



WHY WALKABILITY

Presented by: Lelia Gibson-Green, BA, MBA
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INTRODUCTION



- **Cancer survivor and community advocate for walkability and urban improvement**
- **Struggle with physical and mental health challenges**
- **Recognized the importance of walking for health and wellness**
- **Passion went beyond personal wellness but safe community and walkable spaces**
- **Organized walking groups and coordinated events**
- **Had a vision for community-driven change**

MAKING CHANGES BY WALKING



- Walk for health and wellness
- Created Walking Groups in Southeast



WHY WALKABILITY



- America Walks Walking College Fellowship Program
- Created Action Plan- (COS Walkability Summit)

AMERICA WALKS

AARP



WHY WALKABILITY



- Walkability makes the community healthier, safer, greener, and more connected
- Encourage exercise and reduce stress
- Cut car use, lower pollution
- Boost the economy
- Improve accessibility
- Strengthen community and safety



2023 COS Walkability Summit



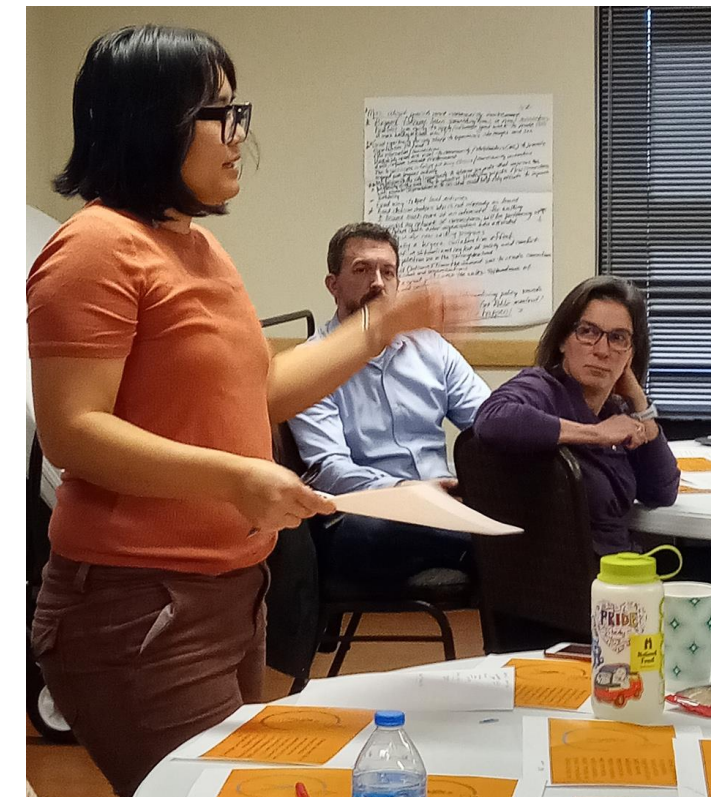
- COS 1st Walkability Summit
- Walking Audits
- Walkability Proclamation Resolution



2023 COS WALKABILITY RESULTS



- 51 attendees
- Walkability Day
September, 22nd
- Construction/Installment
New SE Sidewalk
- COS Walkability Advisory
Committee



2023 COS WALKABILITY RESULTS



- 51- summit participants including volunteers
- 23- surveys completed
- 16- (69.6%) participants elected to be on the Walkability Advisory Committee
- 78.3%- length of presentations was just right
- 69.6%- summit structure well
- 56.5%- improve understanding of walkability
- 95%-Satisfy for networking opportunities

2025 COS WALKABILITY SUMMIT



- 75 Participants Registered
- Three COS City Councilmembers
- One Manitou Councilmember
- 35+ Neighborhoods
- Presenters/Facilitators- City Planners, Public Works, CDOT Public Works, CDOT, County Public Works and many more organizations



QUESTIONS

