

A Mobility Assessment of the Northside Neighborhood Chapel Hill, North Carolina



Report prepared for the Go Chapel Hill Program,
Town of Chapel Hill

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NC Prevention Partners

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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 a transportation network's that includes sidewalks and bus routes, 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 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, which allowed residents the opportunity to express their opinions on barriers to mobility and make recommendations for improvements.

From the assessment, it is evident that Northside residents enjoy physical activity and view it as a way to maintain their health. The neighborhood offers residents a multitude of recreational resources, including the Hargraves Center, the Senior Citizens Center, three playgrounds, and several open green spaces, which help promote an active lifestyle. The neighborhood's proximity to downtown Chapel Hill, Carrboro, and the University of Chapel Hill, town-wide fare-free transit, and the unique environmental characteristics of the neighborhood also contribute to the neighborhoods 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 high priority improvements recommended within the Northside community. Chapter 6 provides a comprehensive list of all identified improvements recommended for the Northside area.

Three Highest Priority Improvements to Remove Barriers to Mobility in the Northside Neighborhood

1. Improve lighting
2. Add more sidewalks and crosswalks, and repair existing sidewalks
3. Improve security: <ul style="list-style-type: none">a. Add more policing in neighborhoodb. Install emergency call buttonsc. Secure or renovate abandoned houses

A list of communication channels and other community assets was also compiled during the assessment. Some assets include the neighborhoods aesthetics, numerous opportunities for recreation, community leadership, and Town involvement. These assets 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 return to the neighborhood it once was – where residents were regularly active.

II. Introduction

Obesity is one of the greatest health concerns of our time, and is attributed to an interaction between genetic, environmental, and behavioral factors. In particular, a lack of physical activity and a sedentary lifestyle are two behavioral factors that are contributing to the nationwide prevalence of obesity and can contribute to an individual's risk of becoming obese. 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. This extra 30 minutes of can help us maintain a healthy lifestyle and combat many chronic diseases such as 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 to increase physical activity has been initiated by Active Living by Design, a program of the Robert Wood Johnson Foundation. The initiative focuses on creating active environments such as those that support walking and other forms of activity, to make it easier to incorporate physical activity into a daily routine.

Accessibility to and the quality of the built environment must both be considered if we seek to change behavior. Two primary obstacles preventing 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 people's behavior and result in a more or less active lifestyle. Many communities are designed to accommodate auto traffic rather than pedestrian and bicycle travel, which make being physically activity difficult. 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 is needed to provide people with safe and convenient alternatives to driving.

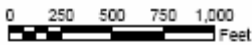
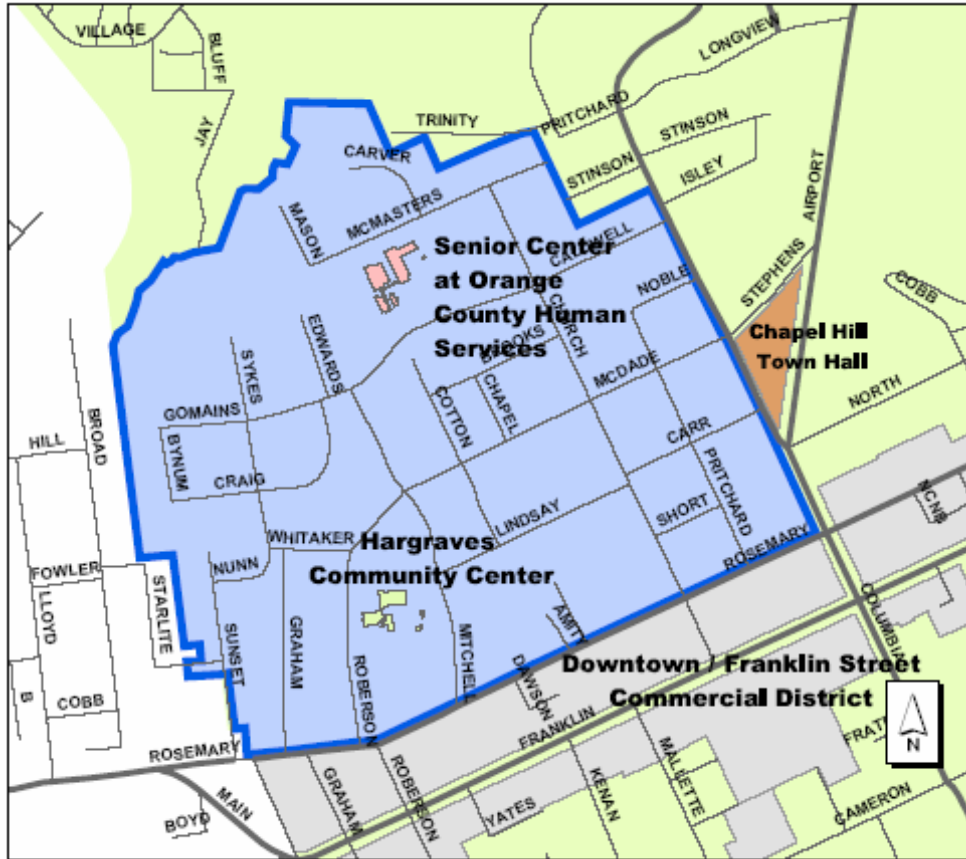
With funding from Active Living by Design, the Town of Chapel Hill developed the Go Chapel Hill project, which is overseen by an advisory committee that is appointed by the Town Council. The project's overall goal is to enhance opportunities for and to remove barriers to physical activity throughout the Town of Chapel Hill. A mobility assessment of the Northside community was conducted as part of the Go Chapel Hill project to assess the walkability and bikability of the neighborhood. This report is a qualitative study of the Northside neighborhood that examines the quality of the physical environment and how it affects mobility. Various types of data were used for this report. Data sources included the following: 1) an assessment of the physical environment, 2) key informant interviews, surveys, and questionnaires, and 3) existing reports and recommendations. Additionally, a review and input from the Go Chapel Hill Advisory Committee was sought for the final report. By 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

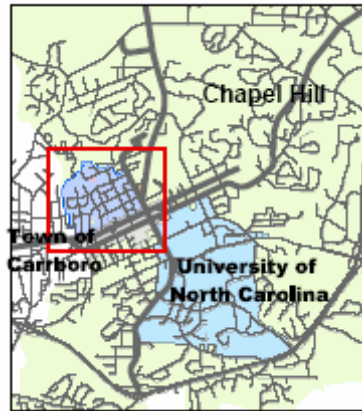
students and investors. As a Neighborhood Conservation District, the Town has adopted safeguards to protect and strengthen desirable and unique features of the neighborhood, promote and retain affordable housing, and reduce conflict by promoting compatible new development.

Map 1: Northside Neighborhood



Legend

- Streets
- Northside Neighborhood
- Chapel Hill Town Limits

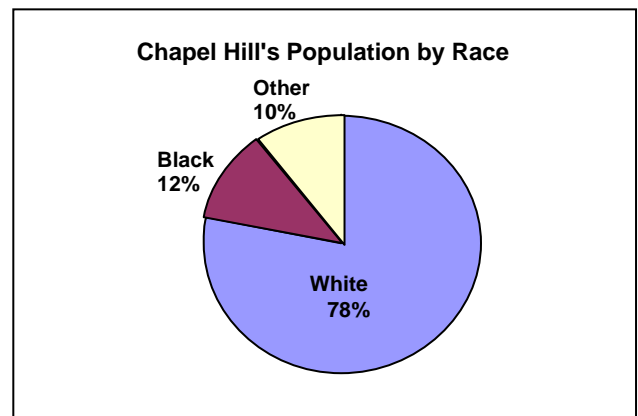
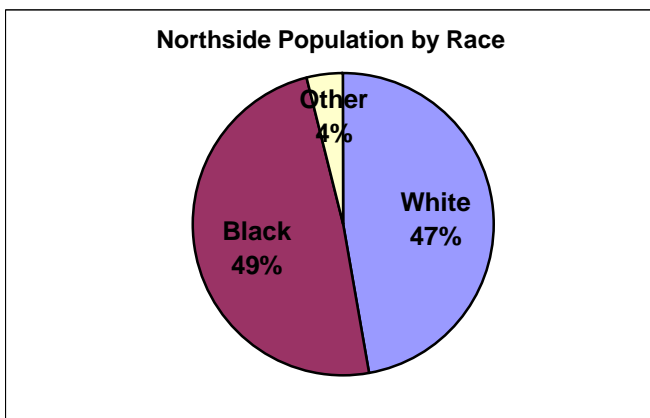


October 29, 2004

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 single-family and duplex homes, as well as renter and owner-occupied homes in the area.

Rosemary Street marks the southern periphery of the neighborhood and provides the only retail property in the Northside area. Rosemary Street 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 multi-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 the Hargraves Center, the Orange County Human Services complex, and several churches.

According to the 2000 census, the population of Northside is approximately 1,632 people, comprised of 47% white, 49% 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, which has a mean family income of just under \$60,000 and is comprised of 78.2% whites, 11.6% blacks, and 10.2% other races.



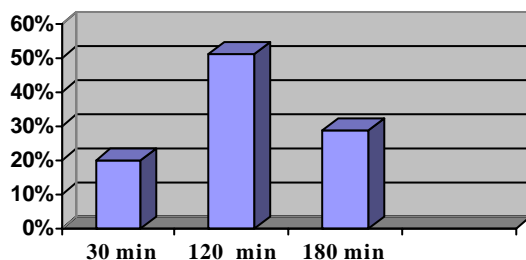
IV. Lifestyle & Behaviors

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 Community Walk Day.

Data regarding residents' lifestyles and behaviors were collected using two methods. First, a short four-question survey was compiled that inquired about exercise habits and motivations behind them. 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.

Reported Exercise Per Week



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 provide contact information. The survey was also made available at the Northside Community Watch meetings, which are 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 in order to learn about their concerns, talk with them about the Go Chapel Hill project, and explain ways to participate.

The survey provided a snapshot of the physical activity behaviors of the 36 Northside residents who participated in the project. 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 asked 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?”

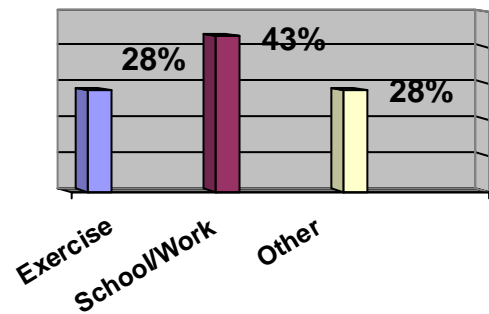
- Health
- Aging well
- Weight control
- Stress relief
- FUN!
- Feeling better

“What are barriers to physical activity?”

The top three responses were:

- Time
- Need more sidewalks
- People loitering in streets

Reasons for Walking, Biking, or Taking the Bus



V. Neighborhood Walkability & Bikability

A. 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 to 3 assessed environment (e.g. road size and traffic speed), questions 4 to 10 assessed path type and condition, questions 11 to 15 assessed quality and safety of environment, and questions 16 to 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 intended to identify specific problem areas that could be flagged as needing specific improvements.

NC Prevention Partners’ project manager 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. The Northside 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 and assessed each street. Streets were broken down into 600-foot segments unless otherwise defined by a natural break in the road. In total, data from 55 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 to 17 were scored on a scale of 0 to 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 to 21 were recorded in an Excel database as specific problem areas and were not part of the analysis. Segments with a low score overall relative to other segments were the most suitable sidewalks or paths for pedestrian and bicycle use. As the score increased, the segments were less conducive to pedestrian and bicycle traffic. Appendix E presents the pedestrian and bicycle ratings by segment.

Results from the Physical Assessment

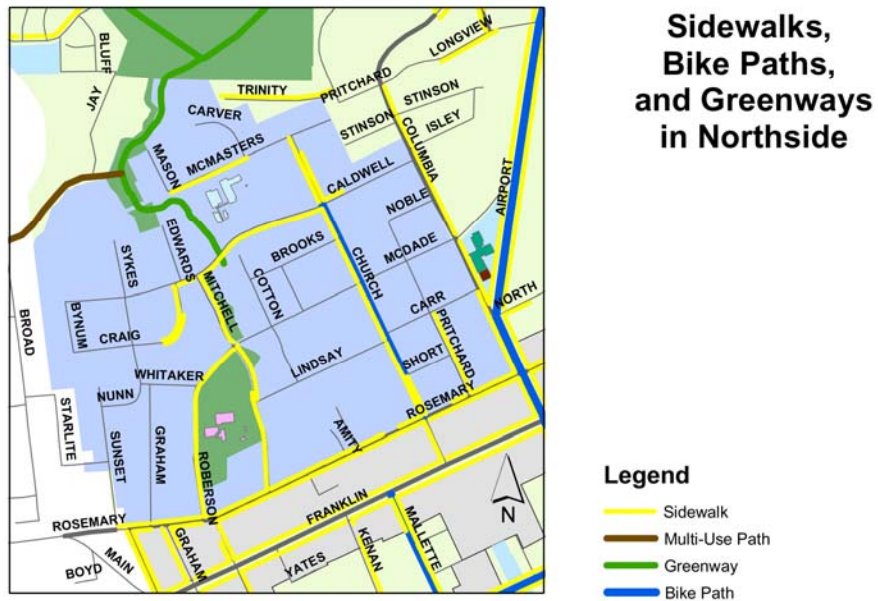
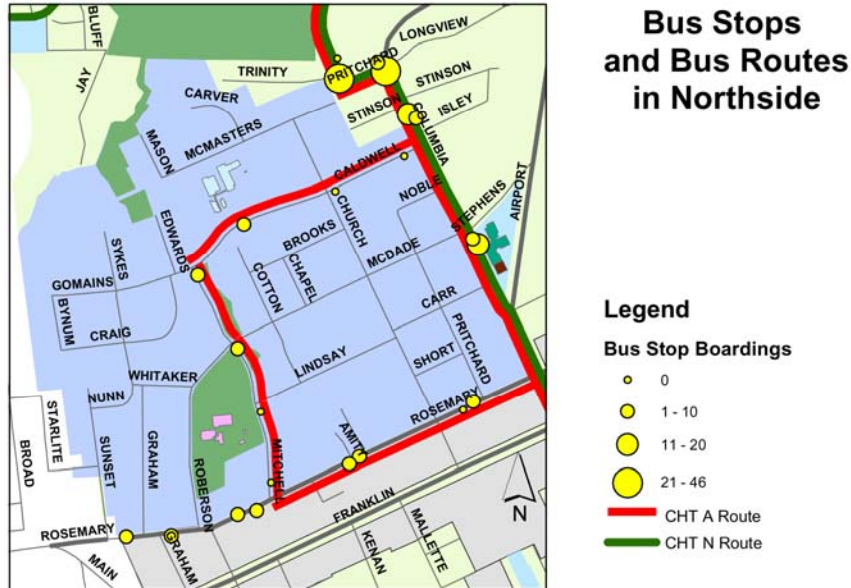
Results from the assessment of the physical environment indicate that the neighborhood lacks a network of sidewalks, paths, and bike paths for pedestrian and bicycle use. For the purpose of this assessment, a “sidewalk” was defined as a paved walkway, and a “path” was defined as a walkway made of dirt, 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 automobiles. Sidewalks are also in place along most of the bus routes and around the Hargraves Center, the Orange County Human Services complex, and businesses on 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. On the other hand, the smaller neighborhood streets do not have sidewalks connecting to the major streets, a condition that 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 individuals with disabilities.



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

Assessment results indicate that the 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 many streets. As the assessment was completed during the day, lighting was measured by presence of light poles and not by observing the amount of actual light produced. The observation of adequate lighting contradicted with the input provided by residents, as one of their primary complaints was the need for better lighting in certain areas. Resident recommendations are explained further in the subsequent section.

Map 2: Bus Ridership and Existing Sidewalks in Northside



Specific Problems Identified

Table 1: Repairs Needed to Existing Sidewalks

Street	Problem	Recommendation
Rosemary Street between Columbia & Pritchard	Sidewalk broken, uneven surface	Repair 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 walkway	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 a problem is included below. For a comprehensive evaluation of automobile speed, NC Prevention Partners recommends that the Chapel Hill Police Department perform a comprehensive assessment to evaluate the speed of traffic within the neighborhood and identify methods to enforce the speed limit if deemed necessary.

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

B. Resident Input and Global Recommendations

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 what areas of improvement were priorities for the residents, as well as identifying other barriers to mobility beyond the physical environment.

Residents' participation to identify barriers to mobility within the neighborhood was deemed essential for this report; therefore, on May 15th NC Prevention Partners held a Community Walk Day at the Hargraves 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 consisted of a brief presentation explaining the Go Chapel Hill project and the purpose of the walk; completion of a walkability and bikeability questionnaire, which asked questions about specific routes and barriers to mobility; a walk through the neighborhood, in which participants and NCPP staff split into three groups and walked a section of the neighborhood. During the walk, residents were asked to identify barriers to mobility as well as the positive aspects of the community that relate to mobility. All comments are listed in Table 4. After the three groups completed their walk, everyone reconvened to have lunch, which was generously provided by Mama Dip's. During the 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 our findings from the physical assessment completed by NC Prevention Partners.



Community Walk Day,
Participants enjoying lunch



Pritchard Street,
Beautiful trees and shaded areas

Results from the Community Walk Day Discussion

Positive Comments

Residents reported numerous positive attributes that make the Northside Neighborhood a great community to live in. The most frequently reported features are the numerous opportunities for physical activity; the community is clean and well-kept; the neighborhood is conveniently located next to downtown Chapel Hill, Carrboro, and the University; and the abundance of trees, parks, creeks, and open space for residents to enjoy.

Negative Comments

Inadequate lighting and the need for repairs to existing sidewalks and/or the lack of sidewalks altogether were two of the most frequent problems identified by the residents during the Community Walk. (See map 3 for specific areas.) Many residents also complained of fast-moving traffic along Church, Lindsay, and Roberson Streets. 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 own yards; specifically along Church, Lindsay, and Cotton Streets. In the west side of the neighborhood, residents expressed concern about people loitering in the streets and dealing drugs. Table 4 lists a complete summary of concerns and recommendations given at the Community Walk.

Table 4: Global Recommendations from the Community Walk

Twenty-three residents and 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 Streets
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 Streets
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 Streets • Improve lighting at corner of Bynum and Gomains Streets
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 and increase safety • Improve lighting • Increase policing • Install 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 Center • Crosswalk needed - across Roberson Street • Slow down speeding traffic
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VI. Identifying Priorities

Using data from both the physical assessment and the Community Walk, a comprehensive list of recommendations to improve the mobility in the neighborhood was created. This section identifies the top three areas of concern, which include improved lighting, crosswalk and sidewalk improvements, and public safety concerns. A discussion on each area is provided below. Additionally, Map 3 shows the location of the recommended improvements.

A. Improved Lighting

Residents reported that although there appears to be adequate light posts in the neighborhood, the amount of light emitted is not sufficient and large areas are insufficiently lit, particularly where there are no houses, causing residents to feel unsafe in certain areas at night. There was a 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 the light to shine down onto the street. The sentiment of residents’ 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 5: Areas that Need Improved Lighting

Street	Reasoning
Rosemary Street	All of Rosemary should be 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 Streets is a high-crime area.
Lindsay Street	Corner of Mitchell and Lindsay Streets is dark

B. Crosswalks & Sidewalks

Making repairs to existing sidewalks and installing additional sidewalks in the areas identified below will improve the infrastructure and connectivity of the existing 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 thereby helping residents maintain their activity levels, while encouraging new activity among those who are more sedentary. A summary of the recommended improvements to address inadequate sidewalk and crosswalk concerns is provided in the table below.



Rosemary Street, 13
Incomplete Sidewalk

Table 6: Suggested Crosswalks

Intersection	Reason
Whitaker and N. Roberson Streets	- Many kids cross at this intersection to and from Hargraves Center and home - Area can be dark at night
Rosemary and Roberson Streets	- 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 Streets 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 the Hargraves Center. Roberson Street is a busy street and automobile speed was reported by residents as being excessive, which creates an unsafe environment for children accessing the Hargraves Center. This concern is exacerbated during the winter months, since it is twilight when the time children leave the Hargraves Center.
- Intersection of Columbia and Isley Streets
The Go Chapel Hill Advisory Committee identified this area as a safety concern due to the heavy volume of pedestrian and automobile traffic and the lack of sidewalk connectivity. The sidewalk on Columbia Street is not complete, forcing pedestrians to cross the street in order to use the sidewalk on the other side. As drivers have low visibility while driving on this road and there is fast-moving traffic, pedestrians are at risk while crossing the street.

Table 7: 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 Adding a sidewalk and more lighting would deter drug activity

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

Table 8: Recommendations for Improvements to Existing Sidewalks

Church Street	Uneven sidewalks need to be leveled at driveway and street entrances
Rosemary Street	F. Fix broken sidewalk between Columbia & Pritchard Streets 2. Complete sidewalk on both sides of Rosemary Street: <ul style="list-style-type: none"> • Parts are missing along the north side of street between Columbia & Pritchard Streets, next to Church Street, and in front of Tate Realty 1. Parts are missing along the south side between N. Roberson Street and

	Sunset Drive
Caldwell Street	Cut back vegetation growing over sidewalks from ground and trees

C. Public Safety

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. Issues of loitering, drug dealing, and abandoned houses are a concern for residents in the Northside community. A summary of the recommended improvements to address public safety is provided below.

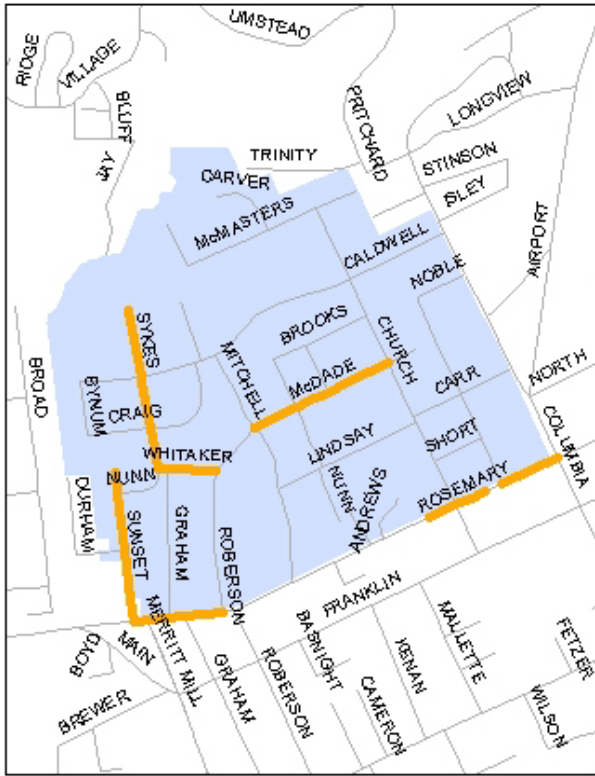
In describing Nunn Alley, the pedestrian path adjacent to Breadman’s, a woman recalled: “As a woman walking alone through the path with high fencing on both sides, and a man walking towards me, I felt trapped and was nervous.”

- A walker and Northside resident at the Community Walk Day

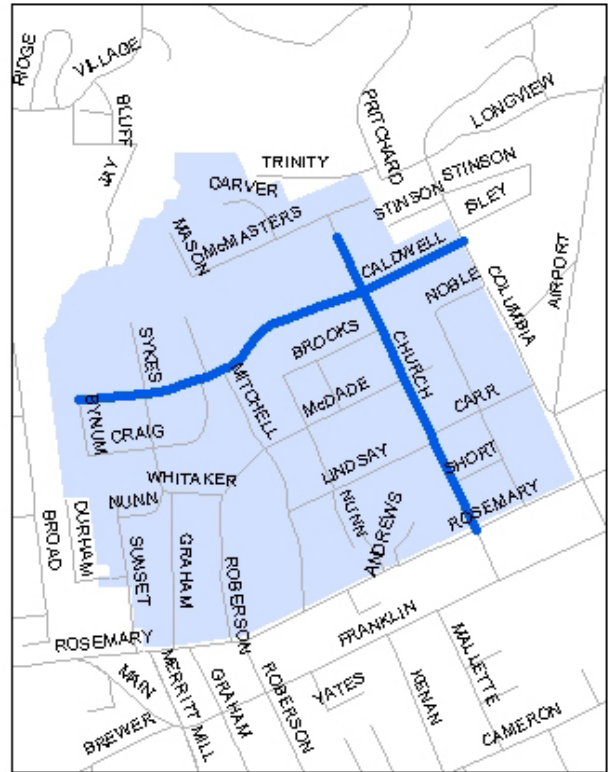
Table 9: Recommendations to Improve Public Safety

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 Streets • Outside the Hargraves Center – after hours, no phone available for emergencies
Abandoned Houses	Need to renovate & sell houses or board up properly

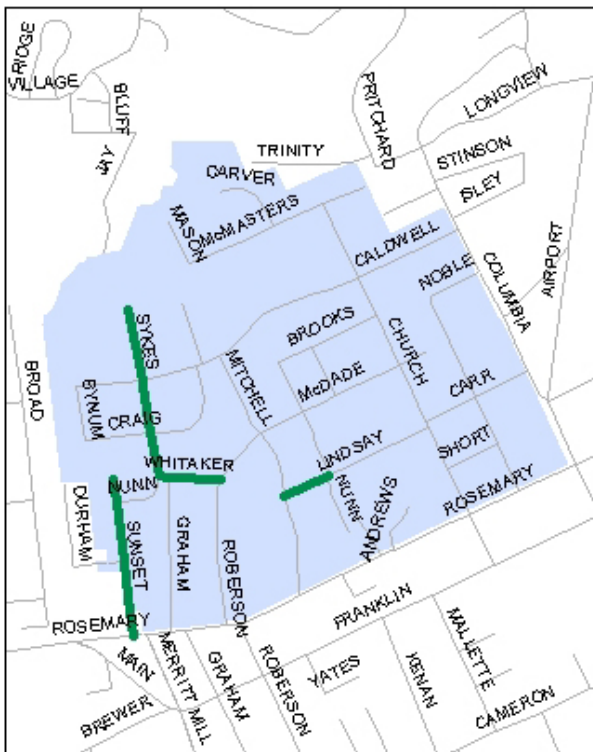
Map 3: Priority Improvements in Northside by Location



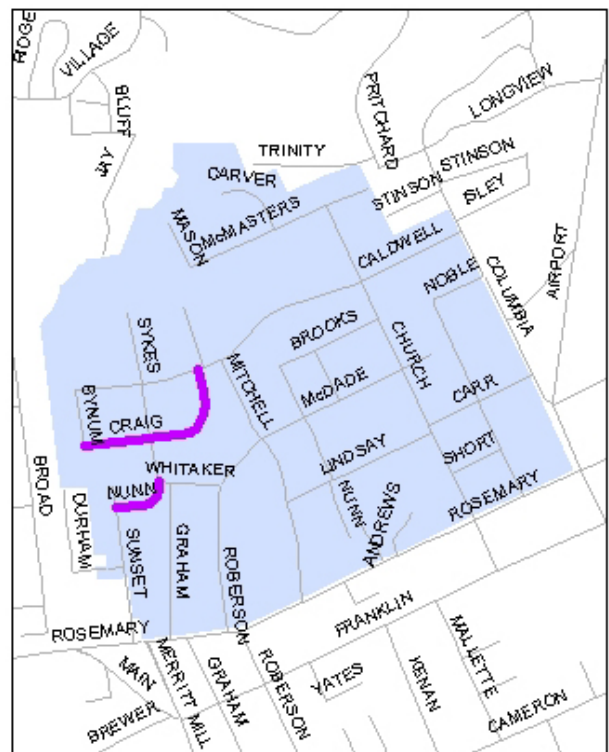
Streets that need additional sidewalks



Streets that need sidewalk improvements



Streets that need lighting



Streets with abandoned houses on them

VII. Public Transportation

Since Chapel Hill Transit initiated a fare-free policy in January 2002, economic barriers to using public transportation have been reduced. As a result, ridership has increased in the Northside area, as well as the rest of the town. According to the Town transportation-planning department, bus stops are within a quarter-mile walking distance for Northside Residents. Map 2 on page 8 shows the locations of bus stops in and around Northside and the number of boardings per day.

The interior of the Northside neighborhood is serviced solely by the A Route. Map 2 shows that the stops in the interior of Northside have less than 10 boardings per stop, for a total of 13 riders per day. Bus ridership is likely impacted by the fact that in the 2000 Census, almost 25 percent of Northside residents reported that they walk or bike to school or work. Residents may be close enough to common destinations, such as the university or downtown area that they do not need to use public transit. Another explanation for low ridership on the A Route could be that in Northside it has headways of about 40 minutes for most of the day. Such a large headway makes it difficult to rely on transit service. Despite this, during our evaluation of the neighborhood, residents seemed pleased with the public transportation system and did not express the need for more stops. Regardless, as 15.7 percent of residents reported in the 2000 Census that they did not have a car, it is necessary to provide transit service that allows these people to have reliable access and mobility to destinations throughout Chapel Hill and Carrboro.



Bus stop at Caldwell and Church Streets

In addition to access to the A Route in the interior of Northside, residents also have access to the following routes at the edges of the neighborhood: the A and N at North Columbia Street; the CW, CMW Evening and the Safe Ride J on Rosemary Street; the A, CW, G, HS, N, NS, NU, T, CMW Evening, TG Evening, CMW Saturday, JN Saturday and Safe Ride T at Airport Road; and the A, CW, F, J, M, CMW Evening, CMW Saturday, DM Saturday and Safe Ride J at Franklin Street. Together, these routes provide Northside residents transportation to most of the common destinations in Chapel Hill and Carrboro, including the university campus, UNC Hospital, University Mall, downtown Chapel Hill, downtown Carrboro, Carrboro Plaza and the Jones Ferry Park and Ride Lot.

VIII. 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.”

- A Northside service provider during 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 the Northside neighborhood. Additional streetlights have since been added throughout the neighborhood, and repairs have been made 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.”
 - A Northside resident

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 10: 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 37.7. Map 4 shows the incidence of crimes by location.

- Recommended Improvement: Increase police presence.

Drugs

The table above shows that 29% of all drug charges in Chapel Hill during 2003 and 2004 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 had a drug rate of 5.44 incidents per capita. Map 4 on page 19 shows location 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 are called to 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 drug dealing times. Once police patrolling increases, dealers have been found to switch times and locations to sell drugs requiring police to constantly change strategies. For a short time, the Chapel Hill Police Department was awarded a grant by a national community-oriented policing initiative and created a police sub-station on Graham and Rosemary Streets. 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.”

- A walker and Northside resident at the Community Walk Day

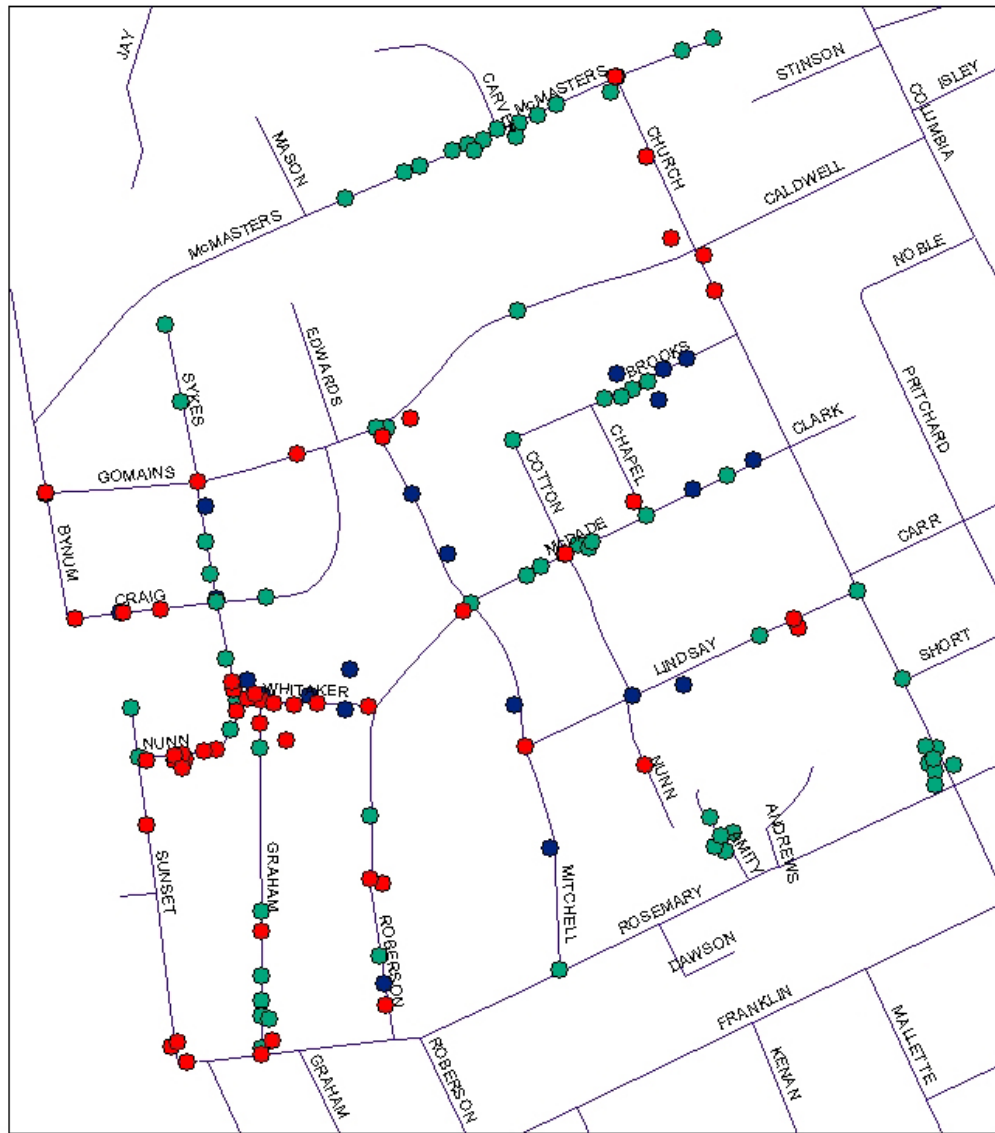
Loitering in the streets is a common problem through much of Northside, but particularly in the west end. As you walk or drive down the streets, you will see groups of 2 to 6 people, mainly men, standing on the sidewalks and in the streets. According to police, there is more of a perception of fear than 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 and around the neighborhood. Reducing loitering would make it easier for police to spot suspicious activity, such as drug dealing by reducing the opportunity and convenience for dealers to 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.”

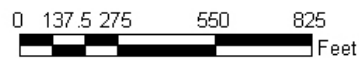
- A walker and Northside resident at the Community Walk Day

Map 4: Crimes Committed in Northside by Type of Crime



Legend

- Personal Crime
- Property Crime
- Drug Arrests



Abandoned Houses

The residents presented concerns about abandoned houses during the Community Walk and at the Neighborhood Watch meetings. They are worried about the houses not being locked and boarded up properly, which allows homeless people and drug dealers to get inside and use the houses for shelter, bathrooms, and drug deals. Two areas that concerned residents most were the abandoned house by Nunn Alley and the row of four empty houses along Craig Street. Both areas have a high number of loiterers who reportedly are loud and cause disturbances. The location of all abandoned house as of August 2004 are shown in Map 3 page 15.

When the issue was brought 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.

IX. Recreational Opportunities

The neighborhood offers numerous recreational opportunities for residents of all ages. In addition to the Hargraves Center, there are three playgrounds (two next to public housing on Gomains and Sykes Streets, 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.”

- A service provider during interview



Hargraves Recreational Center in Northside

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 to 9pm, Saturday 10am to 10 pm, and Sunday 1pm to 9pm. Staff at the Hargraves Center are well-liked and respected by those in the community, and residents feel that the Hargraves Center is an asset to the community.

Quarterly participation data shows that approximately 4,100 individuals used the Hargraves Center 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 the Hargraves Center can be acquired through a newsletter distributed bimonthly. The newsletter can be picked up 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 director of Hargraves. Other reasons given as to why residents are not using Hargraves include the following: residents are uninterested, there is a lack of awareness as to what programs are offered and when; and residents are unhappy about having to pay fees. These residents may be unaware that the Hargraves Center offers reduced or waived fees based

on income level to increase access to their programs. About 90% of those who participate in Hargraves programs receive discounted fees.

- **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 to 5:00 pm daily with lunch provided at 11:30. On average 45 people use the facility daily, about 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 including arts and crafts, cards, and exercise classes. Exercise class options include a chair exercise class and a walking club. Chair exercise classes and the walking group both meet 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. The typical route is down Caldwell Street, right onto Church Street, right on McDade Street, right onto Mitchell Street, and back up to Caldwell Street to the Senior Center. 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 to 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 and include 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."

- Service provider during interview



Tot-lot by Sykes and Gomains Streets

There are several open green spaces located in the neighborhood, along with three playgrounds and tot-lots. 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.

X. Schools

Children in the Northside area, by virtue of their location, are jockeyed back and forth between schools. As the largest African-American population in the area, the Northside children are bused to different schools each year 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.”

- A Northside service provide during interview

Elementary students arrive at school 15 to 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 to 30 minutes before the bell and are free to talk with friends or go to their lockers. Their buses leave about 10 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 through Friday from 2:30 to 5:30 pm. 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 for sessions per 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 afterschool program at Hargraves, but return home after school. Observations show that although children are not typically part of a formal afterschool 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 to 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 6:00 pm. All afterschool programs follow the same curriculum that incorporates a variety of activities such as games, arts, sciences, cooking, music, and physical activity. Cost of enrollment in the after school program is \$175 per month. However, tuition assistance is available and can be obtained through the schools. 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 afterschool program, and these numbers are not broken down by neighborhood.

XI. Sources of Community Action

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 to keep the traditions of the neighborhood alive.

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

- A 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 and 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 protect 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 Northside neighborhood as a Neighborhood 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 do the following:

- 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 residents and students together to encourage them to get to know one another, and to build relationships and respect for each other.

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

- A Northside community informant

XII. 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 efforts to promote the Go Chapel Hill project and other initiatives within 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 the Hargraves Center & 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 Center 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 Streets
 - Roberson Street
 - Church Street
- Recommended Improvements: Help Northside create message boards as form of communication channel.

XIII. 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 these resources be utilized to communicate the work of the Go Chapel Hill project, to keep residents informed about various changes within the community, and to inform residents about opportunities to be more active.

1. Neighborhood Strengths

- The residents
- Sense of community and family
- Location to downtown Chapel Hill, Carrboro, and the University of North Carolina
- 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 (November)
- National Neighborhood Night Out (August)
- 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.”

- A Northside resident

4. Good Public Transportation System

- Fare-free buses
- Adequate stops in and around Northside
- Provides residents access to grocery stores, retail shops, entertainment, health care facilities.

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 under-utilized
- 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”

- A resident and community service provider

XIV. Forwarding Recommendations to the Town

NC Prevention Partners recommends a presentation to the Chapel Hill Town Council as the next step to move the Go Chapel Hill project forward within the community. NC Prevention Partners, along with Northside residents and community leaders, should present to the Town Council the universally-supported capital improvement priorities that residents would like to see occur in the Northside neighborhood over the next year.

XV. 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 the infrastructure to create safe environments, while removing barriers to physical activity (e.g. poor lighting and unsafe conditions) will help encourage individuals to become more active. In turn, increasing the amount of physical 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 keep 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 also 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.

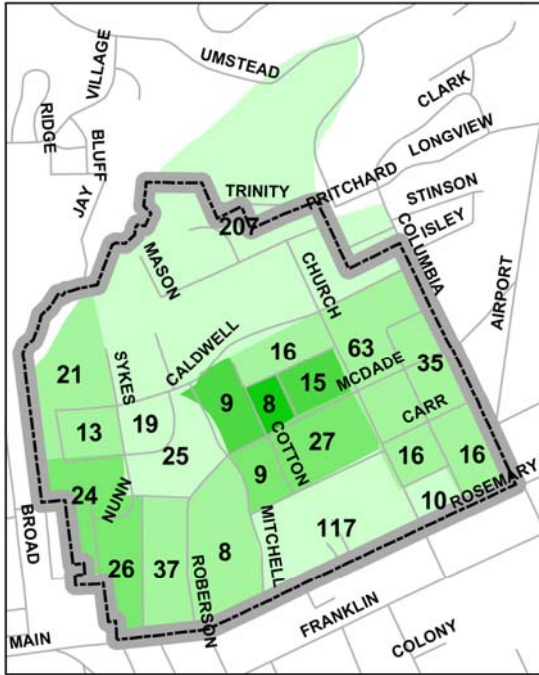
With community leaders and the Town of Chapel Hill working together, it is possible to achieve the goals of the Go Chapel Hill project. Making improvements in the identified areas, while building off the strengths and character of the community, Northside can become a neighborhood in which residents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

XVI. Appendices

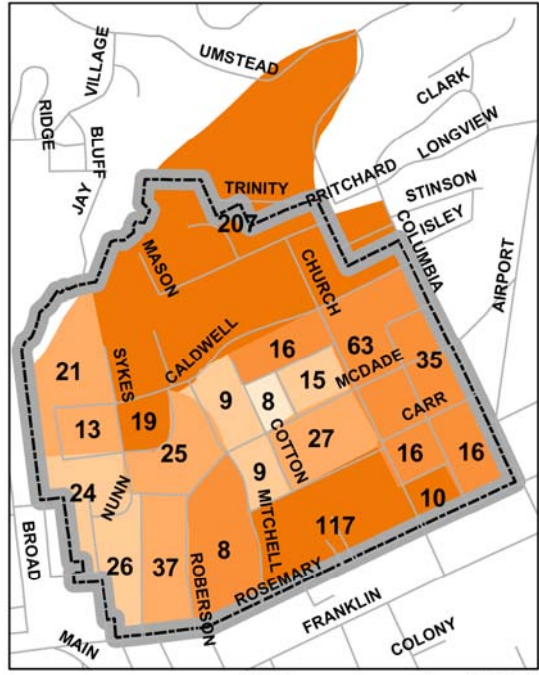
Appendix A

Maps of Percentages of Ownership, Renting, and Vacancy by Block

Percent Owner-Occupied

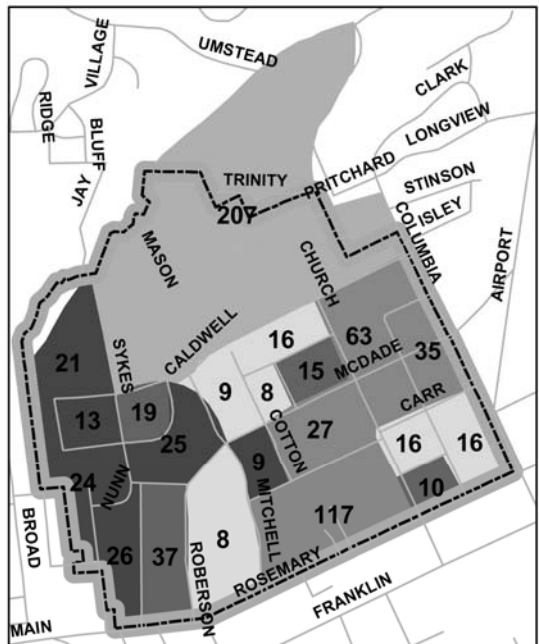


Percent Renter-Occupied



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

Percent Vacant

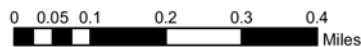


Legend

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):

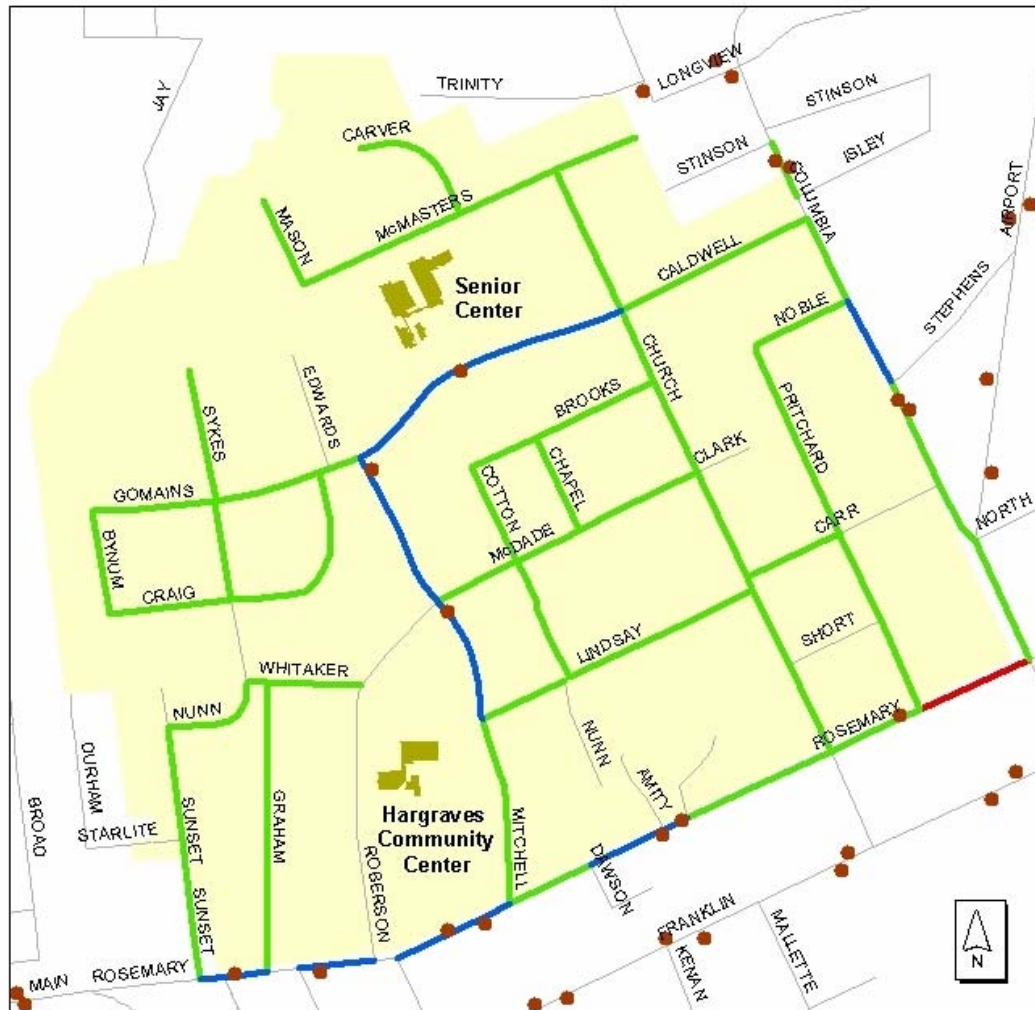
Appendix D

Physical Assessment Audit Tool

Walkability & Bikability Assessment Form			
Annual Average Daily traffic	Not scoring		Obstacles (check all that apply)
Posted Speed (mph)	Write in Speed Posted on Segment		Cleanliness (Is there litter, garbage, broken glass, or graffiti?)
	< 30	0	
	30-44	1	
# of Through Lanes	Write # of Lanes		Bike Lane
	< 2	0	
	3-4	1	
Type of Path	5+	2	On Street Parking
	Foot path (worn dirt path)	2	
	Paved trail	0	
	Sidewalk	0	
Sidewalk	Road Only	1	Transit Facilities
	Both sides continuous = 5	0	
	One side continuous = 4	1	
	Both sides partial = 3	2	
	One side partial = 2	3	
	No Sidewalk = 0	4	
Material	Asphalt = 0	0	Connectivity
	Concrete = 0	0	
	Brick = 1	1	
	Sand/Dirt = 2	2	
	Gravel = 3	3	
	Woodchip = 3	3	
Surface Condition	Good = 0	0	Is segment Conducive to people with disabilities (Visually impaired, cane, wheelchair,)
	Fair = 1	1	
	Poor = 2	2	
Sidewalk/Path Width	8' or more = -1		Do any busy intersections need cross walks?
	5' - 7'11" = 0	0	
	4' - 4'11" = 1	1	
Buffer Width	<4' = 2	2	Do any intersections need traffic signals or pedestrian "Walk" signals?
	4' or more = 0	0	
	<4' = 0.25	1	
Adequate Lighting	None = 0.50	2	Describe isolated problem spots:
	All = 0	0	
	Some = 2	1	
Adequate Lighting	none = 4	2	See Ch. 4 & 5 for specific areas
	Plenty = 0	0	
	Some = 0.50	1	
Adequate Lighting	None = 1	2	A total of 55 segments were assessed and analyzed
			Streets were assessed in 600-foot segments
			32

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

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