

Rural Access to Physical Activity (RAPA) – East Preston

Presentation to the Transportation
Standing Committee

Thursday June 20, 2019

Objectives

1. To provide an overview on this collective process
2. To request the plan be adopted as priority within the IMP

RAPA - East Preston Action Team

Desiree Gregory, NSHA - Public Health (Central Zone)

Sascha Hamilton-Miller and Andrea Redmond, NS Dept. of
Communities, Culture and Heritage

Monique Mullins-Roberts, Dartmouth and South Eastern CHB's

Natalia Diaz-Insense, Active Transportation Consultant

Tammy Ewing & Claudette Colley, East Preston Family Resource
Centre

Catherine Driesbeck, United Way Halifax

Devon Bundy, Halifax Parks and Recreation

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Brief History of Project

- **Spring/Summer 2017** Stakeholder meeting, RAPA East Preston Action Team
- **Fall 2017** Walkability Audit & Traffic Counts
- **Winter 2017-18** Stakeholder & community meetings to share results
- **Spring 2018** Connect II and HRM District 2 funding
- **F&W 2018-19** Upland - AT Plan development
- **Spring 2019** AT Plan complete, stakeholder sessions, Walkability Grant funding

A vision for East Preston



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Potential Impact for East Preston

“health, environment, economy, and livability” IMP

Physical and mental health benefits for all ages by being able to walk and bike around community actively

Social benefits and community inclusion E.g. Children being able to walk or bike to visit grand parents, strong community cohesion

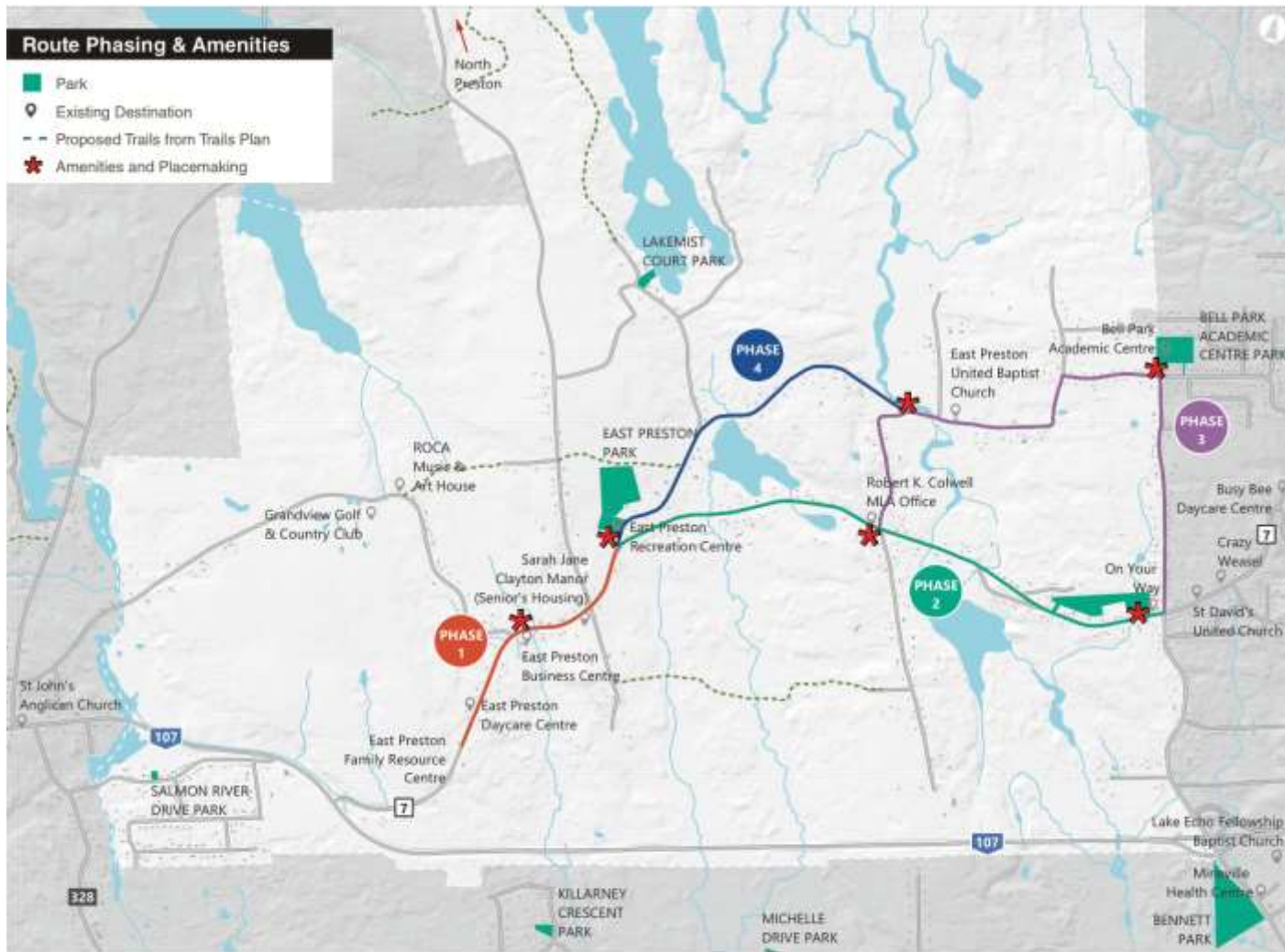
Economic benefits - Youth and families accessing transit to get to jobs and back home

Livability - More accessible transit for low income and seniors eg. to grocery stores and appointments

East Preston AT Plan

- **Phased approach over 5 years**
- **Key recommendations**
 - **Phase 1 & 2:** ~ 3 km paved sidewalks (1,350 m + 1,865 m)
EP Day Care to EP Rec Centre, to Conv Store on Bell St.
 - **Phase 3 & 4:** ~ 5 km paved shoulders (3,330 m + 1,915 m)
Bell St to school, church & MLA office, to EP Rec along Brooks Dr.
 - **Transit Stop improvements:** priority accessible stops
 - **Speed reduction (70 km/h to 50 km/h)** along Hwy 7
 - **Crosswalks at key locations:** marked & rapid-flashing beacons
 - **Bridge replacement** (phase 3): Upper Partridge Rd
 - **Amenities & place making:** pocket parks (EP Business Centre, MLA office, Conv Store, Brooks Dr. @ Upper Partridge Rd.), bike racks (EP Rec, Bell Park Academic),

East Preston AT Plan (Upland)



UPLAND
Planning + Design Studio

Community of East Preston
Active Transportation Concept Plan

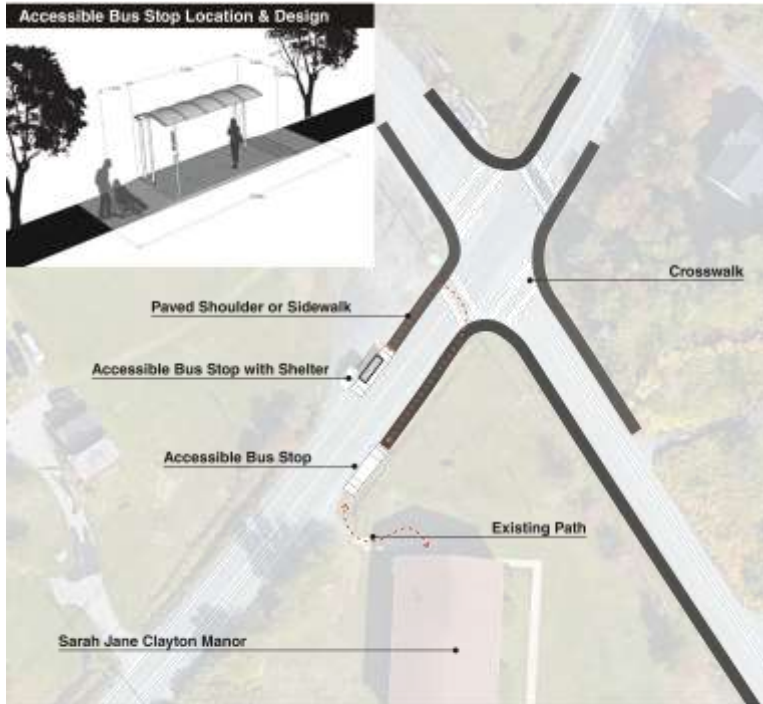
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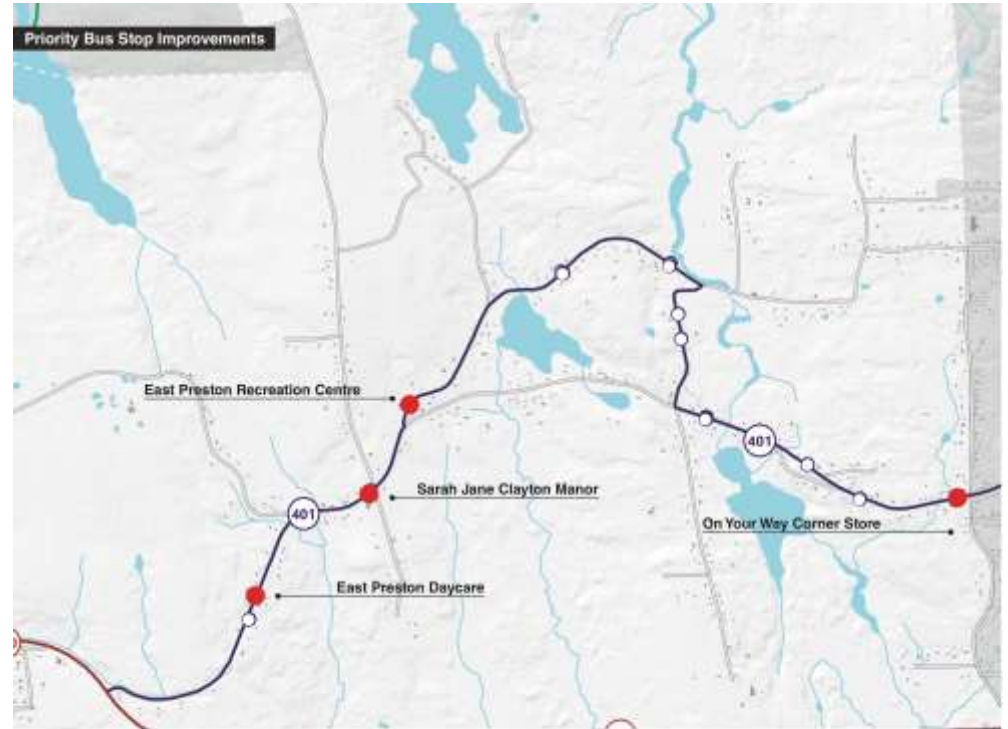
Transit stop improvements & priority bus stops



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UPLAND
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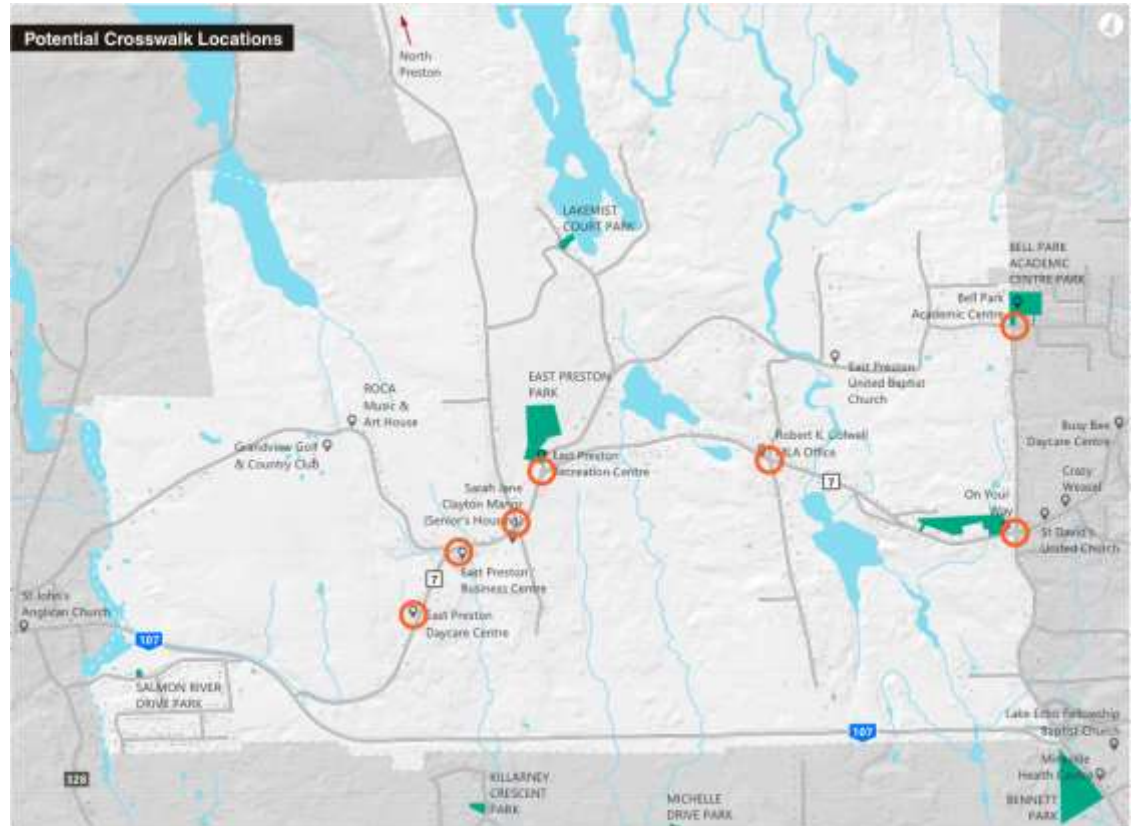
Crosswalk recommendations



Parallel and Zebra Crosswalk Markings (NSTIR)



Solar-Powered Rapid Flashing Beacon



**Our ask: That the East Preston Active
Transportation plan be added to the AT
Priorities Plan of the IMP**

Thank you!

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