

MEMORANDUM

TO: Mayor and Town Council

FROM: Terry Blalock, Chair, ^{TB} Chapel Hill Active Living By Design Advisory Committee

SUBJECT: Assessing Barriers to Mobility in the Northside Neighborhood Report

DATE: February 28, 2005

The attached report, *Assessing Barriers to Mobility in the Northside Neighborhood*, has been prepared by North Carolina Prevention Partners as part of the Active Living By Design Grant received by the Town in 2003. The Chapel Hill Active Living By Design Advisory Committee requests that the Council receive the Report and refer the Report to Town staff and appropriate advisory boards for review and comment.

Assessing Barriers to Mobility in the Northside Neighborhood

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I. Summary

There is increasing evidence that an individual's health is linked to the social and physical environments in which he or she works and lives. Environments with transportation networks that include sidewalks and bus routes, in addition to various nearby destinations and multiple recreational opportunities, are thought to encourage individuals to be more active. Active Living by Design (ALbD), a national program of the Robert Wood Johnson Foundation, has initiated a new approach to creating active environments that support an active lifestyle. By improving the existing infrastructure to support a more active lifestyle, we can make it easier and safer for individuals to incorporate activity into their daily lives. This increase in activity levels will lead to significant improvements in health. The Town of Chapel Hill received a grant from Active Living by Design in October 2003 to initiate the Go! Chapel Hill project, which aims to improve existing infrastructure and create a culture of active living in Chapel Hill. As part of the project, NC Prevention Partners has completed an assessment of the Northside neighborhood. The assessment identifies barriers within the community that inhibit residents from being more active and provides recommendations to remove those barriers.

The Northside neighborhood is unique in Chapel Hill in that it has a large African American population and is a low to moderate-income neighborhood consisting primarily of small, single-family homes. The neighborhood is conveniently located adjacent to downtown Chapel Hill and Carrboro and is home to many long-term residents and college students. In 2004, the neighborhood was designated a Neighborhood Conservation District by the Town to preserve its unique and attractive features.

To gather data on the barriers to mobility within the neighborhood, NC Prevention Partners completed an assessment of the physical environment, conducted key informant interviews with community leaders, reviewed existing reports and recommendations done within the neighborhood, and asked residents to fill out surveys and questionnaires. In addition, NC Prevention Partners organized a Community Walk Day allowing residents the opportunity to express their opinions on barriers to mobility and recommendations for improvements.

From the assessment, it is evident that Northside residents are interested in activity as a way to stay healthy and for enjoyment. The neighborhood offers residents a multitude of recreational resources including Hargrove Center, the Senior Citizens Center, three playgrounds, and several open green spaces, which promote an active lifestyle. The neighborhood's unique environmental characteristics, its proximity to downtown Chapel Hill, Carrboro, and the University of Chapel Hill, and the availability of town-wide fare-free transit contribute to its appeal and encourage physical activity. It is also apparent that, despite their interest in physical activity, residents face many barriers to being physically active. A number of concerns were identified through the physical assessment and expressed by residents during the Community Walk. The most prevalent issues identified by the residents throughout the Northside community were the need for improved infrastructure and increased security.

Residents, community leaders, and NC Prevention Partners identified priority improvements to address safety and security throughout the neighborhood. The following is a list of the highest priority improvements recommended within the Northside community. Chapter 5 provides a comprehensive list of all identified improvements recommended for the Northside area.

A list of communication channels and other community assets was also compiled during the assessment. Some assets include the aesthetics of the neighborhood, numerous opportunities for recreation, community leadership, and Town involvement. These assets, along with others, can serve as important resources for the Go! Chapel Hill project by supporting and encouraging positive changes in the neighborhood. These resources should also be used as a tool to raise awareness about the Go! Chapel Hill project, help identify improvements being made within the community, and promote the health benefits of physical activity. By making improvements in the identified areas, while building on the strengths and character of the community, Northside can again be a neighborhood in which the residents are regularly active.

The three highest priority improvements to remove barriers to physical activity
1. Improve lighting
2. Additional sidewalks and crosswalks, and repair of existing sidewalks
3. Improve security: a. More policing in the neighborhood b. Emergency call buttons c. Secure or renovate abandoned houses

II. Introduction

Obesity is one of the greatest health concerns of our time and is caused by an interaction between genetics, environmental, and behavioral factors. Lack of physical activity and a sedentary lifestyle are two behavioral factors that can contribute to the rise in obesity. The Surgeon General's Guidelines recommend accumulating 30 minutes or more of moderate physical activity - on top of our usual activity - on most days of the week. An extra 30 minutes of activity on top of our usual routine, can help maintain a healthy lifestyle and combat many chronic diseases such as cardiac heart disease, stroke, and diabetes. The recommended 30 minutes of activity can be broken down into smaller segments of 10 minutes or more and still provide health benefits. Therefore, encouraging individuals to move more throughout the day is an easy way to start making changes. A new approach supported by Active Living by Design, a program of the Robert Wood Johnson Foundation, has been initiated which focuses on creating active environments that support walking and other forms of activity to make it easier to incorporate physical activity into a daily routine.

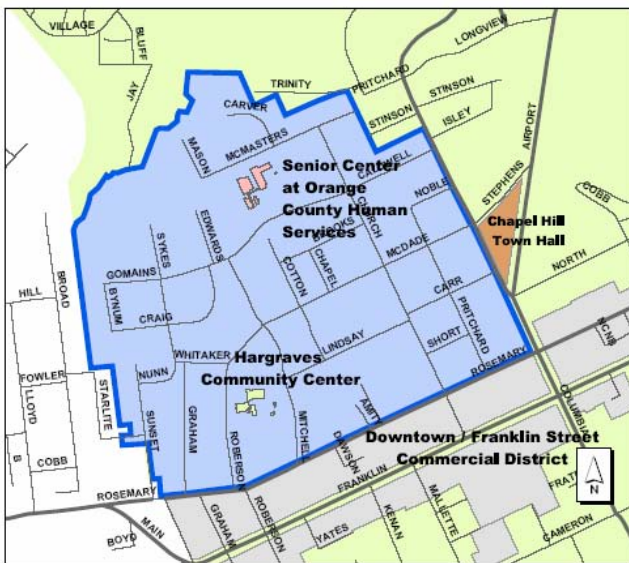
A big factor that prevents individuals from getting more exercise is the lack of time and convenience. The quality of the physical environment (i.e. sidewalks, crosswalks, transportation systems, etc.) can influence the choices people make and their behaviors. Many communities are designed to accommodate auto traffic rather than pedestrian and bicycle travel, making it difficult for individuals to be more active. To create a community that encourages physical activity, a combination of features must be considered. Communities with open green spaces and various types of destinations close to each other make it easier to incorporate activity into a daily routine. In addition, a network of transportation systems that includes sidewalks, bike paths, safe intersections, crosswalks, and public transportation must exist in order to provide people with alternatives to driving that are safe and convenient.

As part of the Active Living by Design initiative, the Town of Chapel Hill developed the Go! Chapel Hill project. The project's overall goal is to enhance opportunities for and remove barriers to physical activity throughout the Town of Chapel Hill. An assessment of the Northside community was conducted as part of the Go! Chapel Hill project to gauge the walkability and bikeability of the neighborhood. This report is a qualitative study of the Northside neighborhood that looks at the quality of the physical environment and how it affects mobility. Three types of data were collected for this report: 1) assessment of the physical environment, 2) key informant interviews, surveys, and questionnaires, and 3) review of existing reports and recommendations. In combining the information from these sources, this report attempts to capture an inclusive picture of barriers and promoters of physical activity within the Northside neighborhood. This report is also intended to facilitate the development of promotional and educational programs for the area.

III. The Neighborhood

The Northside community is one of Chapel Hill's longstanding African American neighborhoods, located adjacent to the downtown Chapel Hill area and Carrboro. In January 2004, the Town Council designated the neighborhood as a Neighborhood Conservation District. The designation works to encourage and strengthen civic pride in the community, in addition to protecting the unique and distinctive older in-town residential neighborhoods or commercial districts that contribute significantly to the overall character and identity of Chapel Hill. The Northside neighborhood was particularly susceptible to changes due to growth pressure from the downtown district and the University of North Carolina. Traditionally, purchase and retail costs of housing in this area have been less expensive than in other areas in Chapel Hill, which has made it appealing to students and investors. In creating the Northside Neighborhood Conservation District, the Town has adopted safeguards to protect and strengthen desirable and unique features of the neighborhood, promote and retain affordable housing and reduce conflict by promoting compatible new development.

Map 1: Northside Neighborhood



0 250 500 750 1,000 Feet

Legend

- Streets
- Northside Neighborhood
- Chapel Hill Town Limits

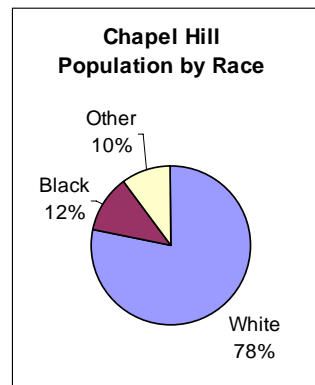
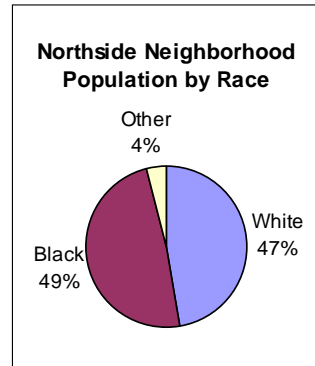


October 23, 2004

Northside is primarily residential, consisting mainly of small, single family homes. There are also three public housing units and two apartment complexes within the neighborhood. According to the 2000 census, 24% of the housing in Northside is owner occupied and 76% is renter occupied (the large number of renters is attributed to the public housing and apartment units within the neighborhood, as well as the large number of college students living in the East side of the neighborhood). Appendix A illustrates the distribution of owner-occupied, renter-occupied, and vacant housing by census block in the Northside neighborhood.

Rosemary Street marks the southern periphery of the neighborhood and is location of the only retail activity in the Northside area. This corridor offers residents a variety of retail stores for shopping and running errands close to the neighborhood. Rosemary Street, which runs parallel to Franklin Street, also provides access to both downtown Chapel Hill and Carrboro. Construction of a new mixed-use complex will soon begin on the corner of Rosemary and Mitchell, which will bring more housing and retail space to the Neighborhood. There are also several service organizations located within the neighborhood, including Hargraves Center, the Orange County Human Services complex, and four churches.

According to the 2000 census, the population of Northside is approximately 1,632 people, comprised of 47 % white, 49.1 black, and 3.9 % other races. Of the total population, 36.7% of the residents reported incomes below the poverty line. This contrasts dramatically to the Town of Chapel Hill as a whole, where the racial composition is 78.2 % whites, 11.6 % blacks, and 10.2% other races, and where 21.6% of population is below the poverty level.



III. Lifestyle & Behaviors

Lifestyles and behaviors contribute significantly to health and are thought to account for many of the causes of preventable diseases such as heart disease, cancer, and stroke. To gain insights into the lifestyles and behaviors that affect the health of Northside residents, key informant interviews were conducted with community leaders, businesses in the community, and pastors at local churches. Additionally, input was gathered from community members through meetings, health fairs, and the neighborhood walk day.

Data regarding lifestyles and behaviors of residents were collected through two methods. First, a short four-question survey was created that inquired about exercise habits and reasons behind these habits. Questions addressed how much physical activity residents get each week, what kind of physical activity they do, why they exercise, and how important physical activity is in their lives. See Appendix B for the complete survey.

The survey was first used in March at Hargraves during a community health fair. As residents stopped by the booth, they were asked to fill out a physical activity survey and contact information. Additionally, the survey was made available at the Northside Community Watch meetings held the second Tuesday of every month. During the meetings, residents filled out the physical activity survey and were

encouraged to participate in the Community Walk where they could further express their ideas about barriers to physical activity. The meetings also provided NC Prevention Partners with the opportunity to meet residents, learn about their concerns, talk with residents about the Mobility Project and explain ways to participate.

The survey provided a snapshot of the physical activity behaviors of Northside residents who participated in the survey. From this convenience sample, 51 % reported being physically active for 120 minutes a week or 30 minutes four days a week, and 28% of residents reported getting 180 minutes of exercise a week; 76 % reported being physically active because it is important to their health; while 16 % reported being physically active because it was fun and enjoyable. Although the survey results illustrate that residents are active, the sample may not be representative of the entire community.

The second method used to collect data on lifestyle and behaviors was a walkability and bikability questionnaire. The questionnaire was designed to ask residents about the routes they take, the purpose of their travels, and the barriers to physical activity. See Appendix C for the complete questionnaire. The questionnaire was distributed at the Community Walk Day.

Results from the questionnaire showed that of those who reported walking, biking or taking the bus on a regular basis, 28 % did so for exercise, 43% did so for school or work, and 28% did so for errands or entertainment purposes.

Residents gave the following responses at the Community Walk Day:

“What makes physical activity important to you?”

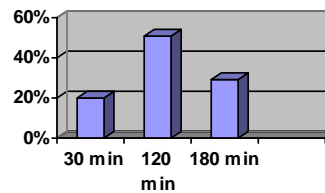
- Health
- Aging well
- Weight control
- Stress relief
- FUN!
- Feeling better

“What are barriers to physical activity?”

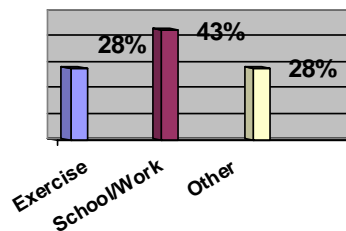
The top three responses were:

- Time
- Need more sidewalks
- People loitering in streets

Reported Exercise Per Week



Reasons for Walking, Biking, or Taking the Bus



IV. Neighborhood Walkability & Bikability

1. Physical Assessment of the Northside Neighborhood (using audit instrument)

The audit instrument (Appendix D) used to survey the Northside neighborhood was adapted from James Emery’s Bicycle and Pedestrian Suitability Assessment Form. Questions from James Emery’s tool regarding connectivity, safety, and cleanliness were reformatted into qualitative questions to keep question type consistent for analysis. The final audit instrument consisted of 21 questions. Questions 1-3 collected information on the environment (road size, traffic speed), questions 4-10 addressed path type and condition, questions 11-15 assessed quality and

safety of environment, and questions 16-17 assessed the connectivity of paths to other sidewalks and transit facilities. The final four questions that were added to the end of the audit tool aimed to identify specific problem areas that could be flagged as needing specific improvements.

An NC Prevention Partners program assistant and an NC Prevention Partners intern, who was also part of the planning class that analyzed the Timberlyne area, jointly assessed the physical environment of the neighborhood. Northside's assessment followed guidelines similar to those used by the planning class to maintain consistency between the assessment of the Northside area and Timberlyne area (i.e. standards for adequate lighting, cleanliness, posted signs, etc. were rated using the same method). The two NC Prevention Partners staff walked the neighborhood assessing each street. Streets were broken down into 600-foot segments unless otherwise defined by a natural break in the road. In total, data from fifty-five segments were collected and analyzed. Three of the segments were pedestrian paths, the rest were city streets.

Questions were scored using a pre-assigned scoring system.

Question 1 was omitted from analysis because the Town does not collect average daily traffic for this area. Questions 2-17 were scored on a scale from 0-5 (or as high as necessary, depending on the number of choices), with 0 being most suitable for pedestrian and bicycle use, and 5 being the least suitable. Questions 17-21 were recorded in an excel database as specific problem areas and were not part of the analysis. Segments with a lower score overall, are the most suitable sidewalks or paths for pedestrian and bicycle use. As the score increases, the segments are less conducive to pedestrian and bicycle traffic. Appendix E presents the pedestrian and bicycle ratings by segment.

Results from the Physical Assessment

Results from the assessment of the physical environment indicate that the neighborhood lacks a network of sidewalks, paths, and bike paths for pedestrian use. For the purposes of this assessment, a "sidewalk" was defined as a paved walkway, and a "path" was defined as a walkway made of dirt, gravel or other material. The majority of streets within the neighborhood do not have sidewalks. Streets that do have sidewalks, such as Rosemary, Columbia, Church, Caldwell and Mitchell, are main access streets frequently traveled by both pedestrians and automobile traffic. Sidewalks are also in place along most of the bus routes and around Hargraves Center, the Orange County Human Services complex and businesses located along Rosemary Street. The network of sidewalks currently in place allows residents to walk relatively safely along the main streets; however, some existing sidewalks need repairs to ensure pedestrian safety. The smaller neighborhood streets, on the other hand, do not have sidewalks connecting to the major streets, a condition which forces residents to walk along the roadsides. Although the smaller streets are not as busy as the main roads, it is still challenging for pedestrians and bikers to navigate around parked and moving cars, and it can be especially difficult for children and those with disabilities.

Overall cleanliness of the neighborhood was good. Besides a few houses with garbage on the lawn, the neighborhood was clean and well kept. Light provisions appeared to be adequate, with light posts at regular intervals along all many streets. As the assessment was completed during the day, lighting was measured by presence of light



Church & Caldwell Street
Trash and uneven sidewalk at
driveway entrances.

poles, not by the observing the amount of actual light produced. The observations of adequate lighting contradicted with the input provided by residents on the survey, as one of their primary complaints was the need for better lighting in certain areas. Resident recommendations are explained further in the subsequent section.

Specific Problems Identified

Table 1: Repairs Needed to Existing Sidewalks

STREET	PROBLEM	RECOMMENDATION
Rosemary Street between Columbia & Pritchard	Sidewalk broken, uneven surface	Complete this section of sidewalk
Rosemary Street by Pritchard	Trees blocking path	Cut back trees for easier passage
Rosemary Street & Mitchell	Broken sidewalk	Repair sidewalk
Church Street	1. Wood/ Landscaping pushed onto sidewalk by Chancellor Square Apartments	Repair landscaping
	2. Uneven sidewalk at driveways entrances	Improve sidewalk to make it even along entirety of Church Street
Rosemary Street & Employee Parking Lot	Uneven sidewalk and trash can in walk way	Repave sidewalk, move trash can
Caldwell Street Between Church and Mitchell	Vegetation overgrowth onto sidewalk	Cut back vegetation

Table 2: Incomplete Sidewalks

STREET	PROBLEM	RECOMMENDATION
All of Rosemary Street	Portions of incomplete sidewalk	Need complete sidewalk on both sides
1. Rosemary & Church Street	Partial sidewalk on North side of street in front of restaurant.	Complete section of sidewalk
2. Rosemary & Mitchell Street	No sidewalk in front of Tate Realty	Complete section of sidewalk
3. Rosemary & Roberson to Graham Street	No sidewalk along South side	Complete section of sidewalk
Caldwell Street	Partial Sidewalk	
1. Between Columbia & Church Street	No sidewalk	Need sidewalk
2. Between Craig & Bynum Street	No sidewalk	Need sidewalk

For this assessment, automobile speed was based on perception, rather than actual measurement; however, excessive speed is thought to be a potential barrier to walking and biking within the neighborhood, so a list of streets where traffic speed was observed as problematic is included below. . For a comprehensive evaluation of automobile speed, NCPP recommends that the Chapel Hill Police Department perform a comprehensive assessment to evaluate traffic speed in the neighborhood and identify methods to reduce speeds if applicable.

Table 3: Areas Where Traffic Speed Might be a Problem

STREET	PRESENCE OF A SIDEWALK: YES , NO OR PARTIAL
Rosemary	Partial
Columbia	Yes
Pritchard	No
Church	Yes
Mitchell	Yes
Roberson	Yes
Graham	No
Sykes	No
Lindsay	No

2. Resident and Community Input

Results from the physical assessment provided a general view of which areas needed improvement; however, as most streets within the neighborhood scored low on walkability and bikability, it was necessary to determine which areas of improvement were priorities for the residents, as well as identifying other barriers to mobility beyond the physical environment.

Resident participation in identifying barriers to physical activity within the neighborhood was deemed essential for this report and on May 15th NC Prevention Partners held a Community Walk at Hargraves Community Center. Twenty-three residents along with Nate Davis, Director of Hargraves, and Sergeant Leo Vereen, from the Chapel Hill Police Department, participated in the event. The Walk event consisted of a brief presentation explaining the health and mobility project and the purpose of the walk; completion of Bikeability & Walkability questionnaires, which included questions about specific routes and barriers to mobility; and a group walk through the neighborhood utilizing three groups assigned to specific section of the neighborhood. During the walk, residents were asked to identify barriers to mobility as well as positive aspects of the community. After the three groups completed their walks, everyone reconvened to have lunch, which was graciously provided by Mama Dip’s. During lunch, the group collectively identified the highest priority issues for the neighborhood. Data from the Community Walk and the questionnaires provided detailed information to supplement findings from the physical assessment completed by NC Prevention Partners.



Community Walk Day, Participants enjoying lunch

Results from the Community Walk Day Discussion

POSITIVE COMMENTS

Residents reported numerous positive attributes that make the Northside neighborhood a great community. Commonly reported perceptions were that the neighborhood offers numerous opportunities for physical activity, has beautiful trees and houses that contribute to the appeal of the area, is clean and well kept, and is conveniently located next to downtown Chapel Hill, Carrboro, and the University of Chapel Hill. Residents also spoke positively of the numerous parks, creeks and open space that they enjoy.



Pritchard Street, Beautiful trees and shaded areas.

NEGATIVE COMMENTS

Inadequate lighting and the need for repairs to existing sidewalks and/or the lack of sidewalks were two of the most common problems identified by the residents during the Community Walk. (See Appendix F for specific areas.) Many residents also complained of fast-moving traffic along Church, Lindsay, and Roberson Street. Residents who live on the east side of the neighborhood complained of tension between college students and residents caused by a perception that students are noisy and leave trash in their yards; specifically along Church, Lindsay, and Cotton Street. In the west side of the neighborhood, residents expressed concern about people loitering in the streets and drug dealing. Appendix F lists a complete summary of concerns and recommendations given at the Community Walk.

V. Identifying Priorities

Using data from both the physical assessment and the Community Walk, a comprehensive list of recommendations to improve mobility in the neighborhood was created. This section identifies the top three areas of concern, which includes improved lighting, crosswalk and sidewalk improvements, and public safety. A discussion on each area is provided below. Additionally, Map 2 on page 13 shows the location of the recommended improvements.

1. Improved Lighting

Although there seems to be plenty of streetlights in the neighborhood, residents reported feeling unsafe in certain areas at night. Residents reported that, although there appears to be an adequate number of light posts in the neighborhood, the amount of light emitted is not sufficient and large areas are left dark, particularly in areas where there are no houses. There was concern however that additional lighting may lead to light pollution. The recommendation suggested by residents' is to use a different type of light which would emit more light onto the street and cover a broader area, reducing the dark areas between light poles, while at the same time reducing the amount of light that shines directly into the houses. Residents also suggested that vegetation around light poles be cut back to allow light to shine down onto the street. Resident sentiment was that improved lighting could deter loitering and increase nighttime visibility, thus making the area safer and encouraging more activity. A summary of the recommended improvements to address inadequate lighting concerns is provided in the table below.

- Recommended Improvement: Different type of lighting and additional lights in dark areas.

Table 4: Areas That Need Improved Lighting

STREET	REASONING
Rosemary Street	All of Rosemary should be kept well lit.
Sykes Street	Area needs more lighting because many people walk along street and area is a target of drug dealers
Whitaker Street	Area needs more lighting because many people walk along street and area is a target of drug dealers
Sunset Drive	Sunset Drive & Starlight is a high crime area.
Lindsay Street	Corner of Mitchell and Lindsay Street is dark

2. Crosswalks & Sidewalks

Making repairs to exiting sidewalks and installing additional sidewalks in the areas identified below will improve the infrastructure and connectivity of the exiting network of sidewalks and crosswalks in the neighborhood. An improved network of sidewalks and crosswalks will make it safer and more convenient to travel within the neighborhood and to destination close by, thereby encouraging those residents who are already active to continue to be active and those who are not active to move more. A summary of the recommended improvements to address inadequate sidewalk and crosswalk concerns is provided in the table below.



Rosemary Street, Incomplete Sidewalk

Table 5: Suggested Crosswalks

INTERSECTION	REASON
Whitaker and N. Roberson	- Many kids cross at this intersection to and from Hargraves center and home. - Area can be dark at night and street
Rosemary and Roberson Street	- Existing intersection is poorly designed. - Many residents cross here when attending church and to access Franklin Street.

- *Crosswalk at intersection of Whitaker and N. Roberson*

Residents identified the intersection of Whitaker and N. Roberson Street as a safety concern because most of the children in the neighborhood live on the west side of the neighborhood and have to cross Roberson Street to get to and from Hargraves Center. Roberson Street is a busy street and automobile speed was observed as being excessive, which creates an unsafe environment for children to cross the street coming to and from the Hargraves Center. This unsafe environment is exasperated during the winter months, when it is twilight by the time children are leaving Hargraves Center.

Table 6: Recommendations for Additional Sidewalks

Whitaker Street	Need sidewalk on one side of street, many kids use this street to get to Hargraves; parents are concerned for their safety.
Sykes Street	Need sidewalk along east side of road. Residents concerned about people selling drugs in this area.
Rosemary Street	Need sidewalks on both sides of street. High levels of pedestrian and vehicular traffic.
Sunset Drive	Room for sidewalk along east side of road. Residents concerned about people hanging out and selling drugs. They feel that adding a sidewalk and more lighting would deter drug activity.

• *Sidewalks*

Previous surveys of the Northside community have identified a lack of sidewalk connections to Hargraves Center as a serious barrier, particularly for children in the community. Findings from our assessments support the need to improve connectivity to Hargraves Center. There are sidewalks immediately around the Center but there are no sidewalks connecting to it from within the neighborhood.

Table 6: Recommendations for Improvements to Existing Sidewalks

Church Street	Uneven sidewalks need leveled at driveway and street entrances
Rosemary Street	<ol style="list-style-type: none"> 1. Fix broken sidewalk between Columbia & Pritchard 2. Complete sidewalk on both sides of Rosemary: <ul style="list-style-type: none"> • Parts are missing along the North side of street between Columbia & Pritchard, next to Church Street, and in front of Tate Realty. • Parts are missing along the South side between N. Roberson and Sunset Drive.
Caldwell Street	Cut back vegetation growing over sidewalks from ground and trees

3. Public Safety

Residents perceive issues related to loitering, drug dealing, and the presence of abandoned houses in the community. If residents do not feel safe, whether it is a perceived or actual danger, they are less likely to be active. Addressing these public safety issues can help residents feel more secure, thus increasing physical activity.

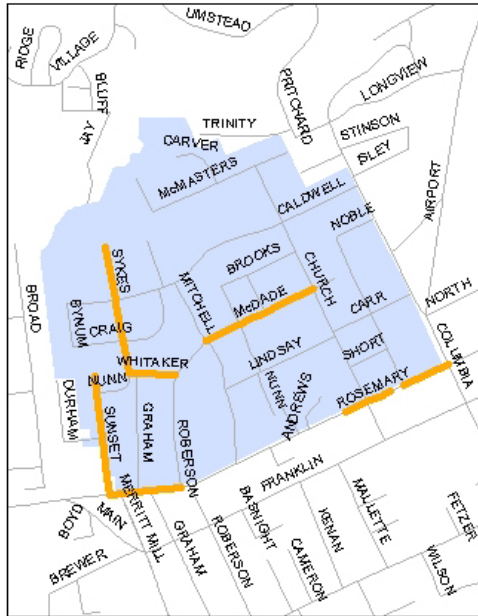
In describing Nunn Alley, the pedestrian path adjacent to Breadman’s, a woman recalled: “As a woman walking alone through the path with high fencing on both sides, and a man walking towards me, I felt trapped and was nervous.”

-- Comment by walker at Community Walk

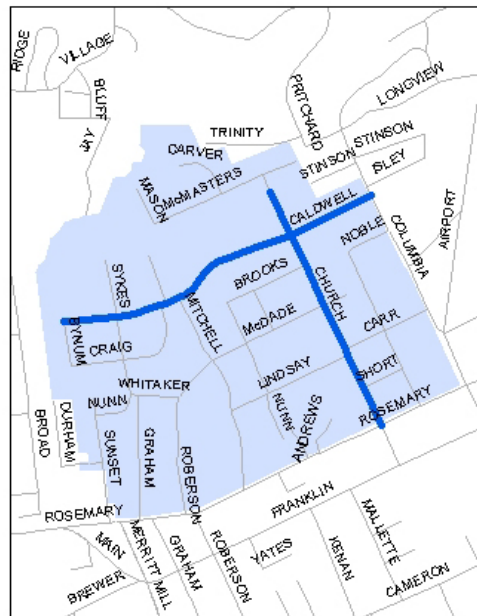
Table 7: Recommendations to Improve Public Safety

People loitering in streets	More police presence in west side of neighborhood.
Drug dealing	More police presence in west side of neighborhood.
Emergency call buttons needed	<ul style="list-style-type: none">• Nunn Alley• Corner of Sykes and Whitaker• Hargraves – After hours, no phone available for emergencies.
Abandoned Houses	Need to renovate & sell houses or board up properly

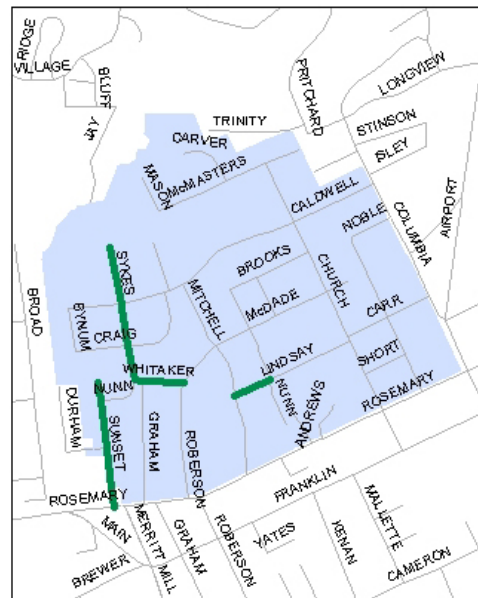
Map 2: Priority Improvements in Northside by Location



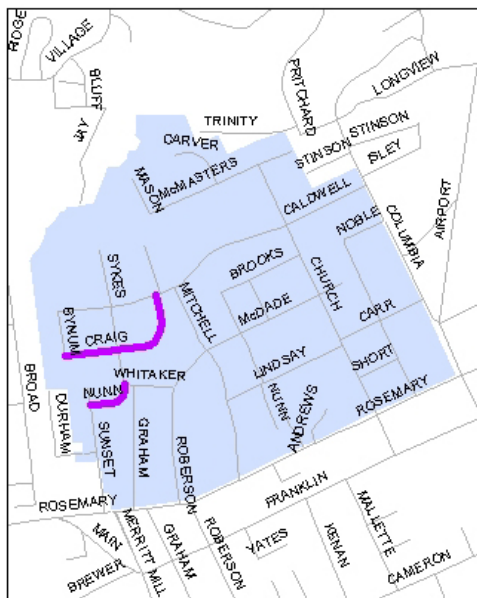
Streets that need additional sidewalks



Streets that need sidewalk improvements



Streets that need lighting



Streets with abandoned houses on them

VI. Public Transportation

- In the 2002 census, Northside residents reported that 23.9 % of the residents walked or biked to school or work,
- 15.7% of the residents reported they did not have a car.

The introduction of fare-free busing in Chapel Hill/Carrboro in 2002 clearly reduced barriers to taking the bus, which is evident in the increased ridership in the Northside area and the rest of the Town. The interior of the Northside neighborhood is serviced solely by Chapel Hill Transit's "A" route. Since Chapel Hill Transit went fare-free on January 2, 2002, the "A" bus route has become one of the busiest routes, servicing 252,012 people a year. During the school year, the average ridership is 18,678 persons a month, dropping during summer with an average ridership of 9,193 persons per month. (These figures include the entire area serviced by the "A" bus, not just Northside, because figures are not broken down into smaller sections). Up to six buses run during the a.m. and p.m. peaks and two buses run during mid-day hours. Northside transit service begins with an "Express route" at 5:15 a.m. and then runs the regular route starting at 6:20 a.m. Northside service ends at 8:23 p.m.

Within the Northside neighborhood, the bus stops twice along Columbia, twice along Caldwell Street and once on Mitchell Lane before connecting back to Rosemary Street and heading towards UNC Hospitals. If the "A" route does not take passengers to their desired destination, they have the option of taking the "A" bus to a connecting route or they can walk to Rosemary Street where they can catch one of three additional routes. Together, the four routes provide Northside residents transportation to much of Carrboro, the University Mall area, and the University of North Carolina. Buses provide residents access to grocery stores, retail shops, entertainment venues and health care options.

Other bus routes that run by Northside neighborhood via Rosemary Street:

1. F – Runs by University Mall, Franklin Street, Carr Mill Mall, and Carrboro
2. J, JFX – Runs by Southern Village, UNC Hospital, Columbia Street, Carrboro, and Jones Ferry Road.
3. CW – Runs by UNC Hospitals, Columbia Street, out to Carrboro Plaza and the Park & Ride lot.

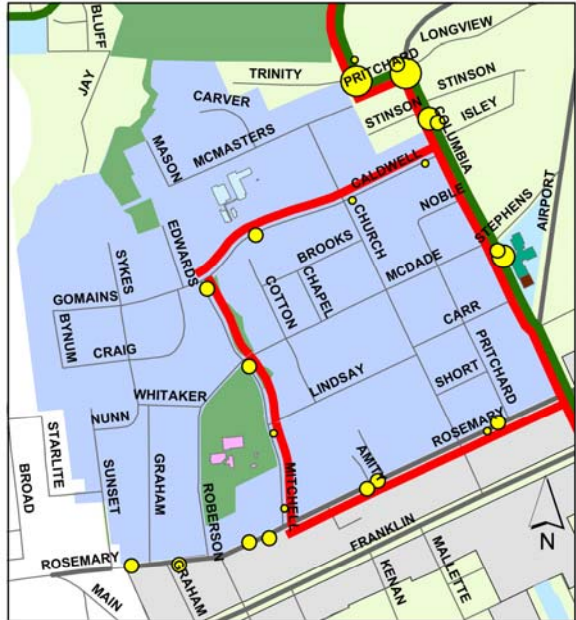
According to the Town transportation department, Northside residents do not have to walk more than a quarter of a mile to get to a bus stop. During our evaluation of the neighborhood, residents seemed pleased with the public transportation system and did not express the need for more stops.

- No recommendations, audit of the built environment and residents reported sufficient coverage.

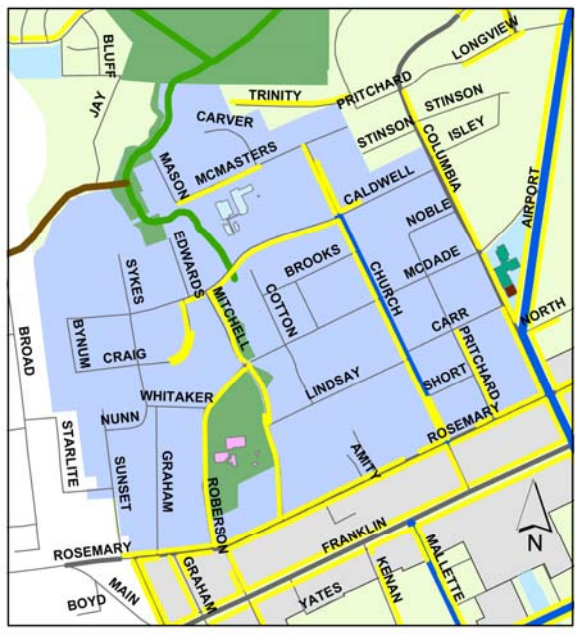
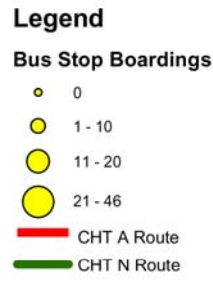


Bus stop at Caldwell and Church Street

Map 3: Bus ridership and routes



Bus Stops and Bus Routes in Northside



Sidewalks, Bike Paths, and Greenways in Northside



VII. Safety Concerns

“There is a perception of danger in the neighborhood. Not so much that any one has actually been harassed or hurt, but there is the perception that they will be.”

-- Comment by a Northside service provider during an interview

Safety issues are an important priority in the community. Northside residents have organized and have been speaking out on behalf of their community for many years. In 2001, the residents approached the Town and requested that the town address crime and public safety concerns in the Sykes Street area. Since then, the residents together with the Town and the police department have been working together to address safety problems. Several Town departments are involved in finding ways to improve the safety and security of the neighborhood. Since 2002, the Town and the police department have initiated a street lighting project to assess lighting in Northside neighborhood. Additional streetlights have since been added throughout the neighborhood as well as repairs to existing lights. The police department continues to conduct quarterly lighting checks and repairs. The Town also designated Northside a Neighborhood Conservation District in a further effort to preserve the character and integrity of the neighborhood.

“Police officers are not taking the time to stop and get to know the people in the neighborhood.”

-- Comment from resident during on questionnaire

Another way the police are working with the neighborhood is by trying to create a relationship with the community so that the residents can view them as an ongoing resource and not just someone to call when a crisis arises. At least one officer attends the Northside community meetings every month to give an update on arrests made in the neighborhood, to take notes of issues or problems, and to answer any questions the residents may have.

Crime

Table 8: Reported Crime Figures from the Chapel Hill Police Department

	Town				Northside			
	Actual Number		Per 1,000		Actual Number		Per 1,000	
	FY 02-03	FY 03-04	FY 02-03	FY 03-04	FY 02-03	FY 03-04	FY 02-03	FY 03-04
Homicide	1	0	.02	0	1	0	.80	0
Rape	3	11	.06	.23	0	1	0	.80
Robbery	59	75	1.21	1.54	7	6	5.65	4.82
Aggravated Assault	88	76	1.81	1.56	4	7	3.23	5.63
Total Personal Crimes	151	162	3.10	3.32	12	14	9.68	11.25
Burglary	326	418	6.69	8.57	29	30	23.39	24.92
Larceny	1,412	1,203	28.96	24.68	33	28	26.61	22.51
Motor Vehicle Theft	91	55	1.87	1.13	4	0	3.23	0
Total Property Crimes	1,829	1,676	37.52	34.38	66	58	53.23	47.43
Total	1,980	1,838	40.62	37.70	78	72	62.90	58.68
Drug Charges	265	272	5.44	5.58	68	72	54.84	58.68

- Data provided by the Chapel Hill Police Department

Of the total number of crimes reported town-wide, 1,838, only 4% (72 in 03-04) were committed in the Northside neighborhood. However, when the number of crimes is compared per capita, Northside rates are higher than the rest of the Town, 58.68 compared to 37.70. Map 4 shows the location of crimes by location.

- Recommended Improvement: Increase police presence.

Drugs

The table above shows that, in 2003-04, 29% of all drug charges in Chapel Hill were reported in the Northside area. During this period, drug activity in Northside was 54.84 incidents per capita, almost ten times the rate of Chapel Hill as a whole, which was 5.44 incidents per capita. Map 4 shows locations of drug related charges made in the neighborhood during this period.

The police have taken various approaches to limit drug activity, but the problem is hard to eliminate. Currently, four officers patrol the Northside area during the day and six at night, along with five narcotics officers who patrol the whole city. Officers work in two person teams in the downtown area and respond to calls in Northside if needed. The police have increased their presence within the neighborhood and are keeping records of reported drug charges, and offenders. Police created a database to track drug dealers and their locations, and then set up patrols during key dealing times. However, once police patrolling increases, dealers often switch times and locations for selling drugs, thus

requiring police to constantly change strategies. For a short time, the Chapel Hill Police Department was a recipient of a grant from a national community policing initiative and created a police sub-station on Graham and Rosemary Street. The sub-station helped decrease drug activity because police were constantly in the area. Once funding ended, however, the sub-station closed, and drug activity in the area returned to previous levels. Another challenge the police face is that drug dealers know who the officers are, they listen to police calls, and have learned how to avoid being identified. The Town and police are working to decrease drug and crime problems in the area but it is a slow process.

- Recommended Improvement: Increase police presence.

Loitering

“Men say bad things and are loud; [they] harass you as you walk by. Police will talk to them and they don’t move.”

-- Comment by resident at Community Walk Day

Loitering in the streets is a common problem through much of Northside, but particularly in the west end. As you walk or drive down the streets, you will see groups of 2-6 people, mainly men, standing on the sidewalks and in the streets. According to police, it is more of a perception of fear, than any real threat. However, residents repeatedly brought up this issue during discussion. When asked about how it made them feel, residents expressed annoyance more than fear. Residents feel more police presence in the community would reduce the problem and make them feel more comfortable walking in around the neighborhood. A reduction in loitering will make it easier for police to spot suspicious activity such as drug dealing, reducing the opportunity and convenience for dealers to do sell drugs.

- Recommended Improvement: Increase police presence.

“West of Hargraves, there are a bunch of men loitering around. I just don’t feel safe, not that I think they are going to hurt me, but I don’t even want them saying comments to me.”

- Comment by resident at Community Walk Day

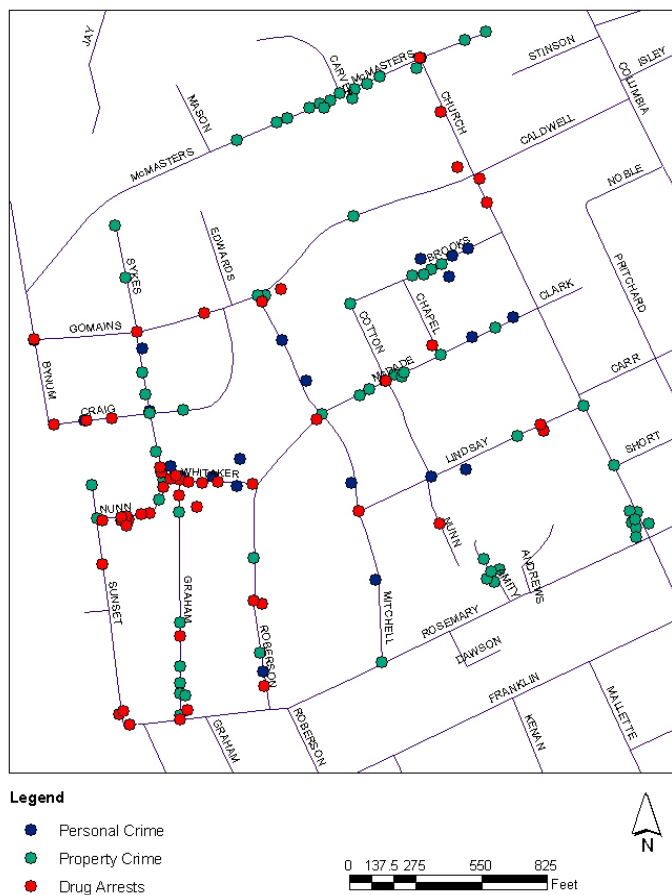
Abandoned Houses

The residents presented concerns about abandoned houses during the Community Walk and at the Neighborhood Watch meetings. They are worried about houses that are unlocked or are improperly secured, which allows homeless people and drug dealers to get inside and use the houses for shelter, bathrooms, and for drug deals. Two areas that concerned residents most were the abandoned house by Nunn Alley and along Craig Street, where there are four empty houses in a row. Both areas have a high number of loiterers who reportedly are loud and cause disturbances.

When the issue came up at the community meetings, the police explained that it is the responsibility of the individual property owners to secure the houses. The Town can only make calls to property owners asking them to take care of the problem and ask the police to patrol the areas for suspicious activity. The Town of Chapel Hill and Orange County Land & Trust are also working with EmPOWERment to improve housing conditions in the neighborhood. EmPOWERment offers programs to help restore homes and sell them at an affordable rate, often to first time, low-income buyers. Increasing home ownership in the neighborhood may create additional stability in the community, which would lessen safety concerns and strengthen the viability of the neighborhood, thus making it safer and more enjoyable to be active.

- Recommended Improvement: Renovate or secure houses.

Map 4: Crimes committed in Northside in 2003-2004 by Type of Crime



VIII. Recreational Opportunities

The neighborhood offers numerous recreational opportunities for residents of all ages. In addition to Hargraves Community Center, there are three playgrounds (two next to public housing on Gomains and Sykes Street, and one on Bynum Street) and multiple open green spaces for residents to enjoy. The location of the neighborhood also offers easy access to Umstead Park.

“Hargraves Center and the staff have strong ties to the neighborhood.”

-- Comment by service raider during interview

Hargraves Center

Hargraves serves the entire Chapel Hill community and offers a variety of educational, recreational, and athletic programs. Facilities include a computer lab, gymnasium, swimming pool, athletic fields/courts, meeting spaces, and picnic areas. Many groups utilize Hargraves for meetings and community events because of its location and connections with the neighborhood. Operating hours are Monday-Friday 10am-9 pm, Saturday 10am-10 pm, and Sunday 1pm- 9 pm. Staff at the center are well liked and respected by those in the community and the center is considered an asset by community members.

Quarterly participation data shows that approximately 4,100 individuals used the facility during the last quarter of 2003. This figure includes all visitors to Hargraves, not just those in the Northside community. Hargraves offers programs for all age groups. Activities with the highest participation rates are the afterschool and summer school programs and outdoor swimming. Senior field trips and senior dances have the highest participation rates for senior citizens. Other activities offered at the center include athletic leagues, open-play in the gym, arts and crafts, cooking classes and special events. Information about important issues and program offerings at Hargraves can be acquired through a newsletter distributed bimonthly. The newsletter is available at several locations in Town: Hargraves Center, Town Hall, local churches, public housing, public libraries and the Parks and Recreation Department.

During interviews with Hargraves staff and others in the community, it was noted that residents in the community are not taking full advantage of the resources that Hargraves offers. Some residents suggested that this is a perception issue. “Hargraves used to be used primarily by Northside residents, now more people from other areas of Orange County are using it and it’s not as much for the neighborhood anymore,” says Nate Davis. Other reasons given as to why residents are not using Hargraves were: people being uninterested, lack of awareness as to what programs are offered and when, and residents’ complaints about having to pay fees. These residents may be unaware that Hargraves reduces or waives fees based on income level to increase access to their programs. About 90% of those who participate in Hargraves programs receive discounted fees.



Hargraves Recreational Center in Northside

- **Recommended Improvements:** Raise awareness of existing recreational programs in the area and sliding fee scale

Northside Senior Citizens Center

An additional resource for seniors in the community is the Northside Senior Citizens Center. The center is located inside the Orange County Human Service building on Caldwell Street and is open from 8:30-5:00 pm daily with lunch provided at 11:30. On average 45 people use the facility daily, six of whom are Northside residents.

The center provides a place for seniors to visit with friends, have lunch, and participate in a variety of activities from arts and crafts, to cards and exercise classes. Exercise class options include a chair exercise class and a walking club. Chair exercises and the walking groups are both held on Tuesday and Thursday of each week. The walking club meets at different times and places depending on weather. During the fall and spring, the group walks around the neighborhood (down Caldwell St, right onto Church, right on McDade Street, right onto Mitchell Street, back up to Caldwell. Depending upon the group, occasionally they will walk up to Hargraves, take a break and walk back down). During the winter and summer months they walk inside the Hargraves gymnasium. The locations and times of the walk are always posted in advance on the center's bulletin board. The average walking group is 8-10 people. The chair exercise class is held at the center and class size varies. One problem brought to our attention by center advisors is the need to remove trash and dog feces from the field next to the center before activities. This affects the use of the field for activities and is a constant problem.

In addition to the activities held at the center, seniors can participate in the Senior Games, which are held every spring. Individuals compete for awards in their own gender and age category within five-year increments. Close to 60 events are offered, both individual and team sports. This year seven seniors from the Northside Senior Center participated in the games. The senior center is also involved in a statewide program called Senior Pacers. The program encourages seniors to "exercise and eat right." Each participant keeps track of their activity and receives points to exchange for prizes.

- **Recommendation:** Collaborate with Senior Citizens Center to ensure that older residents have opportunities to engage in activities.

Playgrounds

"There is a lack of programming. The neighborhood needs more structured programs to get kids and adults out. They don't use facilities that do exist, such as tot-playgrounds."

-- Comment by service provider during interview

Three playground and tot-lots are located in the neighborhood along with several open green spaces. Tot-lots are available for younger children to use with parents or older children supervising younger ones. However, these facilities are seldom used. An explanation is that few young children live by the playgrounds and those that do may use the Hargraves Center instead. Residents recommended implementing programming into the area to draw residents to these available resources.

- Recommendation: Implement programming into the area to draw residents to available resources.



Tot-lot by Sykes Street and Gomains

IX. Schools

Children in the Northside area, by virtue of their location, are jockeyed back and forth between schools. As they are the largest African American population in the area, they are bused to different schools different years to balance school diversity. During the 2003-2004 school year, elementary students were bused to Rashkis Elementary in Meadowmont, middle school students attended Culbreth, and high school students attended East Chapel Hill.

“[Students] have adjusted well. A principle or teacher has moved with them. This allows them to have some stability and helps them adjust smoothly.”

-- Comment by Northside service provider

Elementary students arrive at school 15-30 minutes before the start of the school day. During this time, they can eat breakfast, go to sit-and-learn, or go outside for supervised play. At the end of the day, students have 10 minutes between when the bell rings and when the bus leaves giving them just enough time to board the bus before it departs. Middle and high school students arrive 15-30 minutes before the bell and are free to talk with friends or go to their lockers. Their buses leave about 20 minutes after the bell, giving them a few more minutes to go their lockers and talk to friends before leaving. Students’ schedules leave them little time before and during school for activity. Therefore, the most commonly available time slot for activity is after school.

Afterschool Programs

Hargraves

Hargraves Community Center, in cooperation with Chapel Hill Carrboro Schools and St. Paul’s AME Church, offers an afterschool program for all kindergarten through fifth grade children in the Chapel Hill Carrboro School District. The program runs Monday –Friday 2:30-5:30. After school, the bus drops children off at Hargraves center and parents are required to pick their children up or they can walk home if they live in the neighborhood. The after school program consists of academic intervention, homework assistance, and enrichment/leisure activities. The cost of enrollment is \$130 for residents and \$156 for non-

residents per session (there are 4 sessions a year). Tuition assistance is available based on need.

Fifty-seven children attended the afterschool program for the last quarter, although few were Northside residents. Most children in the Northside community do not attend the after school program at Hargraves, most return home after school. Observations show that although children are not typically part of formal after school program, students of all ages go to Hargraves to hang out.

- **Recommended Improvements:** Increase awareness of the afterschool programs that are offered and the sliding fee scale.

Schools

Afterschool programs are also held at each elementary school from 2:30-6:00 pm and are open to all students. Afterschool programs are convenient for parents because the children stay at school after school ends. Parents pick their children up at 6 pm. All afterschool programs follow the same curriculum that incorporates a variety of activities from games, arts, sciences, cooking, music, physical activity, and more. Cost of enrollment in the after school program is \$175 per month. However, tuition assistance is available and can be obtained through the schools themselves. To qualify, parents must show need and must be working during school and afterschool hours. The Department of Social Services and Child Care Services also distributes vouchers based on need.

Schools only have a record of the total number of children attending the after school program, it is not broken down by neighborhood.

X. Sources of Community Action / Incentives to Diminish Conflict

Northside residents have long taken pride in the strength and character of the neighborhood and the residents who form the community. Groups have come together to support and show admiration for their neighborhood as well as keep the traditions of the neighborhood alive.

“Residents have to take a stand and take back the neighborhood!”

- Comment by Northside service provider during interview

Northside Community Watch:

Northside neighborhood has established a Community Watch group that meets the second Tuesday of every month. All residents in the community are welcome and encouraged to attend. Each meeting, a member of the Chapel Hill Police Department attends to answer questions from residents. A guest speaker is also invited to present information on a topic relevant to issues in the Northside community. The meetings are designed for residents to address concerns within the

community and find solutions. The group is an important element in strengthening the community

Sykes Street Steering Committee:

Residents of the Sykes Street area, EmPOWERment Inc., Orange Community Housing and Land Trust, and students from the University of North Carolina Department of City and Regional Planning met to discuss issues facing the neighborhood. Two initiatives started by the committee were an annual walk in remembrance of Frances Hargraves and the Northside Conservation District.

1. Frances Hargraves Walk

Frances Hargraves, who passed away in 2002, was known throughout the community for her love and support of the Northside neighborhood along with her dedication to promoting physical fitness. Mrs. Hargraves was an avid walker and excelled in the senior games. Her athletic ability brought her recognition when she was asked to carry the Olympic Torch through Chapel Hill for the 2000 Olympic Games. Northside residents wished to honor Mrs. Hargraves by initiating an annual walk in her name. The walk will also remind residents of the value and beauty of the community and its residents.

2. Northside Conservation District Advisory Committee (no longer exists)

A committee was formed of residents, Town advisors, and the University of North Carolina's planning department in response to requests from the residents to help preserve their community from changes taking place in the neighborhood as well as the encroachment of the surrounding area. The committee approached the Town council with their concerns, and the Town responded by designating the neighborhood a Conservation District in January 2003.

EmPOWERment:

Since the establishment of EmPOWERment in 1996, the organization has been helping working class families in Chapel Hill and Carrboro control their own destinies by building stronger neighborhoods. Programs offered through EmPOWERment work to:

- Increase affordable housing and preserve local neighborhoods for families
- Combat drug dealing, preserve the community, and strengthen neighborhood associations
- Promote entrepreneurship by providing affordable office space, supporting business development, and offering the use of their equipment and facilities to small business owners.

EmPOWERment has become a major influence in the Northside community by organizing residents and encouraging them to be involved in their community. EmPOWERment has been involved with various initiatives throughout the community including The Midway Business Center, the Northside Conservation District Committee, Neighborhood Watch Meetings, and the establishment of affordable housing and new home ownership within the neighborhood. EmPOWERment also

sponsors an annual Neighborhood Night Out every fall to bring together residents and students to encourage them to get to know one another, build relationships and respect for each other.

“EmPOWERment helped bring a unified voice to the community.”

-- Comment by Northside community informant

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XI. Communication Channels

Getting information out to the community has been a challenge for all groups working with and inside the Northside neighborhood. Below is a list of the communication channels compiled after talking with service providers, Town officials, and residents, as well as from our own experiences working in the neighborhood. These communication channels should be used in further efforts to promote the Chapel Hill Mobility project and other initiatives to the community that can help residents become more active.

Effective Communication Channels

1. Door-to-door flyers (per Delores Bailey Co-Director of EmPOWERment, the residents, public housing, and experience with this project)
2. Posting information at Hargraves & Public Housing
3. Local churches
4. Northside Neighborhood Watch meetings
5. Quarterly Northside newsletter produced by EmPOWERment – delivered door-to-door
6. Seniors – Senior Citizen Center at the Human Service Center
7. Hargraves Kiosk (completed in October 2004)

Suggested Useful Communication Channels

1. Message boards at main access points into neighborhood
 - Town parking lot on Sunset and Rosemary
 - Roberson Street
 - Church Street
- Recommended Improvements: Help Northside create message boards as form of communication channel.

XII. Community Assets

Northside has many strengths and assets that make it a viable community. There are an abundance of resources within the neighborhood itself and the surrounding area that provide residents with opportunities for social and recreational activities. These community assets support and encourage change in the community and provide essential channels for communication. It is important that they be utilized to communicate the work of the Mobility Project, keep residents

informed about various changes within the community and to inform residents about opportunities to be more active.

1. Neighborhood Qualities

- The residents
- Family community
- Location to downtown Chapel Hill and Carrboro
- Beautiful houses and foliage
- Abundant green spaces

2. Great Recreational Resources

- Hargraves Center
- Playgrounds and three tot-lots
- Open green spaces
- Umstead Park
- Senior Center: Senior Games, walking clubs, exercise class
- France Hargraves Annual Walk
- National Night Out
- Family Fun Night

3. Strong Community Involvement and Leadership

- Sykes Street Steering Committee
- Northside Community Association
- Northside Community Watch meetings
- EmPOWERment
- Town of Chapel Hill

“Long-term residents who have a history of living in the neighborhood all their lives have a strong sense of community and stand up for the neighborhood.”

-- Comment by resident on questionnaire

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4. Good Public Transportation System

- Fare-free buses
- Adequate stops in and around Northside
- Provide residents access to grocery stores, retail shops, entertainment, health care options and more

5. Community Efforts to Reduce Drug Activity and Increase Security

- Development of Neighborhood Watch meetings
- Great relationship with police department
- Increased patrols and response by police
- Sub-station in neighborhood that appears to be underutilized
- Renovating houses
- Economic development
- Improved lighting

6. Churches: For community support and as a resource for communication

- St. Paul's

- First Baptist
- St. Joseph's
- Second Baptist

7. Businesses: For community support and as a resource for communication

- Mama Dip's
- Mid Way Businesses District and Center
- Breadman's
- Tate Realty

8. Location to Carrboro and downtown CH

“Viable community incredibly located in the Town of Chapel Hill”

-- Comment by resident and community service provider

XIII. Conclusion

It is increasingly apparent that an individual's health is linked to the social and physical environments in which they work and live. Improving infrastructure to create safe environments, while removing barriers to activity (e.g. poor lighting, safety concerns) it will help encourage individuals be more active. In turn, increasing the amount of activity people engage in can drastically lower obesity rates and the preventable diseases attributed to obesity.

An assessment of the Northside neighborhood was completed to identify the barriers to mobility in the community and to understand how they can be removed. Data on the community was gathered through a review of existing reports and recommendations, a physical assessment of the environment, key informant interviews with community leaders, and residential feedback. Resident participation was a crucial part of this assessment, and NC Prevention Partners would like to thank the many residents who took the time to talk with us and provide feedback through interviews, the community walk, and the completion of surveys and questionnaires.

It is clear from the assessment that Northside residents are interested in physical activity for health and enjoyment, and that the Northside community offers many resources for residents to be active. It is also clear that there are barriers that impede residents from being active. Some of the positive attributes of the community include the Hargraves Center, fare-free busing, multiple parks and open green spaces, proximity to Chapel Hill, Carrboro, UNC and additional recreational programming through the Senior Center. Numerous barriers to physical activity, as well as specific physical or safety barriers, were identified. The most significant concerns in the community were safety and security. The three most frequently identified barriers to activity included: 1) lack of sidewalks, or sidewalks that are broken, incomplete, or otherwise unsafe; 2) insufficient lighting, and 3) the general need for increased policing in the neighborhood to control drug dealing, loitering,

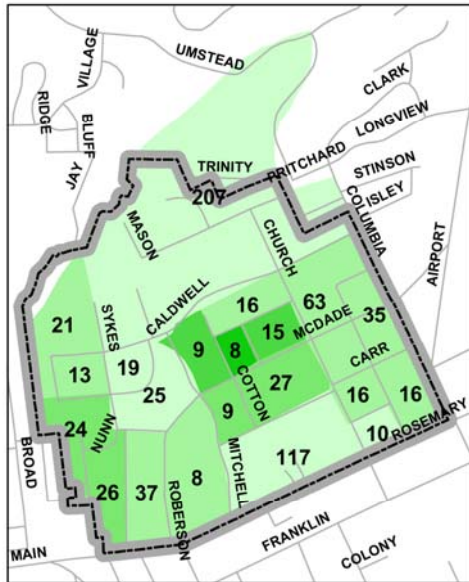
and various issues surrounding abandoned houses. Chapters 4 and 5 list all concerns and recommendations identified through the assessment and provide a list of high-priority improvements and the specific areas in which they are needed.

With community leaders and the Town of Chapel Hill working together, it is possible to achieve the goals of the Go! Chapel Hill project. Making improvements in the identified areas, while building off the strengths and character of the community, Northside can become a neighborhood in which residents are regularly active.

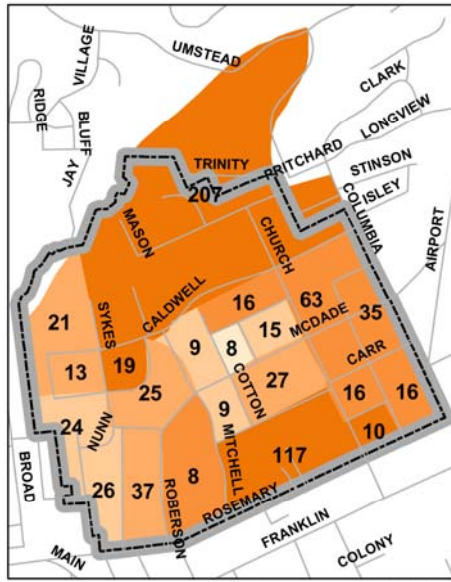
Appendix A

Maps of Percentages of Owner-occupied, Renter-occupied, and Vacant Housing by Block in Northside

Percent Owner-Occupied

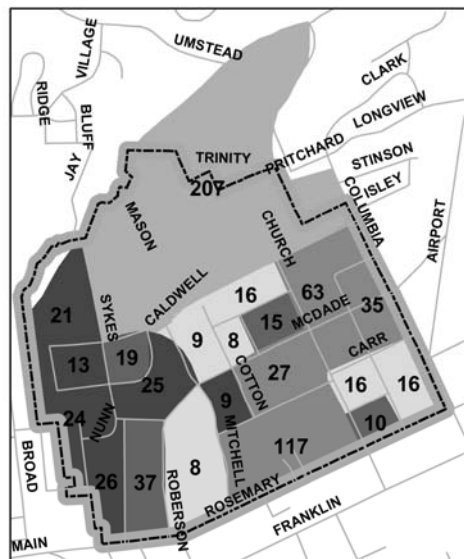


Percent Renter-Occupied



** Please note: numbers in black are total number of housing units per census block.

Percent Vacant

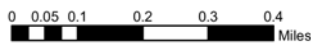


Legend

Percent Owners	Percent Renters
0 - 20 %	12.5 - 20 %
20 - 40 %	20 - 40 %
40 - 60 %	40 - 60 %
60 - 80 %	60 - 80 %
80 - 100 %	80 - 100 %

Percent Vacant

0 %
0 - 5 %
5 - 10 %
10 - 15 %
15 - 33 %



Appendix B

Physical Activity Survey

Age: 5-20 21-45 46 & above Gender: M F

1. On average how often are you physically active? (Walk to work/school/store or the bus, sports, leisure activities, etc.)

Circle best choice:

1 day a week for 30 Minutes 3 –5 days a week for 30 Minutes 6 or more days a week for 30 Minutes

2. What type of physical activity do you do and why?

Circle: To get some where/errands For Fun For my Health

Take bus____ Walk to shop____ ... if so, where? _____
Walk/bike to work____ Sports____ Others_____

3. Do you use recreational facilities? (Hargraves, Umstead Park, CH Community Center, etc)

List all: _____

4. How important is physical activity in your life?

Circle best choice:

Not important Somewhat Important Very Important

Appendix C

Walkability and Bikability Questionnaire

1. On a typical day do you bike or walk at least 5-10 minutes? (Please circle one) Yes No
2. Are your travels on foot, by bicycle, or by bus? (Please circle any that apply) How often? Foot _____ Bicycle _____ Bus _____
3. What is the purpose of your travels? (shopping, work, school, entertainment)
4. Are there obstacles that prevent you from traveling? (Please explain in detail)
5. What are the attractive features of your routes? (Please explain in detail)
6. What are the unattractive features of your routes? (Please explain in detail)
7. How could these routes be improved? (crosswalks, sidewalks, other)
8. What would help motivate you to be more physically active?
9. What are the strongest factors that encourage you to be physically active?

10. What is the biggest challenge or need you face in trying to be physically active?

11. What is the best way that you receive information about your community?
(Newspaper, community news letter, Hargraves, church, flyers, etc)

12. Do you have any other comments or suggestions?

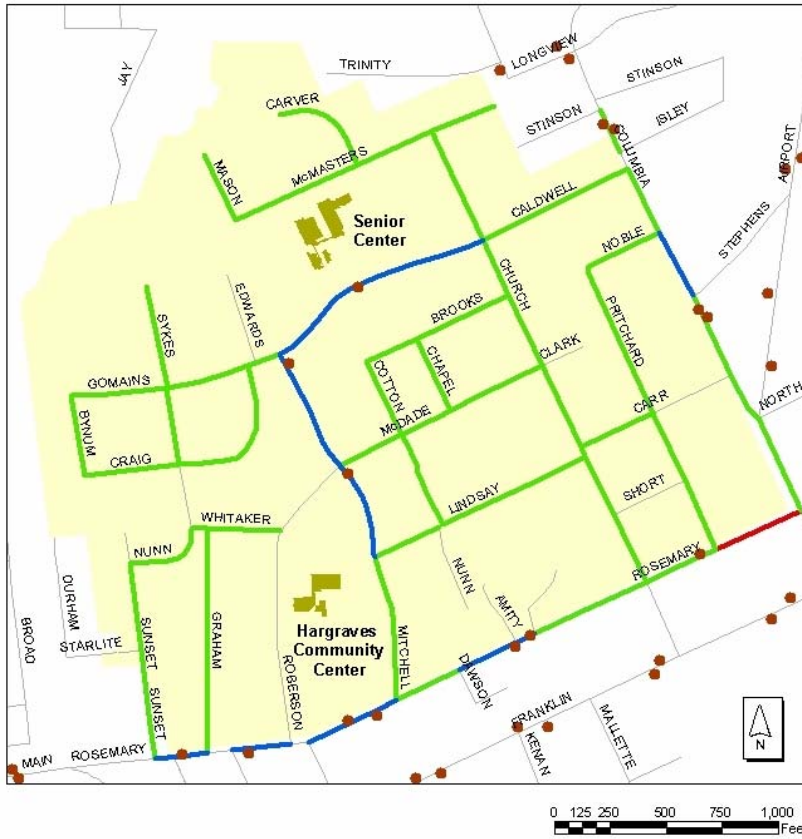
13. Name and contact information (optional):

Appendix D

Walkability & Bikability Assessment Form						
Annual Average Daily traffic	Not scoring		Obstacles (check all that apply)	Garbage cans		
	Write in Speed Posted on Segment			Trash		
Posted Speed (mph)	< 30	0	Cleanliness (Is there litter, garbage, broken glass, or graffiti?)	Trees/ Bushes		
	30-44	1		Other...explain		
	45+	2		None or almost none	0	
# of Through Lanes	Write # of Lanes		Bike Lane	Yes some	1	
	< 2	0		Yes lots	2	
	3-4	1		None or not marked	1	
	5+	2		Marked bike lane	0	
Type of Path	Foot path (worn dirt path)	2	On Street Parking	Yes	0	
	Paved trail	0		No	1	
	Sidewalk	0				
	Road Only	1				
Sidewalk	Both sides continuous = 5	0	Transit Facilities	None	3	
	One side continuous = 4	1		Sign Only	2	
	Both sides partial = 3	2		Bench	1	
	One side partial = 2	3		Shelter	0	
	No Sidewalk = 0	4		Connectivity	Connects to sidewalk both ends	0
	Asphalt = 0	0			Connects with sidewalk one end	1
Concrete = 0	0	Doesn't connect	2			
Material	Brick = 1	1	Is segment Conducive to people with disabilities (Visually impaired, cane, wheelchair,)	Good	0	
	Sand/Dirt = 2	2		Fair	1	
	Gravel = 3	3		Poor	2	
	Woodchip = 3	3				
	Good = 0	0				
Surface Condition	Fair = 1	1	Do any busy intersections need cross walks?			
	Poor = 2	2				
Sidewalk/Path Width	8' or more = -1		See Ch. 4 & 5 for specific areas			
	5' - 7'11" = 0	0				
	4' - 4'11" = 1	1				
	<4' = 2	2				
Buffer Width	4' or more = 0	0	Do any intersections need traffic signals or pedestrian "Walk" signals?			
	<4' = 0.25	1				
	None = 0.50	2				
Adequate Lighting	All = 0	0	Describe isolated problem spots:			
	Some = 2	1				
	none = 4	2				
	Plenty = 0	0				
Adequate Lighting	Some = 0.50		A total of 55 segments were assessed and analyzed			
	None = 1			Streets were assessed in 600-foot segments ³³		

Appendix E

Pedestrian and Bicycle Network Ratings by Segment



Legend

- Best segments (score 0-10)
- Average segments (score 11-22)
- Worst segments (score 23-34)
- Bus stops
- landmarks
- Northside neighborhood

October 29, 2004

Appendix F

All Recommendations from Community Walk

Twenty-three residents including two community service providers participated in making these recommendations.

Rosemary Street	<ul style="list-style-type: none"> • Complete sidewalk along both sides of road
Church Street	<ul style="list-style-type: none"> • Need curb cuts at driveway entrances • Slow down speeding traffic
Nunn Alley	<ul style="list-style-type: none"> • Reduce loitering and loud noise • Keep trash picked up • Keep people from sleeping in abandoned house and urinating around area
Cotton Street	<ul style="list-style-type: none"> • Communication needed with homeowner with Rottweiler regarding adequate fencing.
Brooks Street	<ul style="list-style-type: none"> • Need "Watch Out for Children" sign to caution drivers that there are children in the area.
Lindsay Street	<ul style="list-style-type: none"> • Improve lighting at intersection of Mitchell & Lindsay Street
Caldwell Street	<ul style="list-style-type: none"> • Fix break in sidewalk adjacent to Housing Authority • Cut back vegetation growing over sidewalks from ground and trees • Improve lighting
Tanured Branch Trail	<ul style="list-style-type: none"> • Path needs improvement • Trash needs to be picked up • More policing to keep out drug dealers and loiterers
Roberson Street	<ul style="list-style-type: none"> • Slow down speeding traffic • Need crosswalk at Whitaker and Roberson Street
Graham Street	<ul style="list-style-type: none"> • Sidewalk needed • Crosswalk needed
N Graham Street	<ul style="list-style-type: none"> • Need sidewalk instead of dirt path – significant foot traffic
Sunset Drive	<ul style="list-style-type: none"> • Improve Lighting • Sidewalk needed along east side of road • Board up or renovate abandoned houses at North end of street to control drug dealing
Nunn Street	<ul style="list-style-type: none"> • More policing
Craig Street	<ul style="list-style-type: none"> • Board up or renovate abandoned houses along street to control drug dealing
Bynum Street	<ul style="list-style-type: none"> • Maintenance needed on utility lines • Town needs to haul away old sidewalk lying in yard at corner of Bynum and Gomains • Improve lighting at corner of Bynum and Gomains
Sykes Street	<ul style="list-style-type: none"> • Improve lighting • Sidewalk needed along west side
Corner of Sykes and Whitaker Street	<ul style="list-style-type: none"> • Deter drug dealing & increase safety • Improve lighting • More policing • Emergency call button • Install a trash can
Whitaker Street	<ul style="list-style-type: none"> • Need sidewalks on one side of street – major access street to Hargraves • Crosswalk needed - across Roberson • Slow down fast moving traffic