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PHPR Collaborative For The Sake of Mental Health

Nick Heimann, MPH

Specialist, Active Modes

FC Moves

City of Fort Collins

Anna Kelso

Community Relations Coordinator

Bike Fort Collins



Inequities existed before COVID-19 pandemic, exacerbated.

We want to create a city where bicycling and walking are safe, easy, accessible choices.

Infrastructure can be expensive and takes time.

We want a way to make roadways more appealing to bicycling, walking and do it fast, cheaply, and equitably.



Community spaces encourage more walking and biking.⁴

Bicycle friendly communities foster more social interaction.⁴

Low-income neighborhoods often encounter more obstacles to walking and biking in the built environment.⁴



An individual's sense of belonging to community has been shown to improve quality of life and fewer mental health challenges.⁴

Placemaking projects built social capital, community cohesion and overall feelings of wellbeing.⁴

Improved public spaces that encourage face to face interactions improve psychological well-being of community members.⁴



Murals on the roadway surface!

Type of public art installed on public ROW.

Community-led, community-driven approach.

Locations defined by criteria, but many options.

Uses APP process, a new permit application, and internal review.

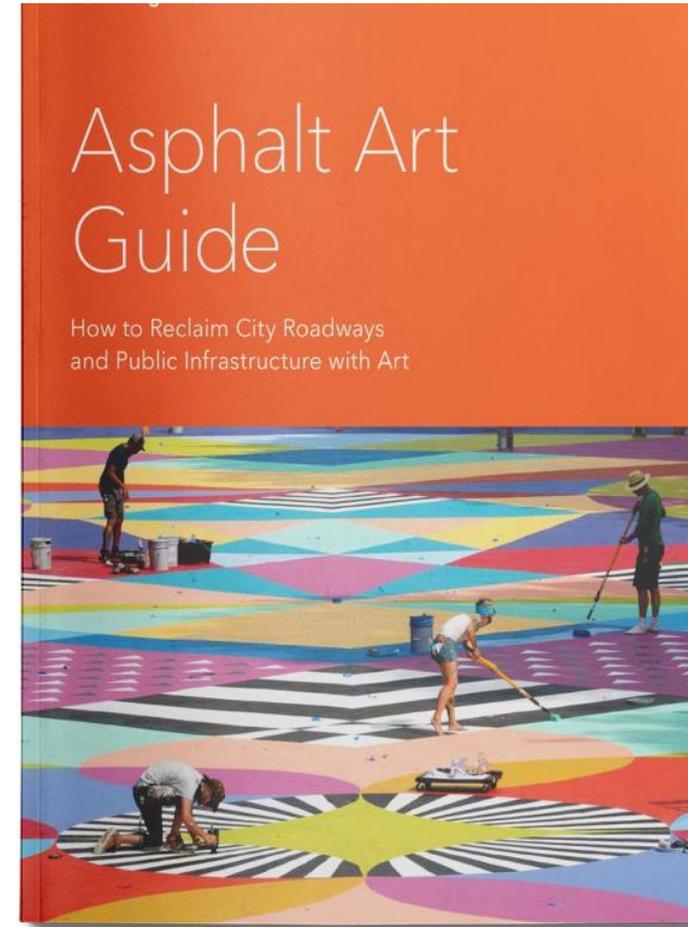


Logistical and Technical Guidance

Process and Design

Community Engagement

Case Studies





- **Sidewalk extensions**
- Create more space for pedestrians



- **Intersection murals**
- Raise the question: what is this space meant for?



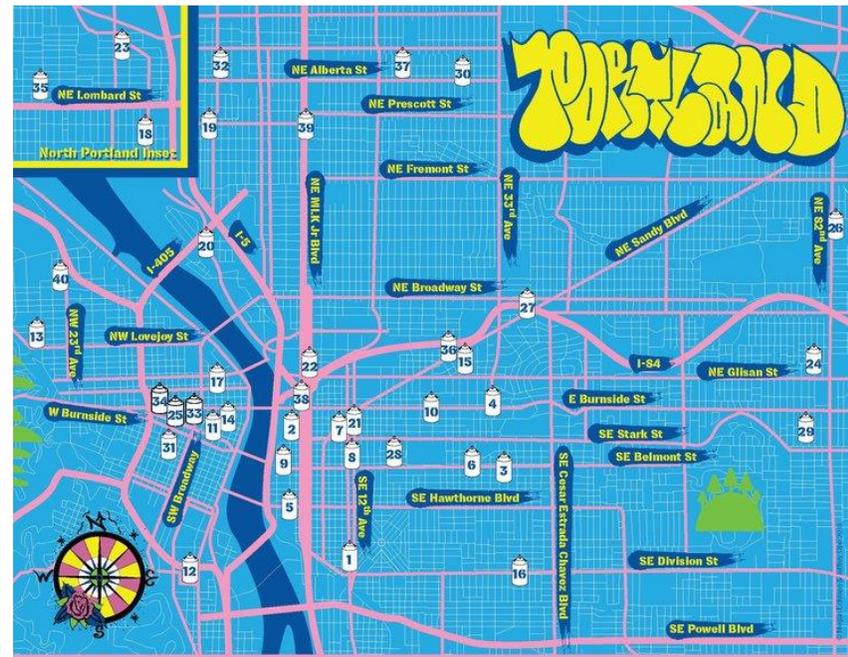
- **Crosswalk improvements**
- Clarify street use, increase visibility of pedestrians and other more vulnerable road users.



- Activate space
- Create destinations accessible to walk, bicycling
- "Mere exposure"



- **Curb extensions**
- Reclaim unused space for a new profile



- Highlight culture, history
- Reflect the character of the people who use, visit, and interact with spaces

Relatively small investments:

- Creates opportunity to learn municipal process.
- Invests in solving a community-ID'ed concern.
- Establishes connections to neighbors and public staff, artists, and other neighbors.

Research suggests a connection to disinvestment in public spaces and neighbor well-being. ^{1, 2, 3}



Increases access to public art,
may help solve traffic concerns.*

One way we can listen more,
serve more, drive less.

Helps us see how we can
scale program design.

*To be evaluated with Colorado School of Public
Health



Vacant land leads to negative perceptions of neighborhood life.³

Leads to concerns about physical safety, e.g. fires, injuries, diseases.³

Leads to anxiety, depression, feeling neglected, feeling treated unfairly, indifference.³



"It doesn't really make me feel no way about it, because I can't do nothing about it. I see it all the time, so I'm pretty much use to it, so I don't feel bad or different."

-Philadelphia, PA neighbor³

"[Vacant lots are] a big downer too, just because of all the trash and rotten smells. It just makes you question where you call home. You like, oh man I gotta come home around this crap again?"

-Philadelphia, PA neighbor³

Gavin discusses an urban setting, but the impact in disinvestment in public spaces surely impacts communities small to big, coast to coast.

Vacant lots may be minimal in Fort Collins, but challenges abound.



Improved social capital.

Neighbor to neighbor connections.

Feeling of “being invested in”.

Feeling heard, ability to steer.

Results in:

- Ability to organize and pursue ideas.
- Ability to navigate and influence other processes.
- Feelings of importance, connection.
- Strengthening of neighborhood.



"If the community is planting a garden, there's always going to be somebody in the neighborhood that's looking at that garden. . . ."

-Philadelphia, PA neighbor³

Placemaking projects build community by strengthening social connections in place and process.

Civic engagement, skill building, and leadership development are all positive outcomes of participatory placemaking.

Well-managed community spaces reduce crime and violence by encouraging more “eyes on the street”.



Community ownership and annual refresh. Opportunity to continue engagement.

Potential to solve traffic concerns, promote more walking, bicycling, recreation.

Potential site for future neighborhood engagement, e.g. NNO.

Continued involvement of City.

Need to evaluate.



Discussed idea in years-past, but never developed the program.

BFC championed early engagement and pushed City to design the program.

FC Moves staff designed the process and program, led NACTO grant application.

Perfect timing with the right amount of initial development + outside advice paved the way.



Community-led: locations and mural designs proposed by community.

Paint Pot: opportunity fund to ensure ability to pay doesn't preclude involvement.

Internal review, external steering: internal criteria for selection, vetting process. External ownership long-term and community-led installation.



1. Kaiser, M. L., Hand, M. D., & Pence, E. K. (2020). Individual and Community Engagement in Response to Environmental Challenges Experienced in Four Low-Income Urban Neighborhoods. *International Journal of Environmental Research and Public Health*, 17(6), 1831.
2. Toolis, E. E. (2017). Theorizing Critical Placemaking as a Tool for Reclaiming Public Space. *Society for community research and action. American journal of Community Psychology* 59(1-2), 184-199.
3. Garvin, E., Branas, C., Keddem, S., Sellman, J. and Cannuscio, C. (2013). More Than Just An Eyesore: Local Insights And Solutions on Vacant Land And Urban Health. *Journal of Urban Health*, 90(3), 412-426.
4. Heroux, J., Norris, T., Rube, K., Nadimi, V. (2016). *The Case for Healthy Places*. Project for Public Spaces. https://uploads-ssl.webflow.com/5810e16fbe876cec6bcbd86e/5a626855e27c0000017efc24_Healthy-Places-PPS.pdf



THANK YOU!

