Is there a recipe for healthy communities?

Key ingredients for building meaningful partnerships and lasting change
Recipe for Healthy Communities

Key ingredients for building meaningful partnerships and lasting change

Presented by:
Sheila Lynch, AICP with Tri County Health
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Health....not just about watching what you eat

• We were successful with this presentation if:
  • You understand what health means in the planning world
  • You know what to look for when building strong partnerships to encourage health in planning
  • You can intelligently name some planning policies that will have lasting impacts on health
  • You can cite practical tips for approaching and enhancing other planner’s efforts to promote health

• This is an interactive session so no napping!
Get up and Move

• Acting on Step it Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities

• Your response is your move
Background: Sheridan, Colorado
Review your list of ingredients
Background: Sheridan, Colorado

Review your list of ingredients

Population: 5,600

Median Income: $32,240

Education: Only 7% with a college education

Ethnicity: 40% Hispanic

Poverty Level: 51% of the children in Sheridan live below the federal poverty level -- three times the rate of childhood poverty metro Denver-wide.
Background: Sheridan Comprehensive Plan

Review your list of ingredients

CRS 31-23-206: Municipalities are authorized to prepare Master Plan (Comp Plans)

- Possible elements of a Comprehensive Plan:
  - roads, bridges, waterways, highways, mass transit routes
  - public places like schools, historically-significant buildings/sites, parks/open space
  - public utilities
  - commercial development
  - residential development
  - housing
Methods: Health Impact Assessment

Continue with a steady simmer

- Process to evaluate how a proposed plan, project or policy affects community health before it is implemented
- Identifying locally-relevant issues that are impacted by a proposed policy
- Promote more equitable approach
“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease.”
World Health Organization
Methods: HIA - Community + Data + Evidence

Continue with a steady simmer

- Existing data +
- Community data +
- Literature review +
- Well-researched best practices
What we studied

1. Economic Opportunity
2. Food Access
3. Neighborhood Stability
4. Physical Activity
5. Air and Water Quality
Outcomes: Sheridan Comprehensive Plan HIA
The Cake Toppers

Food Access

- Food Insecurity
- Existing Zoning Code

Existing Conditions & Proposed Policy

- Food insecurity and poverty = higher rate of obesity
- Lack of clarity in zoning can lead to barriers

What it means for health

- Update Zoning
- Coordination with food assistance providers
- Healthy food policies in the local government

What we can do
Outcomes: Sheridan Comprehensive Plan HIA

The Cake Toppers

Neighborhood Stability

Existing Conditions & Proposed Policy

- Affordable housing and schools
- Property maintenance
- Higher rate of disorderly conduct
- Student homelessness rate

What it means for health

- Perception of safety impact physical activity
- Housing cost burdened households have less to spend
- Range of housing benefits all

What we can do

- Add Affordable Housing goals and objectives
- Work with landlords to be more accountable

Outcomes: Sheridan Comprehensive Plan HIA

The Cake Toppers
Outcomes: Sheridan Comp Plan Policies
The Cake Toppers

**HIA Findings**

- Food insecurity
  - Access to affordable food options

- High number of code violations
  - Affordable housing

**Comp Plan Policies**

- Coordination among partners on food assistance programs
- Change zoning to explicitly allow non-store healthy food options

- Promote stable neighborhoods through quality affordable housing
- Connect families to existing federal assistance programs
Outcomes: Sheridan Comp Plan Policies

The Cake Toppers

HIA Findings

- Income disparities
- Education disparities
- High Unemployment

Comp Plan Policies

- Living wage jobs for residents
- Workforce development goals especially for youth

- Increase tree canopy
- Promote low-impact development practices

High traffic corridors and industrial uses

Waterways with high e-coli levels
Key ingredient for success: Strong partnership

- Transparency - Discussed roles early in the partnership
- Solid Communication - early and often
- Support each others’ efforts
- Lack of political tape in a small community
- Community data and federal, state and local data, not readibly available to the City
- Focused goals
Sheridan Comprehensive Plan and Health Impact Assessment
Health Policy and Loveland’s Comprehensive Plan

Katie Guthrie, AICP
Health Planner
CanDo Loveland
Context – Let’s get cooking

- 18-month process
- Full partnership -- SOQ, RFP, TAC, Stakeholder Committee, consultant team
- Focus: policy language that moves the needle on public health in Loveland
- 1st time for meaningful health language
- Community readiness
Tools – The “secret” ingredients

- Education: consultant team, staff, city leaders & decision-makers about health language

- Outreach/awareness: public events, coalition meetings, wellness nights, sMap

- Capacity building & advocacy: why citizens should care and how/when to voice their support for health in the comp plan
Outcomes – Let them eat cake!

- Two main chapters
  - Health, Environment & Mobility
  - Neighborhood & Community Assets

- Four main elements
  - Health
  - Mobility
  - Housing
  - Neighborhood Character
Outcomes – Let them eat cake!

- Health, Environment and Mobility Chapter:
  Create a Safe and Healthy Built Environment
  - HEALTH POLICIES
    - Create convenient, safe and diverse physical activity opportunities for residents of all ages, abilities and income levels.
    - Encourage the availability and affordability of healthy, fresh food throughout the City.
Health, Environment and Mobility Chapter:
Create a Safe and Healthy Built Environment

- **HEALTH POLICIES**
  - Attract and maintain accessible, first-class hospitals and medical facilities in Loveland.
  - Make year-round parks and recreation opportunities universally accessible.
Outcomes – Let them eat cake!

- Health, Environment and Mobility Chapter: Create a Safe and Healthy Built Environment
  - **MOBILITY POLICIES**
    - Plan a safe, efficient, coordinated and convenient multimodal transportation system.
    - Provides infrastructure to make walking and bicycling convenient and viable for all types of trips and for all ages, abilities and income levels.
Outcomes – Let them eat cake!

Health, Environment and Mobility Chapter: Create a Safe and Healthy Built Environment

- **MOBILITY POLICIES**:
  - Establish and maintain convenient connections between neighborhoods and to local destinations.
  - Establish a sustainable financing foundation for a transportation system that provides dependable mode options with the ability to accommodate Loveland’s growth.
Outcomes – Let them eat cake!

- Health, Environment and Mobility Chapter:
  Create a Safe and Healthy Built Environment
  - MOBILITY POLICIES:
    - Make the COLT bus system a convenient, efficient and functional choice.
    - Establish and maintain convenient connections between neighborhoods and to local destinations.
Neighborhoods & Community Assets Chapter: Facilitate Complete Neighborhoods

**HOUSING POLICIES**

- Encourage development of diverse housing types and complete neighborhoods.
- Support housing that meets the needs of low and moderate income households.
Outcomes – Let them eat cake!

- Neighborhoods & Community Assets Chapter: Facilitate Complete Neighborhoods
  - **Housing Policies**
    - Align new housing development with resident needs and community values.
    - Promote integration of housing in commercial and employment centers.
Outcomes – Let them eat cake!

- Neighborhoods & Community Assets Chapter:
  Invest in Loveland’s Older Neighborhoods
  - NEIGHBORHOOD CHARACTER
    - Continue investing in older neighborhoods as they age.
    - Support active living and aging in place.
The Recipe for Success

- Seek/develop mature partnerships to leverage
- Tap into community connection, knowledge and understanding
- Identify health as non-partisan
- Use/modify existing messaging & language
Creating a Healthy Built Environment

Increasing Walking and Biking in Lafayette, Colorado
Recipe for Success (Background)

• Kaiser Walk and Wheel Grant Objectives
  – Increase walking and biking
  – Increase physical activity
  – Improve safety of environment
  – Improve wayfinding signage
  – Increase connectivity
Recipe for Success (Background)

- Municipal Support
- Political Support
- Leveraging non-traditional partnerships
  - Boulder County Transportation
  - Boulder County Public Health
  - Boulder Valley School District
Pearing Strategies (Methods)

• Data Collection and Analysis
  – Health Data
Pearing Strategies (Methods)

- Data Collection and Analysis
  - Health Data
  - Sidewalk Assessment
Pearing Strategies (Methods)

- Data Collection and Analysis
  - Health Data
  - Sidewalk Assessment
  - Bike and Walk Audits
Pearing Strategies (Methods)

- Data Collection and Analysis
  - Health Data
  - Sidewalk Assessment
  - Bike and Walk Audits
  - Bike Lane Inventory
Pearing Strategies (Methods)

- Data Collection and Analysis
  - Health Data
  - Sidewalk Assessment
  - Bike and Walk Audits
  - Bike Lane Inventory
  - Bike and Traffic Counts
Pearing Strategies (Methods)

- Data Collection and Analysis
  - Health Data
  - Sidewalk Assessment
  - Bike and Walk Audits
  - Bike Lane Inventory
  - Bike and Traffic Counts
  - Community Input via Outreach Events
Pearing Strategies (Methods)

• Data Collection and Analysis
  – Health Data
  – Sidewalk Assessment
  – Bike and Walk Audits
  – Bike Lane Inventory
  – Bike and Traffic Counts
  – Community Input via Outreach Events
  – Community & staff workshops
Outcomes/ A-Cheesements

- Bike and Walk Loop
Outcomes/ A-Cheeseements

- Bike and Walk Loop
- Wayfinding Plan
Outcomes/ A-Cheesements

- Bike and Walk Loop
- Wayfinding Plan
- Wayfinding Signs
Outcomes/ A-Cheeselements

- Bike and Walk Loop
- Wayfinding Plan
- Wayfinding Signs
- Bike and Pedestrian Enhancements
Outcomes/ A-Cheeselements

- Bike and Walk Loop
- Wayfinding Plan
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- Bike and Pedestrian Enhancements

South Boulder Road resurfacing project – added bike lanes
Outcomes/ A-Cheeselements

• Bike and Walk Loop
• Wayfinding Plan
• Wayfinding Signs
• Bike and Pedestrian Enhancements
Outcomes/ A-Cheesements

- Wayfinding Plan
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Outcomes/ A-Cheeselements

- Bike and Walk Loop
- Wayfinding Plan
- Wayfinding Signs
- Bike and Pedestrian Enhancements
- City Bike Map
Key Ingredients for Success

- Municipal Support
- Political Support
- Diverse Partners
- Strong Project Management
Thank You!

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Infrastructure changes
Infrastructure changes
Bus-n-Bike Shelters
Harvest Bucks

Supplemental Nutrition Assistance Program $1

Boulder County Farmers Markets only
Eligible food: fruits and vegetables
Valid through the 2014 season, not redeemable for cash

Longmont
Boulder
Boulder County Fairgrounds
Sat: 8am-1pm, 4:45 to 11:25
Downtown Longmont
5th Ave & Main Street
Wed: 4pm-8pm, 5:15 to 7:30

Boulder
12th & Canyon
Sat: 9am-1pm, 4:45 to 11:25
Wed: 6pm-8pm, 6:15 to 7:30

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Boulder County Parks & Open Space
INFO ATM MARKET BUCKS EBT
Trip Tracker
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Thank you and bon appetitie!