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### Plan4Health Nashua



A collaborative project integrating planning and public health where we live, learn, work, and play.

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**heal<sup>nh</sup>**  
HEALTHY EATING ACTIVE LIVING

**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."

Sharon 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 Street 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 non-motorized corridor with open space for a community garden in the heart of New Hampshire's second largest city.

HEAL NH • Partnerships for Healthy Communities • [www.healnh.org](http://www.healnh.org)

HEAL NH funding is provided by 1881 Foundation, Southern Blue Cross and Blue Shield Foundation, Endowment for Health, 186 Charitable Foundation, and NH Department of Health and Research Services.

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### Why Plan4Health?

How a community is designed has a direct effect on the health of its citizens



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**Plan4Health Nashua: A Complete Streets Approach to Planning**

Complete Streets are streets for everyone. They are designed and operated to enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities.

*Smart Growth America*

\*Our of economic status.

**"Complete Streets policy is an essential piece to help promote the health and safety of the community...and it reflects the goals of the CHIP."**

—Sarah Marchant, AICP  
Community Development Division Director,  
City of Nashua




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**Integration with Community Health Improvement Initiatives**

Plan4Health Nashua is a Strategy Approach in Nashua's 2015-2018 Community Health Improvement Plan





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**Other Communities with Complete Streets Policies**

- Concord
- Portsmouth
- Dover
- Swanzey
- Keene



Concord Downtown

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### Convening Partners

Project gained critical support from city leaders when it was endorsed by the Greater Nashua Public Health Advisory Council

The coalition continues to expand to include community members from all sectors

Some of the P4HN partners:

- NeighborWorks
- YMCA of Greater Nashua
- Greater Nashua Boys & Girls Club
- Police Athletic League
- Goodale's Bike Shop



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### Community Outreach

- Educate community
- Garner support for Complete Streets
- Feedback about walking and bicycling habits and comfort level to adjust LTS data as necessary
  - YMCA
  - Local Neighborhood Events
  - Art Event
  - Local Bike Shop
  - Community Leaders



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### Street Analysis

Objective: Determine how easy or difficult it is for bicyclists and pedestrians to get around the City

- Level of Traffic Stress (LTS) score was given to Nashua streets
- Origins & Destinations



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**Level of Traffic Stress Data**

Segments, approaches, and intersections are given an LTS score from 1 to 4, with 4 being the most "stressful" – or least suitable for bicyclists

The five neighborhoods that show high LTS scores represent 50% of the Nashua population, and include areas with the greatest social, economic, and environmental disparities

Community Map with LTS data overlay:  
Orange and red indicate higher levels of traffic stress for bicyclists

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**Land Use Regulatory Audit Recommendations**

**PLAN4Health Nashua**  
Land Use Regulatory Audit Findings – Executive Summary

**Audit Introduction**

**Safety**

- Develop a Traffic Calming Plan to serve as a planning and budgetary tool for staff and elected officials
- Long-term plan and prioritization of maintenance specific to trails, bike lanes and sidewalks

**Transportation**

- Adopt a citywide Pedestrian and Bicycle Plan for specific infrastructure expansions or improvements
- Update the Standard Specifications for Road & Sidewalk Construction

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**Land Use Regulatory Audit Recommendations**

**PLAN4Health Nashua**  
Land Use Regulatory Audit Findings – Executive Summary

**Audit Introduction**

**Land Use**

- Extend overnight on-street parking to all Central Nashua neighborhoods
- Consolidate the Downtown, Tree Streets and East Hollis Street master plans

**Design**

- Improve accessibility to playgrounds and parks
- Develop a Complete Streets Design Manual
- Enhance existing commercial corridors to retrofit existing infrastructure to meet the current needs of pedestrians and bicyclists

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**Complete Streets Guidebook**




*Images courtesy of Nashua Historical Society*

*Guidance for incorporating complete streets into everyday practice so Nashua's streets increasingly support mobility for those using all travel modes.*

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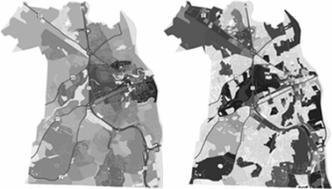
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**Origins & Destinations**

To help determine where complete streets improvements would have a positive impact on the most people in need.



- Origin (left) and destination (right) score for Census blocks in Nashua
- Darker colors represent more likely areas for biking and walking trips

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**Connectivity Islands**

Finding corridors and broken connections along high-demand routes can lead to recommended complete streets improvements in order to safely get walkers and bicyclists where they want to go.

**Bronstein Apartments**




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### Connectivity Islands

Target Study Areas:

- Bronstein Apartments
- Dr. Crisp School
- Greely Park
- Royal Crest
- Riverside Street
- Amherst Park Apartments

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### Education

- NHPHA Annual Meeting
- HEAL NH Conference
- Planning Board and Planning & Economic Development Committee presentations
- Complete Streets Training
- Temporary installations
- Project updates to state legislators
- Newsletter articles to partners constituents



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**HEALTHY PEOPLE HEALTHY PLACES PLAN  
ACTIVE RECREATION WORKGROUP**

**ABOUT THE ACTIVE RECREATION WORKGROUP**

The Active Recreation Workgroup was formed in 2014 in response to the development of the 2015-2019 Healthy People Healthy Places (HPHP) Plan. The Workgroup is made up of partners from across NH who are interested in increasing access to places to play and recreate for NH residents.

**GOAL**  
NH Residents have equitable access to options for getting around, and safe, high-quality places to play and be active.

**ACTIVE RECREATION OBJECTIVE (HPHP PLAN OBJECTIVE #3)**  
All NH communities have access to indoor and outdoor recreation facilities within a reasonable distance.

**ACTIVE RECREATION STRATEGIES**  
The activities of the Active Recreation Workgroup are aimed at accomplishing three strategies:

Strategy A: JOINT USE AGREEMENTS	Strategy B: PUBLIC & PRIVATE INVESTMENT	Strategy C: INCREASE USE
<p>Increase access to public and community facilities for physical activity through coordinated sports education, outreach and advocacy for Joint Use Agreements, with a priority for highest need communities and neighborhoods.</p> <p><b>Outcome 1:</b> By 2016, establish a database of the public and community facilities throughout New Hampshire, and identify those with Joint Use Agreements.</p> <p><b>Outcome 2:</b> By 2016, establish an advocacy network to encourage the development and expansion of Joint Use Agreements statewide.</p> <p><b>Outcome 3:</b> By 2016, develop a toolkit for Joint Use Agreements and collaborate with NH agencies to distribute statewide.</p>	<p>Increase public and private investment to create and improve access to healthy and safe parks, playgrounds, open spaces, and other places for community recreation.</p> <p><b>Outcome 1:</b> By 2016, complete assessment of public and private investment in local recreation infrastructure.</p> <p><b>Outcome 2:</b> By 2018, establish and begin initial implementation of a strategy for increasing public and private support for recreation investment.</p>	<p>Increase use of parks, playgrounds, open spaces, and other places for community recreation by highest need communities and neighborhoods through coordination and collaboration of staff, resources, and incentives.</p> <p><b>Outcome 1:</b> By 2015, develop a multi-sector state level network comprised of community recreation managers, program staff and others to inform the use of state and local recreation and parks by highest need communities and neighborhoods.</p> <p><b>Outcome 2:</b> By 2017, establish guidance for increasing use of parks, playgrounds, open spaces, and other community recreation places in high need communities and neighborhoods.</p>

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**Safe Places for People to Play  
and Be Active**

Common barriers faced by low income populations include:

- Long distances to parks and recreational facilities
- Unsafe neighborhoods and traffic conditions
- Lack of meaningful transportation choices
- Expense of fitness/recreation centers
- Adequate childcare

Improving park accessibility:

- Routes to parks that are safe from traffic and crime influence park use
- Safe walking and bike routes in and around a neighborhood

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**Safe Places for People to Play  
and Be Active**

Features in a park that have been  
shown to influence park use:

- Playgrounds
- Sports facilities
- Paved or unpaved trails
- Enjoyable scenery
- Shade trees and other vegetation
- Seating and picnic areas
- Water features
- Perceived safety from crime or traffic
- Restrooms

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