



Block by Block

How **residents** 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.



"You+Park" New York Restoration Project, 2018. Learn more about You+Park at nyrp.org/youpluspark.





"Walking is good for your body, your heart, your lungs, for your general wellness...Why not join a walking group? Then you will be healthy, will meet new people and get to know the neighborhood."





— Jacob Azeke,
East Harlem resident

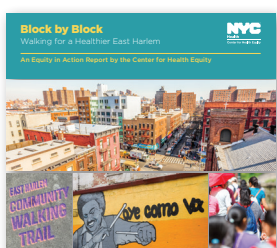


WHAT YOU CAN DO

As a part of the East Harlem community, you can be an advocate for your community by walking and taking action to improve streets.

-  Explore the East Harlem Community Walking Trail and learn about the neighborhood's history and culture as you move.
-  Join the East Harlem Community Walking Trail Steering Committee to maintain the Community Walking Trail and support collaborative projects. Email harlemoutreach@health.nyc.gov or call 646-682-2100 for more information.
-  Join an East Harlem walking group to get out regularly and connect with neighbors. Email harlemoutreach@health.nyc.gov or call 646-682-2100 for more information.
-  Conduct walking tours to identify sidewalk and traffic issues or other needed improvements, and call 311 or visit 311 online at nyc.gov/311 to report concerns.

-  Volunteer to plant flowers or help maintain tree and planter areas. For more information, see Page 39 of the full report.
-  Join your local community board and participate in committees that promote public and environmental safety. To find your community board, visit nyc.gov and search for **community boards**.
-  Get involved in the city's participatory budgeting process. You can submit ideas for projects or vote on suggestions made by other community members. Visit council.nyc.gov/pb to learn more.
-  Meet your local elected official to share ways to make walking in East Harlem safer and appealing. For more information, visit cb11m.org/elected-officials.



WANT TO LEARN MORE?

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