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HEALTHY EATING ACTIVE LIVING

Partnerships for Healthy Communities

*Integrating Public
Health & Community
Planning*





Questions to Think About

1. Are you aware of any successes where planning partnered with public health to improve community health, livability and vitality?
2. What can you do to support the integration of public health with community planning, in particular, to improve access to healthy foods and opportunities to be active?



Chronic Disease Trends and Health Disparities in NH

Socio-Economic and Chronic Disease Factors						
Geographic Areas	Persons Below Poverty Level*	Minority Rates*	Adult Obesity**	Adult Diabetes**	No Leisure Time Physical Activity Adults**	Food Insecurity***
New Hampshire	8.4%	5.6%	25.8%	9.1%	21.2%	13%
Belknap County	9.7%	3.4%	34.3%	9.5%	27.5%	16%
Carroll County	10.3%	2.6%	24.3%	8.5%	17.1%	6%
Cheshire County	10.6%	3.7%	23.8%	14.9%	16.7%	11%
Coos County	13%	2.9%	31.9%	14.9%	29.5%	20%
Grafton County	11%	6.4%	25.6%	8%	19%	13%
Hillsborough County	8%	8.1%	26.9%	8.7%	21%	13%
Merrimack County	8.9%	4.6%	29.6%	8.8%	17.1%	11%
Rockingham County	5.2%	4.2%	26.7%	9.4%	18.3%	14%
Strafford County	11.2%	6.1%	27.5%	9.8%	21.5%	21%
Sullivan County	10.2%	2.9%	26.3%	11.2%	20.9%	15%

*U.S. Census Bureau, State and County QuickFacts, Data derived from Population Estimates, 2012

**NH Division of Public Health Services, Department of Health and Human Services, NH Behavioral Risk Factor Surveillance System, 2012

***University of New Hampshire Carsey Institute. Stracuzzi N. Ward S. Spring 2010. What's for Dinner? Finding and Affording Healthy Foods in New Hampshire Communities. Issue Brief No. 21.



TIME

SPECIAL HEALTH ISSUE

Our Super-Sized Kids

It's not just genetics and diet. An in-depth look at how our lifestyle is creating a juvenile obesity epidemic—and the steps on how to cure it.

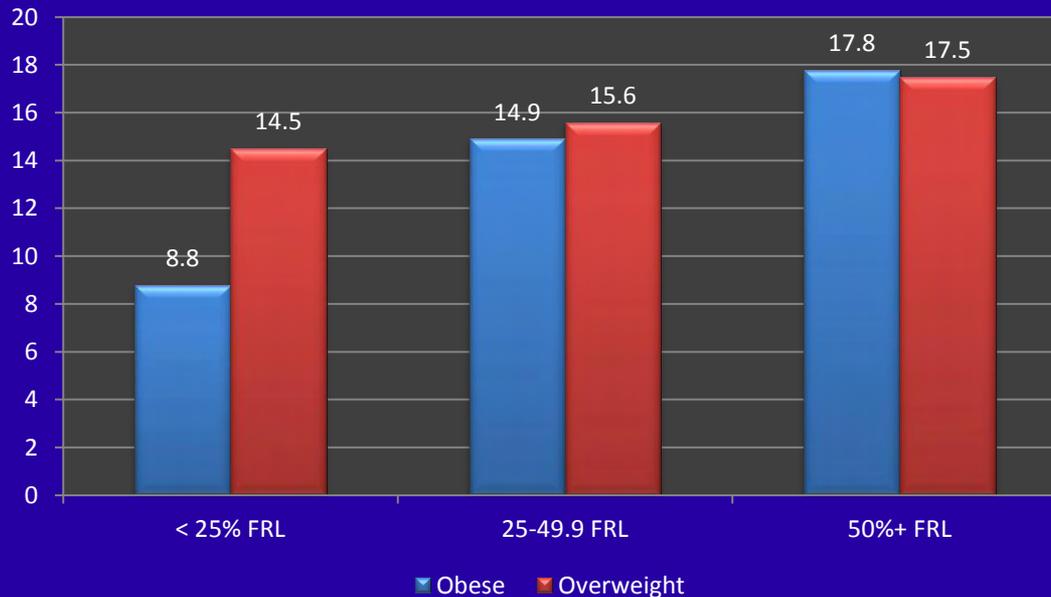
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Children in NH

Obesity and Overweight by Free and Reduced Lunch (FRL) Stratification



2013-14 NH Third Grade Healthy Smiles- Healthy Growth Survey



*New Hampshire Department of Health and Human Services,
Division of Public Health Services*

Economic Consequences



- *It is estimated that the US economy loses an estimated \$309 billion per year due to direct and indirect costs of such disparities**
- *Ending health disparities can lead to a healthier and wealthier NH*

*Joint Center for Political and Economic Studies, September 2009



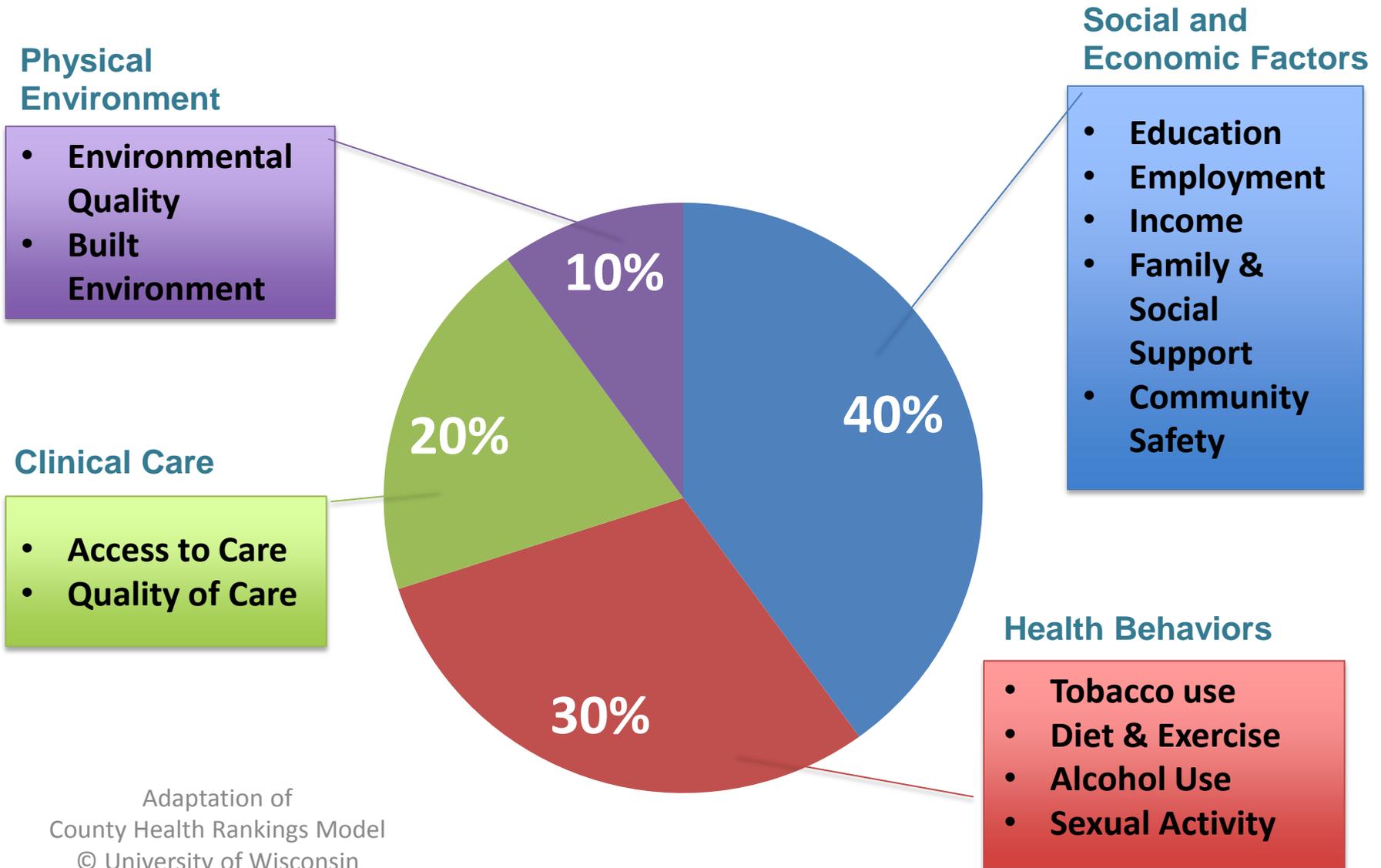
Health Consequences



“The steady rise in life expectancy during the past two centuries may soon come to an end.”

New England Journal of Medicine 2005; 352:1138-1145

What impacts our health?



Social and Economic Factors

- Education
- Employment
- Income
- Family & Social Support
- Community Safety

Physical Environment

- Environmental Quality
- Built Environment

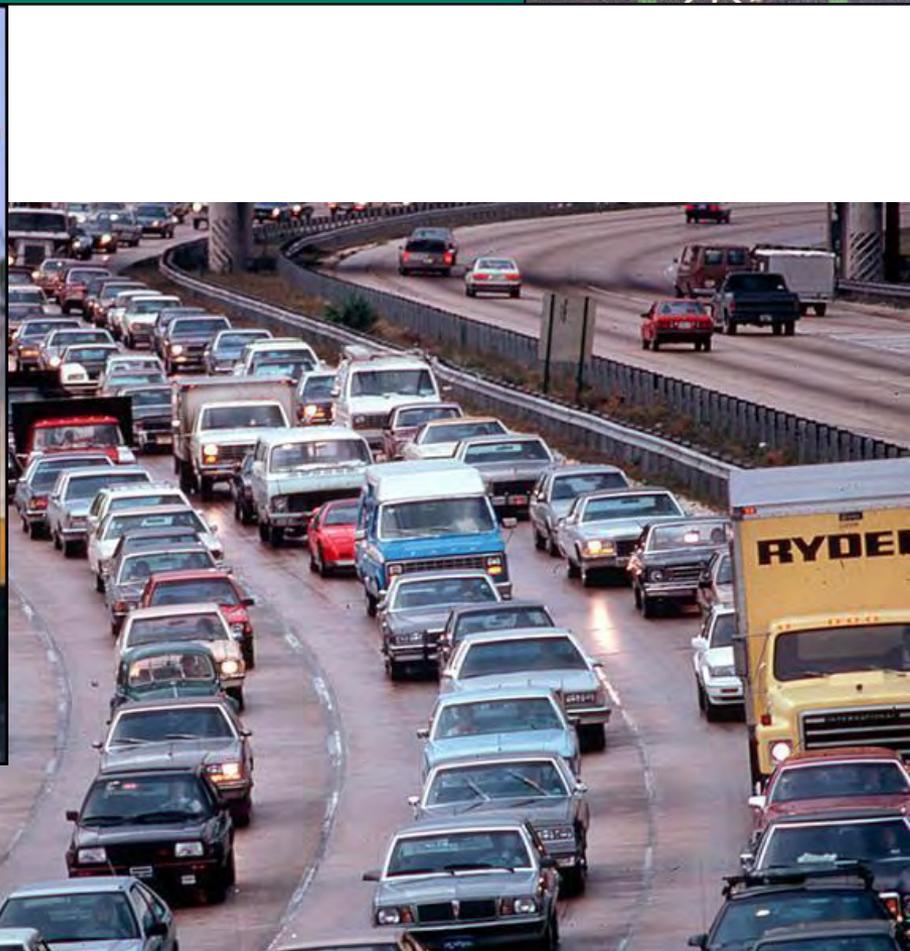
Clinical Care

- Access to Care
- Quality of Care

Health Behaviors

- Tobacco use
- Diet & Exercise
- Alcohol Use
- Sexual Activity

Nutrition and Activity Defaults





Impact of Current Defaults

*“It is unreasonable to expect that people will change their behavior easily when so many forces in the **social, cultural and physical environment** conspire against such change.”*

Institute of Medicine



Healthy People Healthy Places



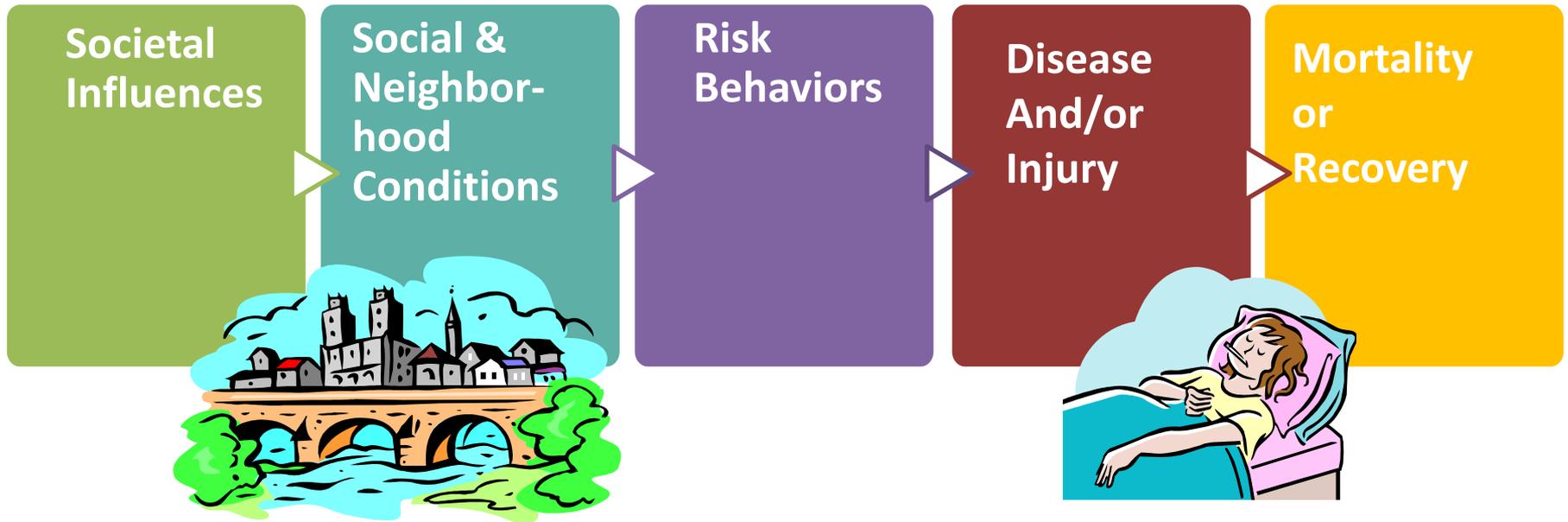
Healthy places — neighborhoods, schools and workplaces — are essential to health and quality of life for all.





“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

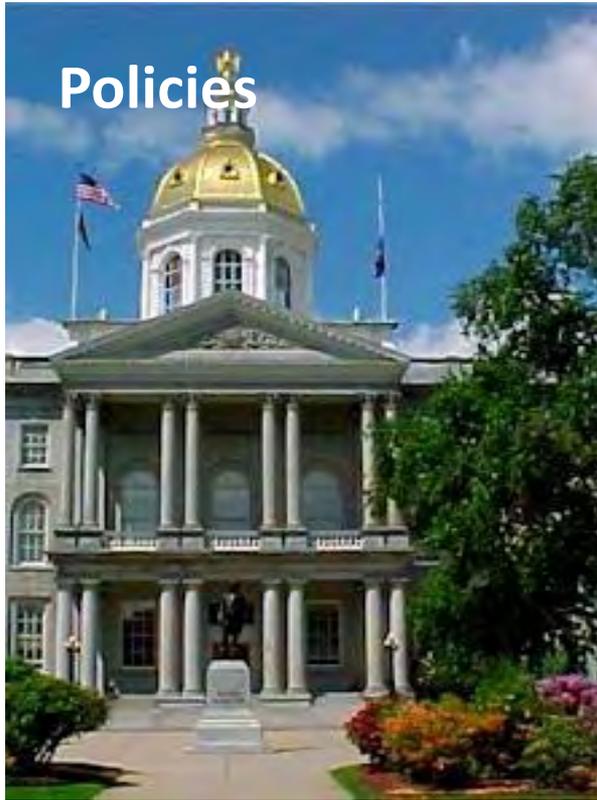
How Health is Produced in Communities



Adapted from Dr. Anthony Iton's presentation "Achieving Health Equity: Advancing Community Health & Moving the Needle on the SDOH"

Policy, Systems, & Environmental Changes

Policies



Changes to laws, ordinances, resolutions, mandates, regulation, rules , etc.

Systems



Strategies that impact all elements of an organization, institution, or system.

Environments



Physical or material changes to the economic, social, or physical environments.



Communities In Action

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Ashland HEAL A COMMUNITY IN ACTION

"The HEAL program has inspired the community to live a more authentic life by taking responsibility for their own health. We are living the message and it feels good."

Paul Branscombe, Town Administrator
Town of Ashland

Ashland's Top HEAL Strategies

- Healthy Restaurant Program featuring Dots Bread & Butter and the Common Man Restaurant as their first pilot sites
- Joint Use Agreement with Ashland Elementary School, including:
 - A project to increase community access to the school fit trail
 - Development of a community garden on school grounds
- New Bike-Ped Committee dedicated to increasing accessibility and safety for bicyclists and pedestrians



Ashland HEAL began engaging their community by hosting weekly walks with Town Administrator, Paul Branscombe.

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HEAL NH funding is provided by HNH Foundation, Arthurs Blue Cross and Blue Shield Foundation, Endowment for Health, NH Charitable Foundation, and NH Department of Health and Human Services.

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Berlin HEAL A COMMUNITY IN ACTION

"Through Berlin HEAL's community assessment process, City residents told us they wanted community garden space closer to the downtown. With the help of city-wide partners, we are able to create that space for them!"

Angela Martin-Ciroux
Administrator of Welfare & Health Officer, City of Berlin

Berlin's Top HEAL Strategies

- Community Garden and Playground will be developed with Neighborhood Revitalization and HEAL funds by re-purposing a green space left by the demolition of dilapidated housing
- Complete Streets Policy will be implemented to increase walking and biking safety in and around the City
- Way Finding Signs - Including kiosks and trail signs - for local trail and walking routes in the City will be installed at the request of community residents



Mason Street lot in Berlin. Site of future community garden and playground.

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Lakes Region HEAL A COMMUNITY IN ACTION

"Your voices were heard and the Wyatt Park plans proposed by the community were voted for! Let the changes begin and let's revitalize Wyatt Park!"

Hedl Bright, Member
Wyatt Park Association

Lakes Region's Top HEAL Strategies for the:

**WYATT PARK - SOUTH END
Community Revitalization Project**

- Park renovations, including a walking trail around park and safety features such as fencing and lighting
- Promoting water conservation by installing a water station in the park
- Safer access to the park by relocating a dangerous crosswalk, increasing pedestrian signs, and renovating existing sidewalks



Wyatt Park South End residents championed a plan to revitalize their local park and the neighborhood.

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Nashua HEAL A COMMUNITY IN ACTION

"I have been working with our Division of Public Health and Community Services and others to start a community garden on the Rail Trail section that PAL had adopted. It's near the community center. It's a high-traffic area. I think it will answer a lot of the questions about security."

Shuan Nelson, Executive Director
Nashua Police Athletic League

Nashua's Top HEAL Strategies

The Nashua Division of Public Health and Community Services collaborated with over 25 local agencies to identify strategies that increase access to healthy foods and opportunities for recreation in the Tree Streets Neighborhood

- Neighborhood residents and local nonprofit agencies will create a community garden adjacent to the Heritage Rail Trail
- Nashua HEAL will promote increased usage of the Heritage Rail Trail through creation of interest centers, maps, and additional improvements



Nashua's Heritage Rail Trail is a vital and well-maintained corridor with open space for a community garden in the heart of the Humpback's second largest city.

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PLAN4Health Nashua

Land Use Regulatory Audit Findings – Executive Summary

Audit Introduction



Benches and plantings on Main Street.



Covered bicycle parking in South Nashua.

What is a Land Use Audit?

Land use audits are designed for communities who want to analyze their land use regulations and related documents to see how well they support specific goals and identify gaps for improvement.

Why is this Audit Important?

The Plan4Health Nashua project and audit is focused on promoting complete streets guidelines that support equitable access to safe, healthy multi-modal transportation, economic growth, and quality of life in Nashua.

What Topics are Addressed?

This audit is divided into the following five topics:

1. Safety
2. Transportation
3. Land Use
4. Design
5. Site Specific

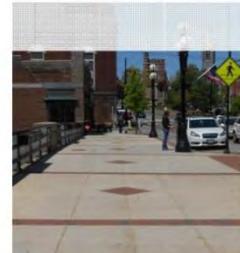


Which Documents were Reviewed?

- Land Use Code
- Code of the City of Nashua
- Roadway and Sidewalk Design Standards
- City of Nashua Master Plan
- Downtown Master Plan
- East Hollis Street Master Plan
- Tree Streets Plan

Understanding the Audit

Each of the five topic areas include an analysis, potential action steps and a matrix of all of the criteria used to review and evaluate each topic area. The matrix also indicates how thoroughly each element is addressed for each topic. The suggested action steps could be implemented by the city to better meet the needs of pedestrians and bicyclists. This is further discussed in the Nashua Complete Streets Guide, 2016.



Wide sidewalks span the Nashua River Bridge on Main Street.



Attractive plantings and varied pavement materials on Main Street.



Gardens provide some buffer between sidewalks and traffic.





The Berlin Daily Sun

COUNCIL APPROVES PARK PLANS

Excerpts from article published May 7, 2013

BERLIN – The city council gave its blessing Monday night to two proposals for projects that will create small parks in different sections of the city.

One, at 3 Glen Avenue, will clean up the southern entrance to the downtown and provide general and handicap parking. The other, at 115 Mason Street, will expand an existing park to provide a small playground and community garden space. In both cases, the land was or will be obtained from demolishing dilapidated buildings the city obtained through tax deed...

...The [Mason Street] project, developed by city staff, calls for a mixed-use park and community garden area at 115 Mason Street. Former Housing Coordinator Andre Caron created a small park area a couple of years ago at the corner of Granite and Mason Streets but the city postponed developing the park further because it appeared the city would obtain the 115 Mason Street property by tax deed. The city did get the property and earlier this year demolished the building.

The city has \$26,750 left from its first Neighborhood Stabilization Program grant for the project. [Housing Coordinator Linda] White developed a budget that includes some playground equipment, picnic tables, and fencing for the park. She also included in the budget money for summer playground staff time and park maintenance. Money for the raised garden beds and soil will be covered by funds from a Healthy Eating Active Living grant.

There will be parking at the site for three cars. Initial plans call for 12 to 14 raised garden beds that will be assigned to interested residents through Berlin Parks and Recreation.

White said she hopes to get the project underway immediately so the park can be available for use this summer. The council formally voted to approve both projects.



In early 2013, a dilapidated building was demolished on Mason Street to create space for a new community park.



By late 2013, the park had benches, a perimeter fence, playground for children, and a name - Friendship Park.



In 2014, 10 raised garden beds were added to the park and all are being used by members of the neighborhood.

Canillas Community Garden





Lakes Region HEAL

CASE STUDY: WYATT PARK REVITALIZATION

“We had recently done road upgrades on the street sections adjacent to Wyatt Park, but we hadn’t addressed accessibility improvements to the adjacent sidewalk. The HEAL Grant initiative prompted us to revisit the pedestrian and active transportation needs at this site and to broaden our view to accomplish similar improvements on other city roadway upgrade projects in the future.”

**Paul Moynihan, Director
City of Laconia Public Works Department**

Wyatt Park Renovation Highlights

The Wyatt Park Revitalization Project in Laconia, NH, was developed as a result of a two-year HEAL NH grant awarded to the City of Laconia in collaboration with Lakes Region HEAL. The grant was awarded in early 2012 to help Laconia identify and implement municipal strategies to provide more choices for residents to eat healthy and be physically active in the Wyatt Park-South End Community.

With the HEAL grant in place, the project gained momentum and support from community members and the City. The Department of Public Works modified its original plans for street repair in the area and invested an additional \$15,000+ to include safety and accessibility improvements around the park. The City Council reallocated \$50,000 to Wyatt Park improvements.

Improvements to Wyatt Park include:

- Water bubbler/bottle filling station in the park
- Bike rack and picnic tables
- High visibility signs, new crosswalks, sidewalks with tipdowns with detectable warning devices, and other pedestrian safety and accessibility measures
- New fencing and signage around the park
- Resurfaced basketball court painted for multiple use including basketball, four square, hopscotch, and pickleball
- Lighting inside the park for safety
- Walking path installed around the park perimeter with extra green space



Before the revitalization of Wyatt Park, bike-ped access was difficult and dangerous



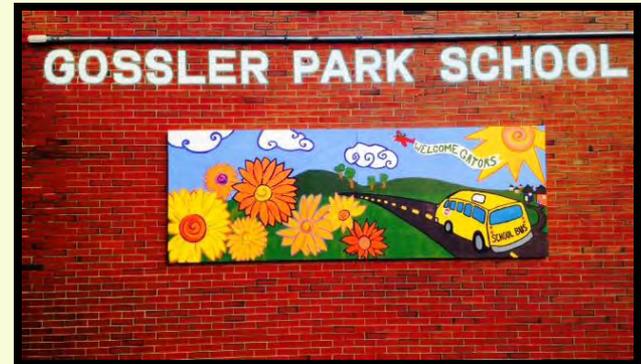
New crosswalks with tipdowns, high visibility signs and other improvements increase safety and accessibility to the park

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Manchester's Community Schools Model

- A community school is both place and partnerships between the school and other community resources.
- Using public schools as hubs, enduring relationships are built among educators, families and community members.
- This means:
 - ✓ Listening to our neighbors.
 - ✓ Improving access to health care.
 - ✓ Increasing social capital by coordinating and organizing community-based events.
 - ✓ Focusing on neighborhood improvement efforts.











Questions to Think About

1. Are you aware of any successes where planning and public health partnered to improve community health, livability and vitality?
2. What can you do to support the integration of public health with community planning, in particular, to improve access to healthy foods and opportunities to be active?