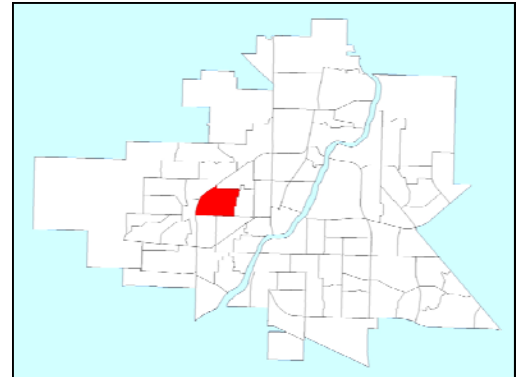


# Mount Royal



The **Smart Cities, Healthy Kids** research project looks for solutions to childhood obesity by investigating how neighbourhood design affects children's ability to be physically active. Research suggests that safety from traffic and crime, the presence of destinations and built features supporting an active lifestyle (eg. parks, playgrounds, and bike lanes), a neighbourhood's attractiveness, and its accessibility are all very important in determining whether people will be active there. To determine which Saskatoon neighbourhood designs are the most supportive of active living, researchers walked each neighbourhood in Saskatoon in the summer months of 2009/2010, collecting data on these areas using two research surveys: the Neighbourhood Active Living Potential (NALP) and the Irvine-Minnesota Inventory (IMI).



*Mount Royal in Saskatoon*



*NALP Route Map*



*IMI Segments Map*

**NALP** consists of 22 items within four areas: Activity Friendliness, Safety, Density of Destinations, and Universal Accessibility. Using this method, observers rated each item on a 6-point scale after walking a pre-defined route in each neighbourhood that connected 10 randomly-selected street segments. The route, typically 4 to 5 kilometres in length, is shown in red on the map.

**IMI** consists of a 229-item inventory of neighbourhood features within five areas: Attractiveness, Diversity of Destinations, Pedestrian Access, Safety from Traffic, and Safety from Crime. Twenty percent of street segments in each neighbourhood were randomly selected and observed. Each segment is the two facing sides of a street block and is indicated by a numbered flag on the map.

The NALP tool is more subjective in nature and takes into account the impression of the entire neighbourhood based on the systematic observations of the researchers. In contrast, the IMI is more objective in nature and is based on observations of each individual segment. The following report will discuss how the characteristics of Mount Royal compare to Saskatoon neighbourhoods in general.

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# Mount Royal Overview

Mount Royal is bordered by 31st Street, Circle Drive, 22nd Street, Avenue P, Avenue O, and McMillan Avenue.

Mount Royal was designed under the First Zoning Bylaw, which was in effect from 1930—1966. This Bylaw marked the beginning of a formal land use classification system that separated land use types into more defined categories for the purposes of controlling land uses and protecting property values. This Bylaw also marked the beginning of a street classification system that separated volumes of traffic into classes (local, collector, and arterial). Neighbourhoods developed under the First Zoning Bylaw include early forms of curvilinear streets, where grid patterns give way to crescents linked by a collector street. Indeed, the streets in Mount Royal are mostly grid patterned, although there are a few curved crescents in the west end of the neighbourhood.



*Mount Royal street view*

## Safety

We rated each neighbourhood according to the presence or absence of certain neighbourhood elements that increase or detract from a feeling of personal security. Observing both the physical and social characteristics of the neighbourhood, security was measured both in terms of traffic and crime. These ratings suggest whether safety concerns affect an individual's related active living decisions in their neighbourhood.



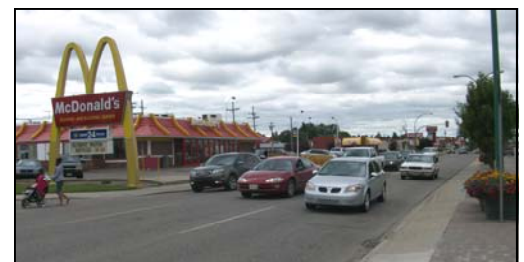
*Well marked pedestrian crosswalk*

- Out of a possible highest rating of 10, Mount Royal rated **5.54** for Safety from Traffic, below Saskatoon's average rating of **6.06**. (IMI)
- Out of a possible highest rating of 10, Mount Royal rated **7.36** for Safety from Crime, below Saskatoon's average rating of **8.46**. (IMI)
- Out of a possible highest rating of 6, Mount Royal rated **4.25** for Safety, above Saskatoon's average rating of **3.81**. (NALP)



*Graffiti*

Mount Royal's safety ratings suggest that pedestrian and vehicle areas are fairly well defined and safe to navigate and that there are few elements that reduce feelings of personal security. Although some observed intersections were uncontrolled and few were marked for pedestrian crossing, traffic levels were quite low, so observers felt many streets were safe to cross. However, there were places where better consideration for the safety of pedestrians was necessary, particularly on 22nd Street. In terms of safety from crime, mostly well maintained homes and plenty of opportunities for casual surveillance of the street by home owners contribute to the perception of personal security. However, we observed a high amount of graffiti in some areas of the neighbourhood, and there were several areas concealed by bushes or in alleyways that could be used for lurking.



*22nd Street requires better consideration for pedestrian safety*



# Destinations

We rated each neighbourhood according to the number, diversity, and density of its destinations. These ratings suggest whether destinations in a neighbourhood can motivate deliberate, localized active living choices by providing a place to go and a means to interact with others.



*Commercial Strip along 22nd Street*

- Out of a possible highest rating of 10, Mount Royal rated **7.00** for Diversity of Destinations, above Saskatoon's average rating of **6.26**. (IMI)
- Out of a possible highest rating of 6, Mount Royal rated **4.50** for Density of Destinations, above Saskatoon's average rating of **3.92**. (NALP)

Mount Royal's destination ratings suggest that there are many destinations of a moderate variety. For example, observed destinations in Mount Royal include several schools and parks, a paddling pool, churches, restaurants, a drug store, and several retail stores and services along the 22nd Street commercial strip.

# Activity Friendliness

We rated the activity friendliness of each neighbourhood based on specific features that encourage or present barriers to an active lifestyle. These ratings suggest whether a neighbourhood assists or limits the opportunities for physical activities such as walking, cycling, or skateboarding.



*Street signs indicating safe cyclist route*

- Out of a possible highest rating of 10, Mount Royal rated **4.91** for Pedestrian Access, below Saskatoon's average rating of **5.08**. (IMI)
- Out of a possible highest rating of 6, Mount Royal rated **4.75** for Activity Friendliness, above Saskatoon's average rating of **3.67**. (NALP)

These activity friendliness ratings suggest that Mount Royal has both supports and obstructions for pedestrians. For example, most streets have sidewalks on both sides of the street. When present, most sidewalks were in good condition. Grid street patterns provide route choice and easy access for pedestrians and cyclists. In some areas, streets signs indicate safe routes for cyclists and remind

motorists to share the road with cyclists. Bike parking at many destinations further increases bike friendliness.



*The curb cut in the Pedestrian Refuge enables cyclists to cross the street*

# Attractiveness

We rated each neighbourhood based on specific features that

could potentially increase or decrease the attractiveness of the neighbourhood. This rating suggests whether the level of attractiveness for each neighbourhood itself can encourage or discourage individuals to participate in an active lifestyle.

- Out of a possible highest rating of 10, Mount Royal rated **4.58** for Attractiveness, below Saskatoon's average rating of **4.80**. (IMI)

Mount Royal's attractiveness rating suggests that both attractive and unattractive features are present in the neighbourhood. For example, large street trees are present on most streets and they provide shade for the pedestrians on the sidewalks. Further, well maintained homes, pleasant landscaping, and park space considerably increase the attractiveness of the neighbourhood. However, sidewalk amenities, such as benches and well-kept garbage cans, were absent from most of Mount Royal.



*Leif Erickson Park*

## Universal Access

We rated the universal accessibility of each neighbourhood according to the presence or absence of specific features that help or prevent safe movement for those with mobility, visual, or hearing impairments. These ratings suggest whether people with reduced mobility are able to travel in the neighbourhood safely without assistance.

- Out of a possible highest rating of 6, Mount Royal rated **2.50** for Universal Accessibility, above Saskatoon's average rating of **2.19**. (NALP)

This universal accessibility rating indicates that Mount Royal has some elements that enable safe movement for those with reduced mobility. For example, although few sidewalks in Mount Royal are mountable, there are graded curb cuts present at many intersections. However, none of the observed pedestrian crossings are adapted for individuals with visual or hearing impairments.



*Curb cut*

**The principal investigator for this project is Nazeem Muhajarine, PhD. For a complete list of contributing researchers, partner organizations, project staff, and more information, please visit our website: [www.smartcitieshealthykids.com](http://www.smartcitieshealthykids.com)**

**If you have any further questions about the project, please contact our research co-ordinator [tracy.ridalls@usask.ca](mailto:tracy.ridalls@usask.ca) or call 966-2237.**