



## Block by Block

How **policymakers** and **City agencies** can promote health and improve walking conditions in East Harlem.



The New York City Health Department believes all New Yorkers — regardless of the neighborhood they live in — deserve an equal opportunity to lead a healthy life. Walking is good for our health. It reduces the risk of diabetes, heart disease and obesity, and helps people manage stress and anxiety. Walking connects people to their neighbors and improves their sense of community. Neighborhoods designed to support safe, clean, and

well-maintained streets and sidewalks help residents be physically active and get to know one another. The East Harlem Neighborhood Health Action Center, part of the Health Department's Center for Health Equity, worked with community organizations, residents and other City agencies to create the East Harlem Community Walking Trail. The trail provides residents with opportunities for physical activity and to connect with their neighbors.

### WHAT WE LEARNED

As part of creating the East Harlem Community Walking Trail, we interviewed people in the neighborhood about their experiences walking in East Harlem and assessed the sidewalk and street conditions along the blocks that make up the East Harlem Community Walking Trail.

1

Most residents we surveyed walk in East Harlem for at least 10 minutes a day and want to continue doing so.

2

The neighborhood has many existing resources that promote walking, like public art, trees and parks, but more can be done to improve the appeal of walking in East Harlem.

3

Residents are concerned about safety and want better lighting on East Harlem's streets.

4

Improving the cleanliness and condition of the sidewalks in East Harlem is a high priority for residents.

5

Many residents avoid walking under the Park Avenue Viaduct, the main way to cross Park Avenue in East Harlem, due to concerns about safety, traffic, lighting and the condition of the viaduct.

6

Residents respond positively to the idea of the East Harlem Community Walking Trail and view it as a way to get exercise and connect to the neighborhood and to each other.



“We need more funding for...neighborhood improvements. The more money that comes to Harlem, the more improvements that can be done to the infrastructure of the community and the community will feel part of New York City.”




— Jacob Azeke,  
East Harlem resident




“You+Park” New York Restoration Project, 2018. Learn more about You+Park at [nyrp.org/youpluspark](http://nyrp.org/youpluspark).

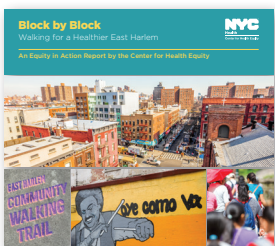
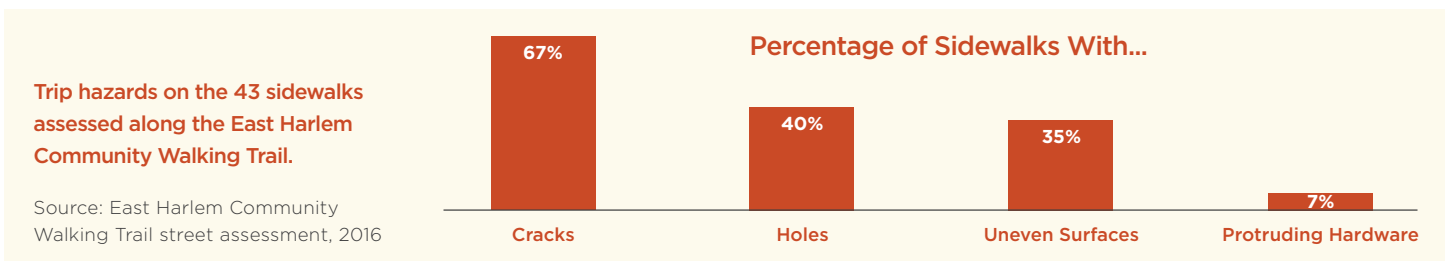
## WHAT YOU CAN DO

### Support policies and prioritize resources to improve the East Harlem built environment.

-  Champion public art and mural projects in East Harlem to improve the sidewalk experience.
-  Promote programs that help property owners repair their sidewalks.
-  Support policies to make streets safe and accessible for people of all ages and all abilities, known as complete streets policies. Visit [nyc.gov/dot](http://nyc.gov/dot) and search for **complete streets**.

 Review the East Harlem Neighborhood Plan for recommendations on how to make East Harlem’s streets and sidewalks more inviting. Visit [eastharlempian.nyc](http://eastharlempian.nyc) for more information.

 Support the Vision Zero Plan, which aims to eliminate traffic deaths and serious injuries in New York City through engineering, education and enforcement efforts. Visit [nyc.gov/VisionZero](http://nyc.gov/VisionZero) for more information.



## WANT TO LEARN MORE?

To read the full report or get involved, visit [nyc.gov/health](http://nyc.gov/health) and search for **East Harlem Community Walking Trail**.

