

Healthy Connected Neighborhoods

How can your neighborhood help you be healthier?

Our health and the health of our children relies on our ability live, work, learn and play in a city where our air and water quality is protected, where nature is never far away, and where neighborhoods provide convenient access by walking, biking, and transit to the things we need everyday and to destinations and opportunities throughout the city. According to public health research, as much as 50% of our health is determined by our income, education, housing and neighborhood conditions. The rest is determined by individual behavior choices such as diet and exercise that are heavily impacted by our surroundings, and by the access we have to quality medical care. Neighborhoods that make healthy options that are accessible, affordable, attractive and convenient make it much easier to live a healthy lifestyle. Here are some examples:



Basic Public Services

Neighborhoods with quality public services can provide residents with basic necessities like clean drinking water, quality sewer, safe streets and transportation, and effective fire and emergency response.



Parks and Nature

Nearby parks, streams and habitat areas give Portlanders places to recreate, reflect, relax and spend time with friends and family - improving both their physical and emotional well-being.



Nearby Businesses, Amenities and Safe Active Transportation

People who live in neighborhoods with shops and services nearby and with safe pedestrian and bicycle paths and transit access can make walking and biking a part of their daily life, which helps reduce the risk of developing chronic diseases like obesity, heart disease and diabetes and can reduce transportation costs.



Watershed Health & Air Quality

Neighborhoods with generous tree canopy, less paved areas, and lower traffic have cleaner, cooler air, which reduces health problems such as asthma and heat-related illness. Healthy streams, floodplains and natural areas help prevent damage to homes due to landslides and flooding.



Healthy, Affordable Food

Neighborhoods with convenient access to opportunities to buy or grow healthy, affordable food can make it easier for residents to eat a healthy diet.



Safety

Reducing crime and traffic crashes and ensuring people feel safe can make people feel more comfortable walking, biking, or playing outside.



Social Connections

Neighborhoods with public spaces and community events and where people feel comfortable on their streets can foster social connections and positively affect the mental health of residents.

Education & Employment play a role in health too!

Education, employment and income levels play a significant role in Portlanders' health by increasing their ability to afford adequate housing, healthy food, and other basic needs and improving their social connections, self-confidence and sense of control in their life. *The Economic Prosperity and Affordability and Education Strategies focus on improving Portlanders' employment and education opportunities.*

Healthy Connected Neighborhoods

What are Neighborhood Hubs?

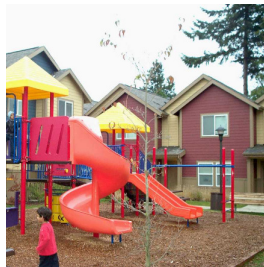
Neighborhood Hubs are walkable places with concentrations of neighborhood businesses, community services, housing and public gathering places that provide residents with options to live a healthy, active lifestyle. They are places where getting around by walking, biking, or wheelchair is safe and attractive and they are linked by convenient, high-quality transit.

Neighborhood hubs will build on the strengths of Portland's existing neighborhood business districts and expand the role of these places as centers of community life and activity, and as anchors for "20-minute neighborhoods".

Neighborhood hubs would include access to:



Neighborhood
Businesses &
Services



Housing



Healthy Food



Public Plazas
& Parks



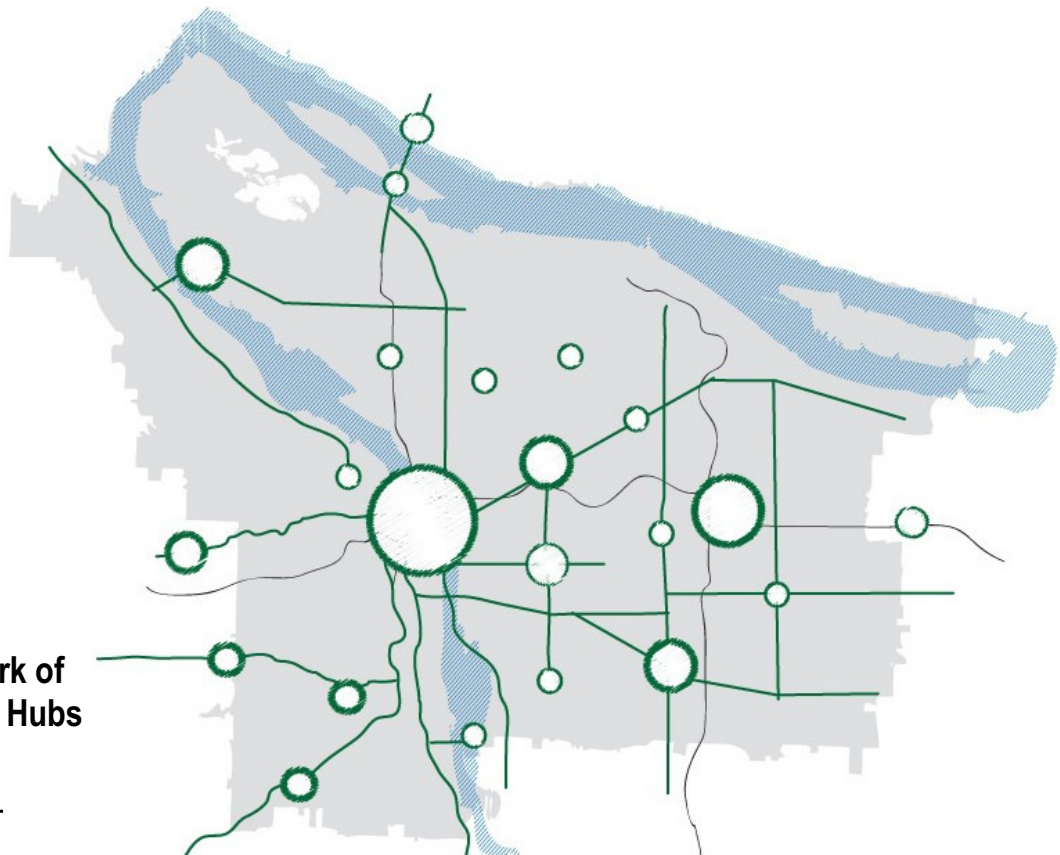
Active Transportation:
Walking, Biking, Transit

Sample Network of Neighborhood Hubs

Map Key



Neighborhood Hubs



What are City GreenWays?

City GreenWays will weave nature into the city, while merging recreation and active transportation into a network that links neighbor to neighbor, and connects Portlanders to streams and rivers, schools, parks, natural areas, regional trails and neighborhood hubs. City GreenWays will build on Portland's existing network of forests and streams, parks and open spaces, bikeways and green streets by identifying and prioritizing new green transportation and habitat connections.



Habitat Greenways

are forest and stream corridors and neighborhood tree canopy that weave nature into the city by preserving existing natural areas, restoring degraded habitat, and recreating habitat connections to improve stream water quality and provide travelways for native and migratory birds, fish and other wildlife.



Neighborhood Greenways

will be a citywide network of green streets and trails that makes it safe and fun to walk and bike in the city, while treating stormwater runoff. They extend Portland's greenway system into neighborhoods and provide park-like connections to natural areas, parks, schools, business districts and other key community destinations.



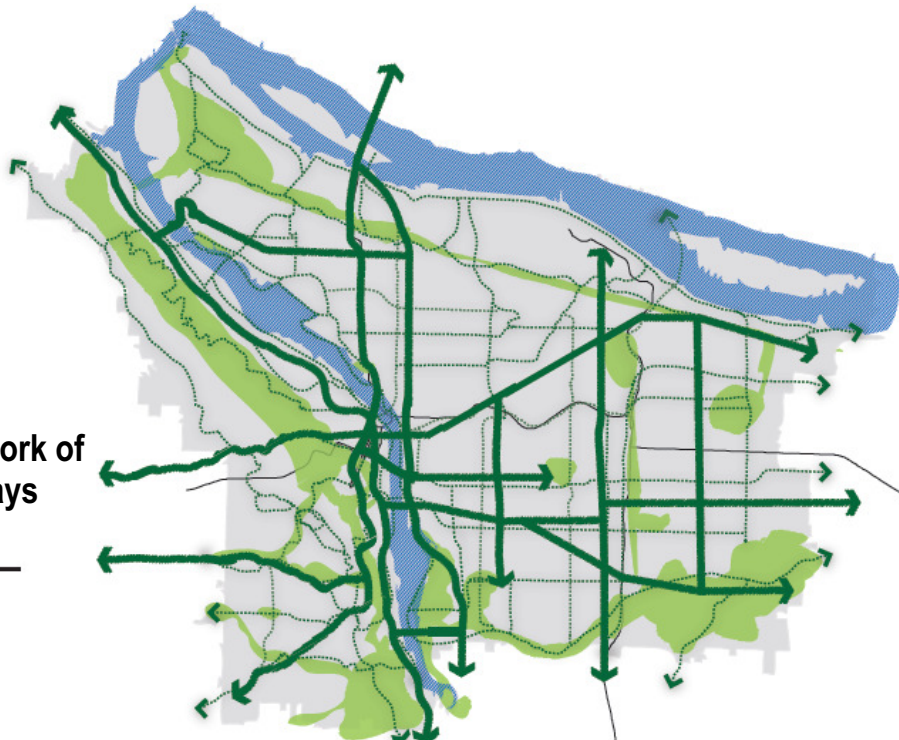
Civic Greenways

imagines Portland's major streets – such as Sandy, Barbur and Powell – transformed into premier streets for pedestrian safety, community pride, and ecological design. Civic Greenways would also improve neighborhood livability by making transit corridors enjoyable places to live, work and gather.

Sample Network of City Greenways

Map Key

- Civic Corridors
- Greenways
- Habitat Corridors
- LRT



Healthy Connected Neighborhoods

What might Healthy Connected Neighborhoods look like?

The Healthy Connected Neighborhoods strategy will create a system of neighborhood hubs linked by a network of neighborhood and civic greenways, with habitat corridors that weave nature into the city. A prioritized system of neighborhood hubs will allow us to make more informed choices about where to increase access to local services, focus growth, promote community economic development, invest in infrastructure, and foster places that contribute to healthy communities.

This system of neighborhood hubs will likely build on existing mixed-use centers (such as Hollywood, Hillsdale and Lents) and a some of Portland's 157 miles of designated main streets and corridors and over 30 light rail station areas. They will expand the role of these commercial areas as places that support community life and active lifestyles.

This strategy will be sensitive to Portland's unique features – our natural environment, our existing neighborhoods and businesses, and our local community needs and assets. It provides a neighborhood-focused approach to growth, transportation, and watershed health that respects community character and builds community capacity.

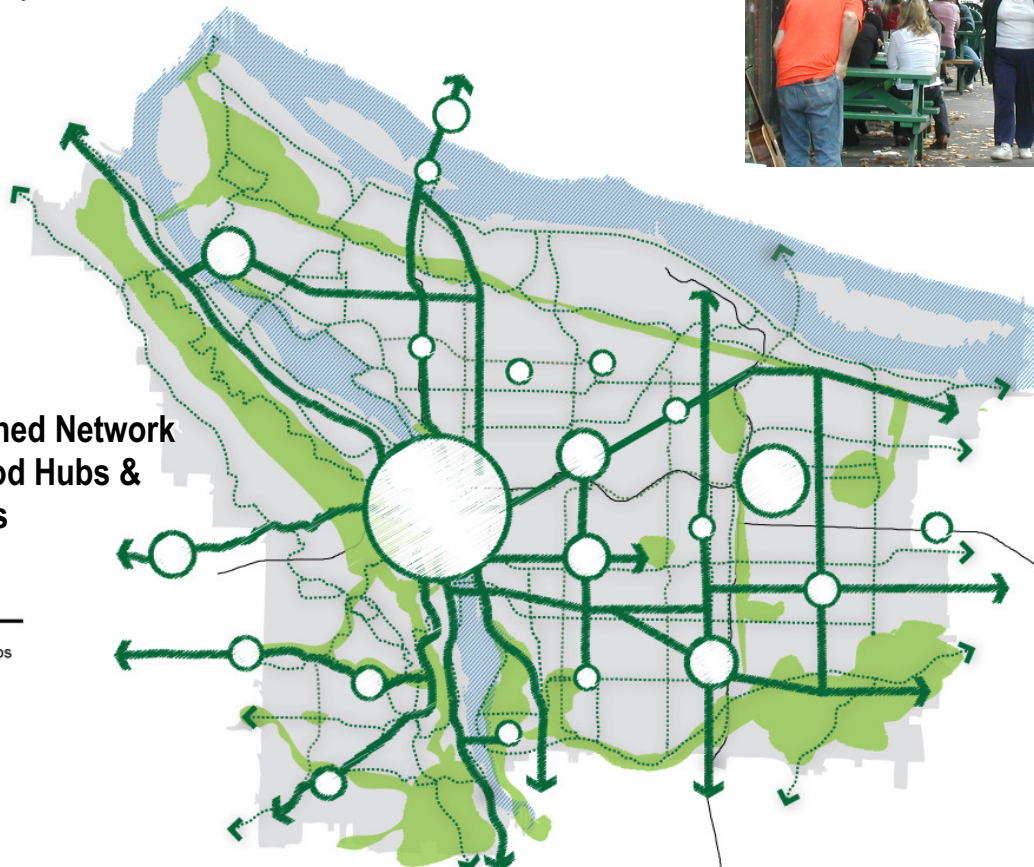
A key first step to implement this strategy is to work with Portlanders to identify a system of neighborhood hubs and greenways – where they will be, what they'll look like and how they will function.



Sample Combined Network of Neighborhood Hubs & City Greenways

Map Key

-  Neighborhood Hubs
-  Civic Corridors
-  Greenways
-  Habitat Corridors
-  LRT



Healthy Connected Neighborhoods

How will the strategy respond to Portland's neighborhoods?

Implementing the Healthy Connected Neighborhoods Strategy will require careful consideration of the unique needs and characteristics of different areas of Portland – not following a single, one-size-fits-all formula.

Portland has four primary neighborhood geographies, summarized below, which will require different priorities and approaches. Beyond these areas, the industrial and riverfront districts have unique characteristics as the location of most of the city's industrial jobs and as places where the city meets its rivers.



Central City neighborhoods include many of the region's jobs, cultural institutions, retail and other services, and high-density residential areas. They have a well-connected pedestrian system and are the center of the transit system. Improvements might include building more housing to allow more people to benefit from the area's excellent access to jobs, services, amenities and transportation, and enhancing its role as a key part of a system of neighborhood hubs.



Inner neighborhoods have an extensive system of business districts, compact residential areas, and good street and sidewalk connectivity, giving them great potential to be places where most residents can walk to neighborhood hubs. Improvements might focus on minimizing residential and commercial displacement, providing additional affordable housing options, greening neighborhoods, and creating neighborhood greenway connections to the rivers and natural areas.



Eastern Neighborhoods have a diverse mix of urban and more rural development, mature Douglas Firs, poor street and sidewalk connectivity, significant natural areas yet few developed parks, and existing auto-oriented commercial areas on busy streets. Improvements might enhance the walkability of existing commercial areas, improve parks and community services, build sidewalks and transit improvements along major streets, and improve habitat connections.



Western neighborhoods have relatively low densities, poor sidewalk and street connectivity, hilly topography and extensive streams and natural areas. Improvements might foster neighborhood hubs as walkable places with a broader range of services so residents can meet needs locally and drive less, provide more convenient transit service, pedestrian and bicycle facilities on major streets; extend the unique network of off-street trails; and protect and enhance habitat and stream corridors.