

# HEAL UTAH WALK AUDIT

*A STEP TOWARDS CLEAN  
AIR & MOBILITY JUSTICE*



Art by: Envirocowboy

# HEAL UTAH AND AARP PARTNERSHIP



HEAL Utah is proud to be part of the AARP Community Challenge Grant, which supports our mission of protecting Utah’s environment and its people. Safe and reliable transportation options are fundamental to community well-being, and transportation planning plays a crucial role in ensuring that residents can access the services they need.

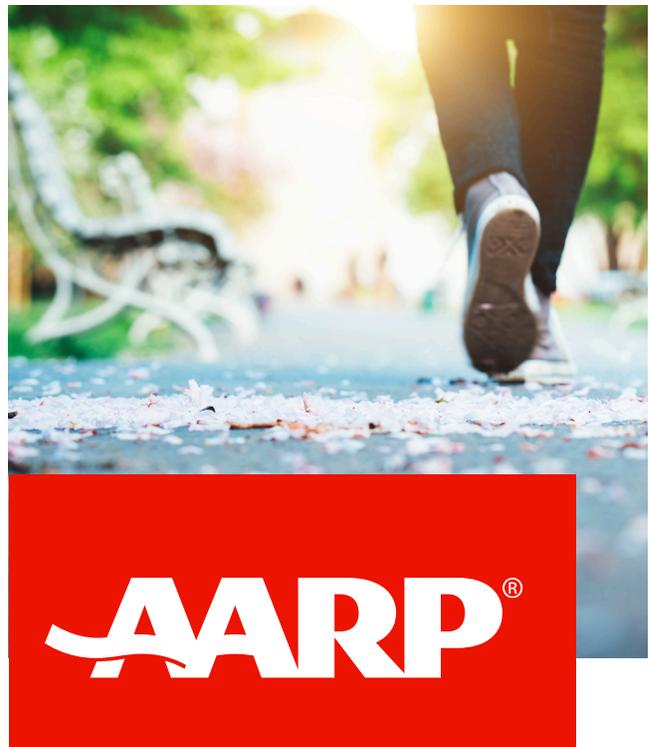
**THROUGH THIS PARTNERSHIP, WE AIM TO:**

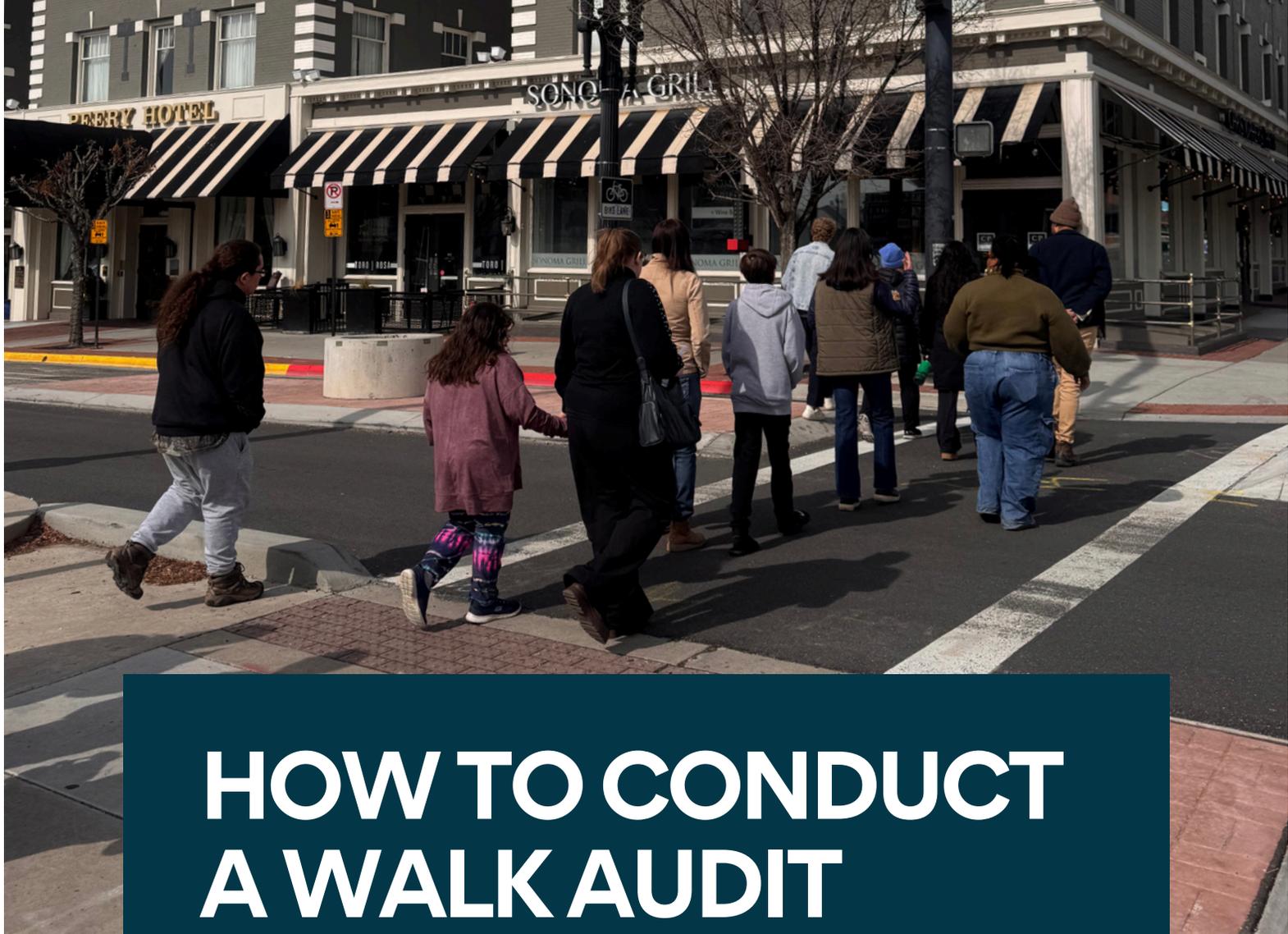
- Promote public health, clean air, and a safe environment in transit planning.
- Strengthen existing 50+ communities
- Preserve and build on the features that make a community distinctive.
- Facilitate meaningful community engagement in planning and land-use decisions.
- Provide transportation options that improve access to opportunities and daily necessities.

## ADDRESSING THE NEEDS OF UTAH’S AGING POPULATION

As Utah’s population ages, we must ensure equitable access to green spaces, public transportation, and walkable communities. To do this, it is vital to include the voices and experiences of the 50+ population in the city and transit planning.

Together, HEAL Utah and AARP are working to create healthier, more connected communities where people of all ages can move freely and safely.





# HOW TO CONDUCT A WALK AUDIT

## STEP 1: GET READY

Conducting a walk audit is a simple but powerful way to identify barriers to safe and accessible streets. Follow these four easy steps to get started:

- **Pick a Location** – Choose a neighborhood, school route, business district, or transit corridor that needs assessment.
- **Build a Team** – Bring together friends, family, neighbors, and local leaders to get a variety of perspectives.
- **Gather Your Supplies** – Bring printed worksheets, clipboards, pens, measuring tape, and a smartphone for taking photos.

# CHECKLIST

- Comfortable Shoes
- Notebook or Paper w/clipboard
- Pen/Pencil
- Smartphone
- Measuring Tape (Optional)
- Flashlight (for Evening Walks)
- Reusable Water Bottle



## GOING SOLO?

No problem! Grab your headphones and vibe out with our curated playlist while you make an impact.

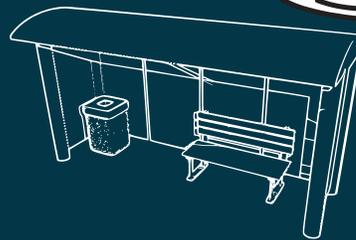


## LOCATION IDEAS



### SCHOOL ROUTES

- Check sidewalks, crosswalks, and safety near schools.



### BUS STOP ROUTES

- Assess sidewalks, lighting, and accessibility to stops.

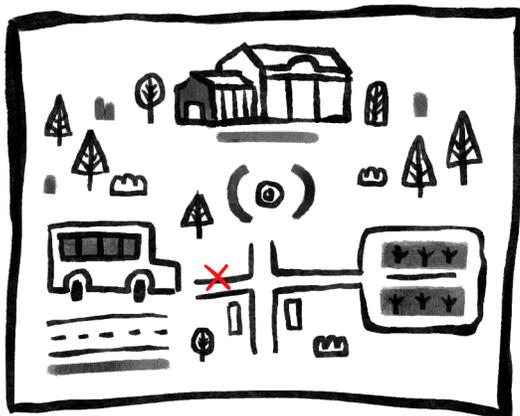
#### Compare your walk!

You and a friend from different neighborhoods can compare your walks to a bus stop or school—do both feel safe and accessible?



### NEIGHBORHOOD STREETS

- Review traffic calming, visibility, and bike/pedestrian safety.



## MAP IT OUT

As you walk, sketch your route and mark any problem areas you notice—like broken sidewalks, missing crosswalks, or unsafe intersections. Mapping it out helps you remember key spots and share your findings easily.

**Use page 10 to draw your path and highlight major issues!**



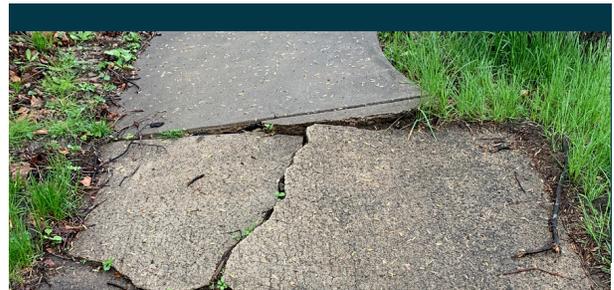
# STEP 2: WALK & OBSERVE

As you walk, evaluate the area based on these key factors:

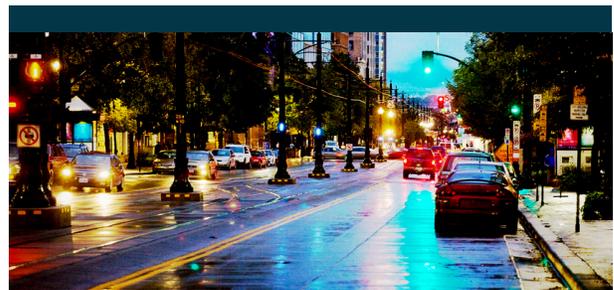
- **Sidewalk Conditions** – Are sidewalks continuous, well-maintained, and accessible?
- **Crosswalks & Intersections** – Are crossings safe, visible, and timed appropriately?
- **Safety & Comfort** – Is there adequate lighting? Are pedestrian pathways accessible for all abilities?
- **Air Quality & Traffic Impact** – Are there heavy emissions or unsafe traffic conditions for pedestrians?
- **Public Transit Access** – Are bus stops and transit stations easy to reach and well-integrated with pedestrian routes?

## Quick Walk Audit Tips!

- \* **Mind the Gaps:** Uneven sidewalks, sudden drop-offs, or blocked pathways can make walking difficult. Note any obstacles that could be hazardous or inaccessible.



- \* **See & Be Seen:** Check if crosswalks are well-marked and intersections have good lighting. If it's hard to see pedestrians, drivers probably can't either!



# STEP 3: CAPTURE & DOCUMENT

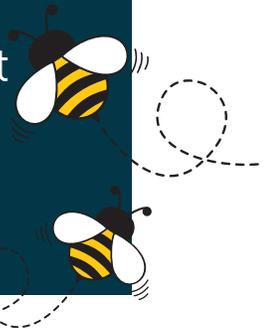


Use the **Walk Audit Worksheet** to rate safety, accessibility, and overall appeal.

- Take photos of both problem areas and great examples of pedestrian-friendly infrastructure.

## CHAT & CONNECT: HEAR THE BUZZ!

Talk to your team to get their thoughts and document common concerns.



## Spot Something New? Go Off Script!

These worksheets are just a guide, not a rulebook. If you notice an issue that's not listed, trust your instincts! Use the notes section to document anything important—you're the eyes on the ground!

## STAY ORGANIZED

Create a folder on your phone to save all photos from this walk audit in one spot. When you're back at your computer, upload them into a dedicated folder for easy access and sharing.



# STEP 4. TAKE ACTION



\* **Summarize Your Findings** – Compile key observations and recommendations into a report.

\* **Share Your Results** – Present your findings to local officials, transportation agencies, and community organizations.

## PRO TIP

Who says organizing your notes has to be boring? Invite some friends over and turn it into a "Compiling Notes & PowerPoint Party!" Set up snacks, put on a great playlist, and help each other organize notes, brainstorm ideas, or even turn them into fun presentations.



\* **Advocate for Change** – Use your collected data to push for sidewalk repairs, safer crosswalks, better lighting, and policies that promote clean air.

## PRO TIP: START SMALL, AIM BIG WITH YOUR WALK AUDIT

You've done the work—now, where should you submit your walk audit? Start small by sharing your results with your neighborhood watch, HOA, or local community group to spark conversations and build support. Then, take it to the city and county level by submitting it to your local transportation department, city council, or planning commission. For systemic change, bring your findings to state lawmakers and advocate for increased funding for safer, more walkable communities. Every step counts toward a more pedestrian-friendly future!

# UTAH-SPECIFIC CONSIDERATIONS



## AIR QUALITY & HEALTH

Utah's Wasatch Front frequently experiences inversions, which trap pollution in valleys and worsen air quality. Poor air quality can aggravate respiratory illnesses such as asthma and bronchitis, particularly for seniors and children. Long-term exposure to pollution increases the risk of cardiovascular diseases. Walk audits help pinpoint areas where pedestrians face high emissions exposure and allow communities to advocate for solutions such as green buffers and car-free zones.

## AGING POPULATION & MOBILITY NEEDS

Mobility challenges increase with age. Limited access to reliable transportation can lead to isolation and health risks. Walk audits can identify:

- **Transit Accessibility Gaps** – Ensuring bus stops and transit services accommodate mobility devices.
- **Safe Crossings** – Implementing pedestrian-friendly signals and allowing ample crossing time.
- **Age-Friendly Infrastructure** – Adding benches, shade structures, and well-maintained sidewalks to improve walkability.

## EXTREME WEATHER & INFRASTRUCTURE RESILIENCE

Utah's climate presents unique challenges, including hot summers, icy winters, and occasional flash floods. Considerations for audits include:

- **Shade & Cooling:** Are trees or shelters available for relief during extreme heat?
- **Snow & Ice Management:** Are sidewalks properly maintained in winter to ensure accessibility?
- **Stormwater Drainage:** Are pedestrian pathways protected from flooding and erosion?

## EQUITY IN WALKABILITY

Many low-income communities and communities of color suffer from underfunded pedestrian infrastructure due to historical disinvestment. Consider:

- Are sidewalks and crosswalks equally distributed across all neighborhoods?
- Are improvements prioritizing areas where residents depend most on walking and public transit?
- Do walkable routes connect residents to essential services like grocery stores, clinics, and schools?



# GET INVOLVED!

## \* CONDUCT A WALK AUDIT IN YOUR COMMUNITY

- Host a Walk Audit: Gather community members, take notes, and document pedestrian safety concerns.
- Report Your Findings: Share findings with HEAL Utah and local policymakers.
- Advocate for Change: Use collected data to push for more pedestrian-friendly policies and infrastructure.

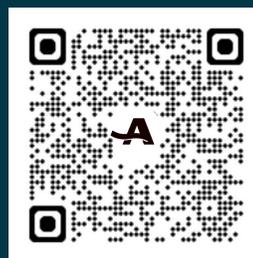


## \* LEARN MORE

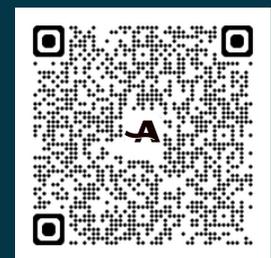


Learn more about AARP's Community Challenge Grant and HEAL Utah's Building Healthy, Equitable, and Livable Streets program at [healutah.org/aarp](https://healutah.org/aarp).

## \* ADDITIONAL RESOURCES



**AARP Walk  
Audit Tool Kit  
Worksheets**



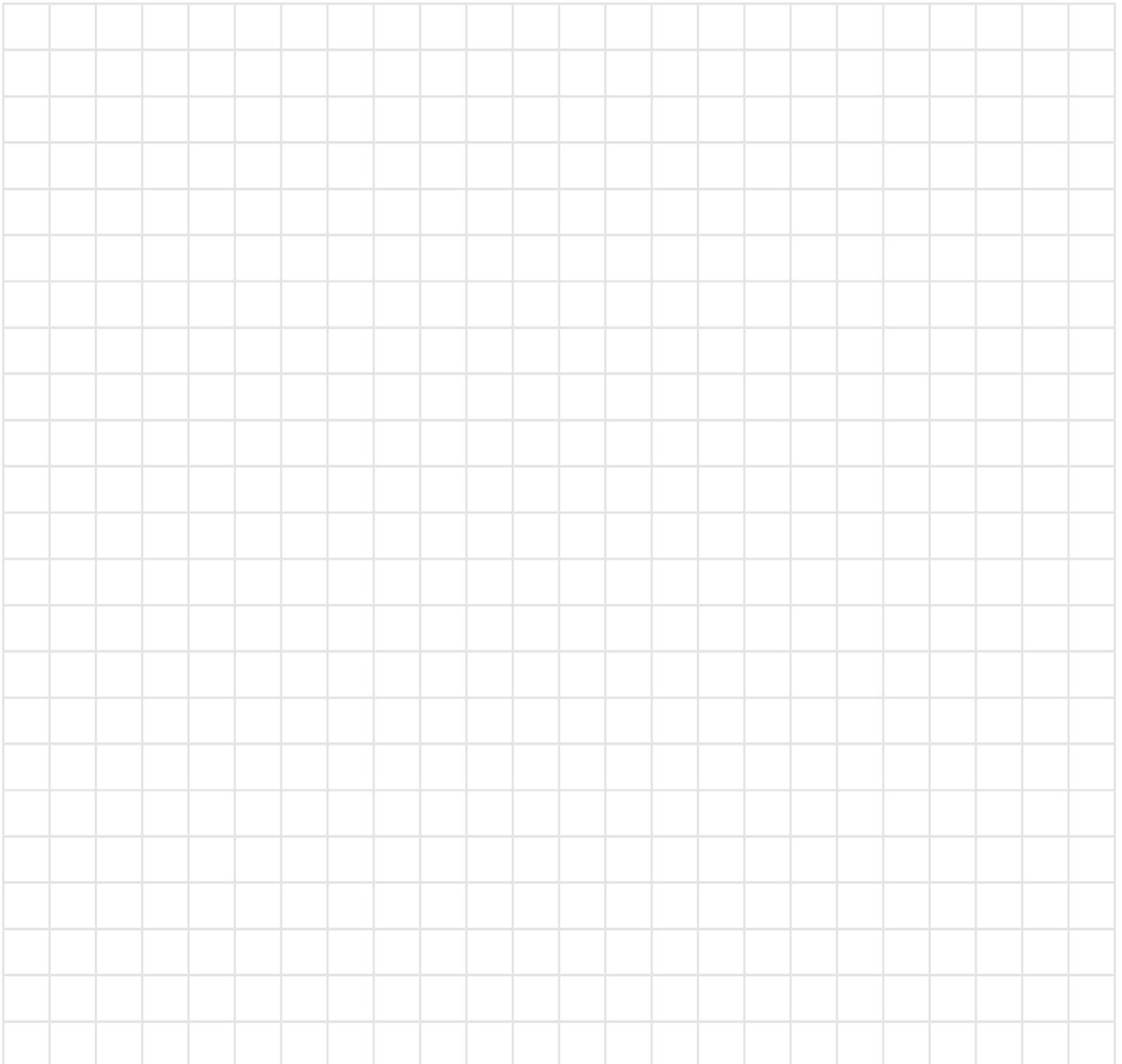
**AARP In-Depth  
Walk Audit  
Tool Kit**

## \* FOLLOW US & TAG US

Tag **@HEALUTAH** on all major social media platforms and use the hashtag **#HEALWalks**.

# Make a Map

- Use a mapping website to capture and print a bird’s-eye-view image of the walk audit area or draw a simple map of the location in the space below.
- Label the streets and make note of any key features, such as stores, schools and (if they exist) sidewalks.
- Take photographs and/or video of the area so others can see the challenges and strengths of the audit location. Match and mark the images on the map.
- Indicate any other problem spots or areas of opportunity (e.g., a bus stop with no seating or shelter).



# Who's Using the Street — and Why?

Community Name: \_\_\_\_\_

Location/Street Name(s): \_\_\_\_\_

Audit date: \_\_\_\_\_ Start time: \_\_\_\_\_ AM | PM End time: \_\_\_\_\_ AM | PM

Use hash marks (###) for counting the number of people observed. (Yes, some will likely be counted more than once.)

Use your best guess to determine each person's age range and reason for walking.

WHO'S WALKING?	NUMBER OF PEOPLE
Young children (e.g. elementary school students)	
Teens	
Adults	
Older Adults	
<b>HOW:</b>	
While pushing a baby stroller and/or walking with a child or children	
While using a mobility aid (i.e., a wheelchair, cane, walker)	
While riding a bicycle, scooter, skateboard or other mobility device	
<b>POSSIBLE REASONS:</b>	
Traveling to/from school	
Waiting for and/or heading to public transit	
Commuting to/from work	
Shopping and/or getting something to eat	
Walking/running for fitness	
Walking a dog	
Walking to a park or outdoor public space	
Just out for a walk	
Other/unknown	

**ALSO, WHO'S NOT WALKING?** Do the observed pedestrians represent the demographic composition of the neighborhood?

If not, which segments of the population appear to be missing? Why might that be the case? (Use a notebook or the back of this worksheet to record these answers and observations.)

# Sidewalks, Streets and Crossings

WALKING AUDIT

Community Name: \_\_\_\_\_

Starting location: \_\_\_\_\_ Ending location: \_\_\_\_\_

Route: \_\_\_\_\_

Audit date: \_\_\_\_\_ Start time: \_\_\_\_\_ AM | PM End time: \_\_\_\_\_ AM | PM

Posted speed limit(s): \_\_\_\_\_ Do the motorists appear to be obeying the speed limit(s)? \_\_\_\_\_

Total number of vehicle lanes: \_\_\_\_\_ The street is:  one-way  two-way

If more than one lane: Does the roadway have  a median and/or  a pedestrian island?

The street has:  no sidewalk  no sidewalk but needs one  no sidewalk but needs two  
 partial sidewalks  a sidewalk on one side of the street  sidewalks on both sides of the street

Skip any statements that don't apply

YES | NO | OTHER

**THE SIDEWALK:**

- 1. Is separated from the street by a barrier or buffer (a curb, grass, landscaping)
- 2. Is surfaced with a material that is smooth and consistent (e.g., concrete or asphalt rather than bricks)
- 3. Is in good condition, without cracks or raised sections
- 4. Is free of obstacles (hydrants, utility poles, overgrown landscaping, trash receptacles)
- 5. Is free of interruptions from driveways (such as to/from homes, parking lots, etc.)
- 6. Is continuous (no segments are missing) and complete (it doesn't randomly end)
- 7. Is wide enough (at least 5 feet) for two people to walk side by side or pass one another
- 8. Has tactile ground surface indicators so pedestrians with vision impairment will know when the path is ending
- 9. Has a curb cut ramp (for use by wheelchairs, baby strollers, etc.) wherever it is interrupted by a street

**THE STREET:**

- 1. Has traffic lights and/or stop signs at intersections and crossings
- 2. The traffic lights and/or stop signs are clearly visible to drivers and pedestrians
- 3. Has crosswalks
- 4. The crosswalks are well marked and clearly visible to drivers and pedestrians
- 5. Has signage alerting drivers to the presence of pedestrians
- 6. Has a designated bicycle lane
- 7. Has a pedestrian crossing signal, also called a beacon (if yes, complete the next section)

**THE PEDESTRIAN CROSSING SIGNALS:**

- 1. Are working
- 2. Have a "push-to-walk" mechanism, meaning pedestrians can stop the vehicle traffic
- 3. Have audible prompts for people with vision impairment
- 4. Are placed in appropriate locations (if not, make note of where more are needed)
- 5. Provide enough time to cross (indicate the amount of time provided: \_\_\_\_\_ minutes \_\_\_\_\_ seconds)
- 6. Provide suitable opportunities to cross (indicate the amount of time pedestrians must wait for a traffic light change in order to cross: \_\_\_\_\_ minutes \_\_\_\_\_ seconds)

Consider using the "Build a Better Block" worksheet as well.

Walkability of the area, based on the findings above:  Great  Acceptable  Mixed  Poor





# Winter Weather

Community Name: \_\_\_\_\_

Location/Street Name(s): \_\_\_\_\_

Audit date: \_\_\_\_\_ Start time: \_\_\_\_\_ AM | PM End time: \_\_\_\_\_ AM | PM

YES | NO | OTHER Skip any statements that don't apply

**WALKWAYS (sidewalks or similar pedestrian paths)**

- 1. The walkway is cleared of snow after a storm. (If yes, make note of how soon after.)
- 2. The walkway is cleared of snow but remains icy
- 3. The walkway is cleared of snow but remains slushy
- 4. The walkway is salted or sanded
- 5. The full-width of the walkway is cleared of snow, slush and ice
- 6. The full-length of the walkway is cleared of snow, slush and ice
- 7. The walkway is accessible (i.e. It's not blocked by snowbanks or piles of plowed snow.)
- 8. The walkway is well-lighted
- 9. Pedestrians can use the walkway without being sprayed by slush or ice from passing cars

**STREETS**

- 1. Crosswalks are visible. (If not, why not? e.g. The paint is faded. There's snow, ice or slush covering the path.)
- 2. Pedestrians crossing the street are clearly visible to motorists
- 3. The bus or public transit stops are accessible
- 4. The bus or public transit stops have a shelter to protect waiting riders from bad weather

**BUILDINGS AND MORE**

- 1. Benches and other outdoor seating areas have been cleared of snow and ice
- 2. The steps, ramps and entries to public buildings have been cleared of snow and ice
- 3. The steps, ramps and entries to businesses have been cleared of snow and ice

**Who is responsible for the clearing and winter maintenance of the sidewalk(s) or pedestrian pathway(s)?** Check all that apply

- The local government
- Each property owner (e.g. business or homeowner/tenant)
- Other (explain below)
- Don't know

**NOTES OR OTHER OBSERVATIONS:**

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Walkability of the area, based on the findings above: Great Acceptable Mixed Poor

# Build a Better Block

Would the safe walkability and appeal of the walk audit location or route be improved by any of the following features? Select those you think could help:

- 1. Sidewalks (because there aren't any at all)
- 2. Sidewalk repairs
- 3. Wider sidewalks
- 4. Safety barriers between the sidewalk and street (landscaping, low walls, fencing, etc.)
- 5. Decorative sidewalk features (hanging flower baskets, planters)
- 6. Crosswalks (because there aren't any at all)
- 7. Raised crosswalks
- 8. Artistic crosswalks
- 9. Pedestrian "bulb-outs" at intersections or crossings
- 10. Pedestrian island(s)
- 11. Pedestrian-friendly lighting
- 12. One-way rather than two-way traffic
- 13. Outdoor seating and furnishings for public use (benches, tables, parklets, etc.)
- 14. Decorative and/or directional (also called "wayfinding") signage
- 15. Public art (sculpture, wall murals, banners)
- 16. More street-level/street-facing shops and businesses
- 17. Shelter from the elements (awnings, outdoor umbrellas, etc.)
- 18. Green space (such as a small park or "pocket park")
- 19. Street trees and landscaping
- 20. Improved landscape maintenance
- 21. Drinking fountains
- 22. Public restrooms (or, if already present, better maintenance)
- 23. Litter removal
- 24. Graffiti removal
- 25. Trash receptacles
- 26. Security features (cameras, call-boxes, etc.)
- 27. Management of off-leash dogs
- 28. Repair or removal of vacant or rundown buildings
- 29. On-street parking o
- 30. Parking garage or structure

**OTHER FEATURES:**

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