Active Transportation
Quality of Life

https://www.youtube.com/watch?v=KjdS-PJ278
**Reasons**

**Sedentary Time**

Studies show kids are sitting still a lot more than they used to—and it's not good for them.

**Watching TV Increases Obesity Risk**

Children who watch TV for 3+ hours per day have a 65% higher chance of being obese than children who watch for <1 hour.

Kids who have a TV in their bedroom watch 56% more TV daily than those who don’t.

**Screen Time Is Increasing and Linked with Higher Risk of Adult Obesity**

In 2009, kids spent an average of 89 minutes per day using a computer for fun, up from 62 minutes in 2004.

Teen boys who spend 3-7 hours per week watching a screen are 40% less likely to become obese adults than teens who spend 25+ hours per week on screen activities.

Successes!

NEVADA MOVES DAY

TRANSPORTATION ALTERNATIVES PROGRAM

SAFE KIDS WASHOE COUNTY

Drive Safe Nevada
• Work to help communities achieve a mode shift
• Staff to Nevada Bicycle and Pedestrian Advisory Board
• Collaboration with different agencies to create safety related campaigns
• Educational materials/training
• Assistance/Development of Bike/Ped Plans
• Assistance with developing a SRTS program

https://www.youtube.com/watch?v=W9I9AN-AG8c
Thinking Beyond the Car
Upto 46% Reduction in crashes

Possible Improvements:

• Roundabouts
• Narrow travel lanes (less than 12 foot)
• Adding center turn lanes
• Adding bicycle lanes, shared paths, cycletracks or boulevards

Source: 2035 Regional Transportation Plan, Washoe RTC
Is this a Complete Street?

From Perils for Pedestrians: www.pedestrians.org/cartoon.htm
(Reprinted with permission of the artist)
Bike Share

- Clark County
- Washoe County

Photo Courtesy Nice Ride Minnesota
Non-motorized Transportation Pilot Program

MARIN COUNTY, CALIFORNIA

MINNEAPOLIS, MINNESOTA

SHEBOYGAN COUNTY, WISCONSIN

COLUMBIA, MISSOURI
## The Communities

<table>
<thead>
<tr>
<th>Pilot Community</th>
<th>Population</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbia, Missouri</td>
<td>108,500</td>
<td>• College town; large institutional employers (university, medical, insurance)</td>
</tr>
</tbody>
</table>
| Marin County, California     | 252,409    | • Topography is a major challenge with smaller towns situated in valleys separated by steep ridges, limited connecting roadways  
                              |                                        | • Pilot target area focused on eastern, urbanized corridor, including 11 cities and towns                                                       |
| Minneapolis, Minnesota       | 382,578    | • Largest and most diverse population of the pilot communities and most densely developed  
                              |                                        | • Relatively flat, extreme winter weather  
                              |                                        | • Pilot area includes primary city and portions of adjacent municipalities                                                                      |
| Sheboygan County, Wisconsin  | 115,507    | • Largest land area of the pilot communities  
                              |                                        | • Limited prior experience with non-motorized transportation  
                              |                                        | • 15 townships, 10 villages, 3 cities  
                              |                                        | • Manufacturing remains a significant employment sector                                                                                           |

Source: Executive Summary, Report to the U.S. Congress on the Outcomes of the Non-motorized Transportation Pilot Program SAFETEA-LU Section 1807
### Projects

<table>
<thead>
<tr>
<th>Project Type</th>
<th>Miles/Spaces funded</th>
<th>Miles/Spaces (completed)</th>
<th>% complete*</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-road facilities</td>
<td>333</td>
<td>214</td>
<td>64%</td>
</tr>
<tr>
<td>Off-road facilities</td>
<td>23</td>
<td>7</td>
<td>31%</td>
</tr>
<tr>
<td>Bicycle parking</td>
<td>5,727</td>
<td>5,461</td>
<td>95%</td>
</tr>
</tbody>
</table>

August, 2011

**Goals of Projects:**
- Connectivity
- Expanding Accessibility
- Change Travel Habits
- “Mainstream” non-motorized transportation
Nevada’s Transportation Alternatives Program

- Research what you want to accomplish (5 W’s)
- Network to ask questions
- Work with your local governments
- Work through tough questions (scope/budget/ROW)
- File a Project Initiation Form (PIF) with NDOT
## Nevada TAP Committed to projects (FY 13-15)

<table>
<thead>
<tr>
<th>Categories/Areas</th>
<th>Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Areas less than 5,000</td>
<td>$480,000</td>
</tr>
<tr>
<td>Population between 5,000-200,000</td>
<td>$660,000</td>
</tr>
<tr>
<td>Statewide Flex</td>
<td>$7,200,000</td>
</tr>
<tr>
<td>Reno-Urbanized</td>
<td>$1,050,000</td>
</tr>
<tr>
<td>Las Vegas/Henderson-Urbanized</td>
<td>$5,100,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$14,490,000</strong></td>
</tr>
</tbody>
</table>

*Source: FHWA*
1. Advertise
2. Review Applications (NDOT/FHWA)
3. Scoping Review
4. Scoring Committee Ranking
5. Director Approval
Funding Opportunities

- FTA
- ATI
- CMAQ
- HSIP
- NHPP-NHS
- STP
- TAP
- RTP
- SRTS
- PLAN
- 402
- FLH
- BYW
- TCSP

**Nevada Only**
- NV SF-Gas Tax
- NV Drivers License
- NV License Plate
- NV Complete Streets
THANK YOU!

Tim Mueller, Planner
NDOT
tmueller@dot.state.nv.us
775.888.7351