Toolkit for a Healthy Delaware

B.J. DeCoursey, AICP, Policy Specialist
Marcia Scott, Associate Policy Scientist

Presentation Outline

• Planning for health in Delaware
• IPA’s public policy/service work
• IPA’s Healthy Communities Initiative
• Toolkit for a Healthy Delaware
Dela-Where?

- Two-hour drive end to end
- Urban centers in Wilmington and Dover, otherwise very suburban/rural
- Affluent beach communities in eastern Sussex Co.
- Mostly very small towns

Planning for Health in Delaware

House Bill 255 (2001)
- Required municipalities to have town-approved and State-certified comprehensive plans before annexing.
- Set a 10-year window for new plans and required 5-year updates.
- Encouraged municipalities to look beyond land-use and consider economic development, transportation, sustainability, etc.
Planning for Health in Delaware

Complete Streets Executive Order (2009)

www.ipa.udel.edu/healthyDEtoolkit/docs/DeIDOTCompleteStreets_web.pdf

Planning for Health in Delaware

Senate Concurrent Resolution 13

- Not an executive order
- Has funding!
- Politically savvy,
- Part of No Child Left Inside
- Requires DeIDOT to demonstrate its efforts periodically to the bond bill committee
Health Policy at IPA
www.ipa.udel.edu/ipa/impact/healthpolicy.html

DILGL Features Health Policy Topics
www.ipa.udel.edu/localgovt/training/dilgl/22nd_content
Town of Wyoming Comprehensive Plan
www.ipa.udel.edu/localgovt/municipalities/wyoming/wyoming_updatePLUSdraft.pdf

Another key area of concern identified was the stretch of Railroad Avenue going over the bridge past the Mill and the Three-B’s property, northeast to the church and a number of homes. Though market forces will likely determine how this area develops, the town is hopeful that existing service roads/paths may one day be available to pedestrians and cyclists to ease the “bottleneck” effect that currently exists here. The area is exceptionally scenic and already a popular spot to enjoy outdoor activities, and it is hoped that it will one day serve as a gateway to the town-center area.

The town would also like to explore some way of ensuring safe, accessible railroad crossings for pedestrians. Work continues on the pedestrian network each year. In 2010 a DelDOT grant saw sidewalks installed on the west side of Railroad Avenue from Third Street to Southern Boulevard and on the east side of North Layton Avenue from Front Street to the entrance to Wingate.

Delaware Coalition for Healthy Eating and Active Living
www.deheal.org

Forum on Local Access to Healthy Foods
Access to Healthy Foods in Delaware’s Built Environment
May 24, 2011 – Embassy Suites – Newark, Delaware

This forum was convened by the Delaware Coalition for Healthy Eating and Active Living (DE HEAL) and the Delaware Chapter of the American Planning Association to identify urban food access issues in Delaware and explore and discuss solutions for a path forward. The forum brought together agencies, organizations, and community leaders to discuss innovative, sustainable policy options, and approaches that can lead to a healthier Delaware.

www.ipa.udel.edu/healthpolicy/healthcommunities/healthy_foods_access/forum.html
Ongoing Work

• Continue to work with one to two new partner communities each year

• Local government training

• Support Delaware HEAL Built Environment Committee

• Education/Outreach

• Specific Projects
  – Food Deserts
  – HIA
  – Online Toolkit for a Healthy Delaware

Healthy Communities

www.ipa.udel.edu/healthpolicy/healthycommunities

Introduction

IPA has formed strategic partnerships (see Delaware LINE) with nonprofit, state agencies and other University of Delaware units to provide comprehensive solutions to improve the built environment and catalyze changes in public policy, land-use plans, and behavior. Coordinated initiatives are designed to leverage strategies to influence acute behaviors by promoting sound growth principles, shaping transportation and land-use policies, designing pedestrian-friendly infrastructure, enhancing recreation programming, and improving opportunities for healthy eating.

Collaborative activities target local elected officials, land-use planners, developers, and parks and recreation professionals to influence policy and environmental changes at the state, local government, and neighborhood levels. Opportunities to advocate for change include local government comprehensive plans, the state-level veto process for land-use and major development plans, and trainings and forums that highlight best practices in community design.

> Delaware HEAL Forum: “Access to Healthy Foods in Delaware’s Built Environment” (June 24, 2011)
> Forum: “Moving Towards an Active Delaware Through Community Design” (June/July 2009)
> Healthy/Viable Communities Initiative
> Access to Healthy Foods
> Healthy Communities: A Resource Guide for Delaware Municipalities (published August 2006)

For more information, contact Marcia Scott (302-831-0591).
Healthy Communities: A Resource Guide for Delaware Municipalities

Purpose is to show:
- Benefits of walkability
- Need to build consensus
- Importance of policies and plans that support walkability
- How to leverage funds
- Need for improvements to built environment
- Need for recreation programming!

Toolkit for a Healthy Delaware
www.ipa.udel.edu/healthyDEtoolkit

This toolkit is a resource guide that affects the mobility-to-total information with regard to developing healthy communities in Delaware. This healthy communities toolkit was developed in the Delaware local government in mind, however, many of the ideas and concepts herein are appropriate for community leaders and citizens alike who are interested in contributing to a healthy community initiative.

If you are a local government official and the healthy communities concept is new to you and your colleagues, we suggest that you check out the introduction and any pages in the toolkit that are of interest. This toolkit provides information on healthy communities and why this initiative is important. It also provides information on how to assess the health of your community and whom to involve in a healthy communities initiative.

“Community achievements in the areas of policy, systems, and environmental changes have far-reaching implications by serving as models that can be replicated nationwide to improve the health of young people, adults, families, and underserved populations.”
Centers for Disease Control and Prevention, 2009

Publications or projects from these pages are downloadable in PDF and are indicated with Download button. Please ensure that you have version 6.0 or higher of the free Acrobat Reader, also use instructions on www.adobe.com.
Walkability Assessment Tool
www.ipa.udel.edu/healthyDEtoolkit/tools/walkability

Introduction to the Walkability Assessment Tool

What is the Walkability Assessment Tool?

The Healthy Communities Walkability Assessment Tool is a document that provides Delaware municipalities a way to evaluate the strengths and weaknesses of the town’s walkability, increasing the walkability of a community not only for an achievement, but also for safety and health benefits.

Who should use this tool?

The Walkability Assessment Tool is intended for use by local government officials. It is recommended that this process is completed by an authorized representative or group representing the jurisdiction. In larger towns, elected officials or professional staff (such as city planners) may complete the assessment, however smaller municipalities may simply choose a committee member or representative familiar with the community’s health issues.

Comprehensive Plan Assessment Tool

www.ipa.udel.edu/healthyDEtoolkit/tools/complplan
Access to Healthy Foods
www.ipa.udel.edu/healthyDEtoolkit/foods

Introduction

Having access to healthy foods is essential for maintaining a healthy lifestyle. A 2011 White House Task Force on Child Obesity report found an association between food insecurity and obesity. The report recommends a comprehensive approach to mobilize public- and private-sector resources to help all Americans make healthier food choices.

To establish a healthy diet, health professionals recommend the consumption of a variety of portion-controlled, natural food, which includes fresh produce, whole grains, low-fat dairy, and high-protein vegetables and meats. Nutritious eating and physical activity can provide individuals with proper nutrition and energy, the maintenance of optimal weight, and a lower risk of disease—such as high blood pressure, cancer, and type-2 diabetes. The following are key ways that local governments can help promote greater access to healthy foods:

- Addressing and understanding “food deserts”
- Supporting local farmers’ markets
- Building community and urban gardens for schools and public use
- Developing programs that support affordable healthy options and ultimately improve affordability for members of the community
- Additional resources ad access to healthy foods

> See rationale for access to healthy foods.

> Photos of urban garden courtesy of Delaware Center for Horticulture.

Complete Streets
www.ipa.udel.edu/healthyDEtoolkit/completestreets
Complete Streets Implementation Checklist

Components include:

• Vision
• Planning
• Policies
• Design Standards
• Facility Maintenance

www.ipa.udel.edu/healthyDEtoolkit/docs/CS_ImplementationChecklist.pdf

Delaware Complete Streets Visualizations
www.ipa.udel.edu/healthyDEtoolkit/completestreets/visualizations
Delaware Complete Streets Visualizations
www.ipa.udel.edu/healthyDEtoolkit/completestreets/visualizations

Before-and-After Visualizations
Before-and-After Visualizations

Questions?
For more information, contact:
University of Delaware’s
Institute for Public Administration

Eric Jacobson, Associate Professor and Policy Scientist
ericj@udel.edu
B.J. DeCoursey, AICP, Policy Scientist
decourse@udel.edu
Marcia Scott, Associate Policy Scientist
msscott@udel.edu