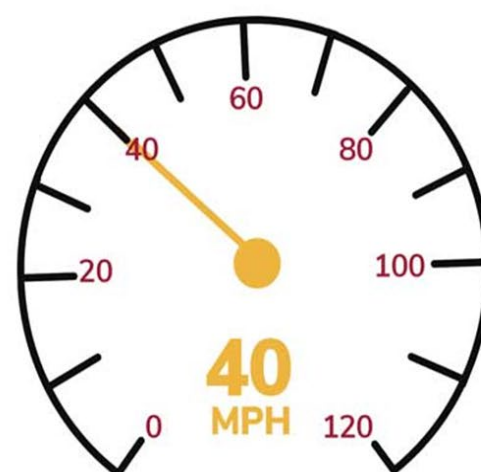
Small Changes in Speed Have Big Impacts



10% Likelihood of
Fatality or
Severe Injury



40% Likelihood of
Fatality or
Severe Injury



80% Likelihood of
Fatality or
Severe Injury

Baltimore Metro Traffic Fatality Data 2020 ²

2020	Anne Arundel County	Baltimore City	Baltimore County	Carroll County	Harford County	Howard County	Queen Anne's County	TOTALS
<i>Pedestrian fatalities</i>	10	17	21	4	1	6	2	61
<i>Bicyclist fatalities</i>	4	0	2	0	1	0	0	7
<i>Total traffic fatalities</i>	50	63	62	16	17	29	6	243



Aggressive Drivers

- Try to move out of their way and steer clear of them on the road
- Goal-reach your destination safely
- Move to the right lane
- Avoid eye contact
- Stay calm
- Not all aggressive driving behavior is directed at you





What Can You Do?

- Allow more travel time to get to your destination
- Red lights and stop signs
- Obey posted speed limits
- Concentrate on driving
- You can control yourself, your driving, and your emotions



If you're driving...

- Stop for pedestrians at crosswalks.
- Be careful when passing buses or stopped vehicles.
- Slow down and obey the speed limit.
- When turning, yield to people walking and biking.
- Look for bicyclists before opening your door.
- Allow at least 3 feet when passing bikes.



If you're walking...

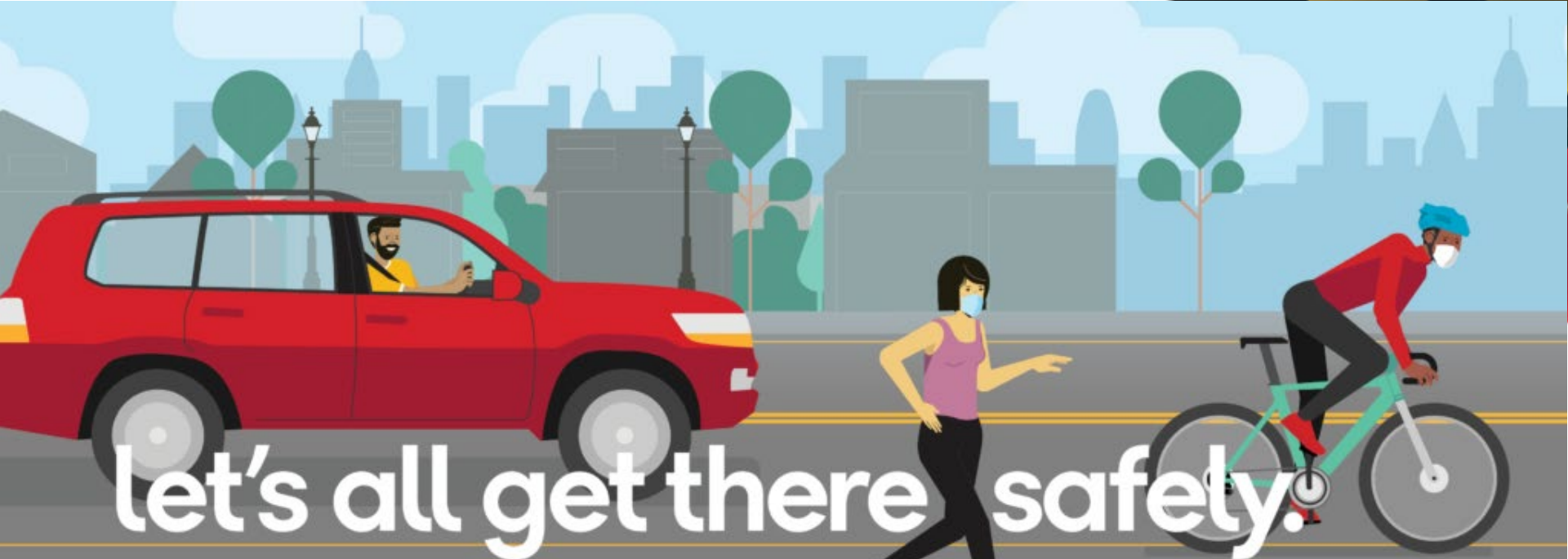
- Cross the street at crosswalks and intersections.
- Use the pushbuttons.
- Wait for the walk signal to cross the street.
- Watch for turning vehicles.
- Before crossing look left, right, and left again.
- Be visible. Wear something light or reflective after dark.
- **Watch out for blind spots around trucks and buses.**





Resources

- MDOT MVA Maryland Highway Safety Office- www.zerodeathsmd.gov
- Look Alive- <https://www.lookalivemd.org/>
- www.smoothoperatorprogram.com



let's all get there safely.

zerodeathsmd.gov

be the driver
who **saves** lives

Find us online!



Zero Deaths MD



@ZeroDeathsMD



@ZeroDeathsMD



ZeroDeathsMD.gov



*Maryland
Highway
Safety
Office*





**MOTOR VEHICLE
ADMINISTRATION**

*Maryland
Highway
Safety
Office*

Always share the road with pedestrians and bicyclists.

Julie Kwedar
PRO Section
Maryland Highway Safety Office
jkwedar@mdot.Maryland.gov

Ernie Lehr
Speed/Motorcycle Program Manager
Maryland Highway Safety Office
elehr@mdot.maryland.gov

PEDESTRIAN SAFETY



PEDESTRIAN SAFETY

WALK THIS WAY

Pedestrian Safety Tips



Unplug

Don't be a
distracted walker.



Make eye contact

Don't walk
until traffic stops.



Be bright

Wear reflective
clothing at night.



Never Jaywalk

Use crosswalks
and intersections.



Stay Alert

All the way across
the intersection.



Watch for turning

Vehicles
of all kinds.

A Walking Aid Can Help!



Walker

Cane

Rollator

Nordic Pole

KNOW THE MARYLAND PEDESTRIAN LAWS

- **TR§21-202(l) Failure to obey red traffic signal**
- **TR§21-203(c) Failure to obey pedestrian control signal**
- **TR§21-503(a) Failure to yield right-of-way to vehicle**
- **TR§21-503(c) Failure to cross at signalized intersection**
- **TR§21-503(d) Crossing intersection diagonally**
- **TR§21-506(a, b) Pedestrian unlawfully on roadway**

Source: https://mva.maryland.gov/Documents/FY19_Ped_ProgramAreaBriefFINAL.pdf

WALK/BIKE/ROLL RESOURCES IN HOWARD COUNTY

Walking areas in and near Columbia, Maryland

(Routes posted on [CA's new AllTrails profile](#))

- [Lake Elkhorn](#) (2 miles)
- [Lake Kittamaquundi](#) (1.4 miles)
- [Wilde Lake](#) (1.3 miles)
- [Locust Park Pool to Jackson Pond](#) (2.3 miles)
- [Dorsey Run Watershed / Kendall Ridge loop](#) (2.3 miles)
- [River Hill loop](#) (2.1 miles, starting at Columbia Gym)
- [Kings Contrivance/Amherst House loop](#) (1.6 miles, starting at Amherst House)
- Centennial Park
- Recreation and Park <https://hclhic.org/resources/nutrition-and-physical-activity-resources>



WALK/BIKE/ROLL RESOURCES IN HOWARD COUNTY



Hiking in Maryland

<http://www.everytrail.com/best/hiking-maryland>



Maryland Trail Maps

https://dnr.maryland.gov/Pages/DNR_TrailMaps.aspx



Share Use Agreement

<https://news.hcpss.org/news-posts/2021/07/community-use-of-school-facilities-reopening-updates-july-1-2021/>

Upcoming Walktober Webinars

Howard County Walktober Webinars:

- **Webinar #2 Aging Actively: Move Your Way To Better Health**
10/13/21 @ 11AM
- **Webinar #3 Staying Active with a Disability: Adapt the Fun for Everyone**
10/19/21 @ 11AM
- **Webinar #4 Pedestrian Safety for Children: Be Safe. Be Seen.** 10/27/21 @ 6PM

Please register at

<https://www.howardcountymd.gov/walktober21>



Upcoming Walktober Webinars



- **State of Maryland Walktober Walkinar Series**

<https://mdot.maryland.gov/tso/pages/Index.aspx?PageId=123>

- Walkinar #1 Taking Fresh Steps toward a more walk-friendly Maryland 10/7/21 @ 10:30AM
- Walkinar #2 Pedestrian Health 10/14/2021 @10:30AM
- Walkinar #3 Pedestrian Planning & Enforcement 10/21/2021 @10:30AM
- Walkinar #4 Maryland Walk Programs 10/28/2021 @10:30AM

WALKTOBER WEBINAR SURVEY



For those that participated, please complete the evaluation survey at <https://www.surveymonkey.com/r/WalktoberWebinarEvaluation>

AUDIENCE Q&A

**Please use the Chat Box to
submit questions or make comments!**

