

# Plan4Health Nashua Complete Streets Project

Working to make the streets friendlier for walking and biking...  
or any way you choose to get around Nashua!



Nashua has already made several improvements to street designs to make them safer and more attractive for walkers and bicyclists

## About Plan4Health Nashua

- A collaborative project integrating planning and public health
- Began in early 2015 with a \$125,000 national Plan4Health grant
- Supports a healthy, economically vibrant community with roads that provide safe access for all users
- Focuses on Complete Streets philosophy and guidelines to encourage bicycle and pedestrian transportation in Nashua
- A priority strategy of the 2015-2018 Community Health Improvement Plan (CHIP), supported by the Greater Nashua Public Health Advisory Council

## Goals

- Make it more convenient for people to be physically active by increasing access to safe active transportation
- Decrease the burden of obesity and chronic disease in the City of Nashua
- Support a healthy, economically vibrant community

FMI: <http://healnh.org/plan4healthnashua.org>



Plan4Health Nashua is an initiative of the Greater Nashua Public Health Advisory Council

# Complete Streets

A sound investment for a healthier, more economically vibrant Nashua

## What Are Complete Streets?

Roads designed for safety with everyone in mind – no matter what age and how they want to get around their community

## Benefits Of Complete Streets

- More choices to get to work, school, or local businesses
- Promotes healthy activity and independence
- Well-lit streets and more trees can help make the neighborhood safer, more attractive, and more livable
- Supports local economy with easier access to businesses
- Sidewalks and bike lanes make it easier and safer to travel
- Increased economic activity and a rise in property values

## What Makes A Complete Street?

Complete Streets look different for every neighborhood depending on what the community needs and wants. Here are some examples:

- Wide sidewalks and “tip downs” at crosswalks for strollers and people with disabilities
- Well-marked bike lanes and crosswalks
- Bus stops that are easy to get to
- Trees and plantings on sidewalks and medians to make a more attractive and pleasant neighborhood

## Complete Streets Economics

By considering Complete Streets early in the planning process, an existing transportation budget can often incorporate Complete Streets projects without requiring additional funding by re-prioritizing capital improvements and allocating funds to consider overall community mobility. Benefits include:

- Prevent costly delays and retrofits
- Discover effective measures at little or no extra cost
- Save money through better design
- Support long-term savings for public transportation

**Example: Concord, NH**  
Adopting a Complete Streets policy and making incremental street design improvements served as a catalyst for funding and partnerships, including a \$4.71 million federal TIGER grant