Land Use
Zoning
Transportation
Economic Development
Steps for Planning Healthy Communities

✓ Engage communities and build partnerships

✓ Assess built environment conditions that impact health

✓ Update plans and policies to include health considerations

✓ Support implementation of healthy planning goals
Engage
What Worked:

- Prioritizing resident leadership
- Stipends provided for residents
- Informal mentorship structure
Challenges:

- Organizations don’t get stipends; small non-profits had trouble participating
- No organization(s) charged with organizing
- Uneven geographic representation
Assess
What worked:

- Lots of diverse strategies to collect data and cross-reference findings
Challenges:

- Qualitative versus quantitative
- Lots of data collection takes lots and lots of time
- No organization charged with analyzing all data
- Resident interpretation
Policy
Questions on the table

- Reality of policy work versus community engagement
- Building political capital to bring resources to community investment
- Tension between wanting to make immediate versus long-term change
- Staying coordinated, keeping involvement strong
Implement
HOPE’s Vision

- Land Use
- Redevelopment
- Economic Development
- Schools
- Transportation
Fact Sheets

Creating a Healthy Food Zone Around Schools
A Fact Sheet for Advocates

Many schools are surrounded by fast food restaurants, which provide students with easy access to unhealthy foods and undermine schools' efforts to offer nutritious meals. Prohibiting fast food restaurants from locating near schools is one strategy to help reduce childhood obesity and support schools striving to improve students' health. NPLAN has developed a model ordinance that creates a "healthy food zone" by restricting fast food restaurants near schools or other areas children are likely to frequent.

Why would a community enact a "healthy food zone" ordinance?
Childhood obesity is epidemic in the United States. Over the last 25 years obesity rates in children and teens have tripled. Today 14.3 percent of children and adolescents ages 2 to 19 are obese, and 21.9 percent are obese or overweight.1 4 Recent studies show that if this trend continues, today's young people may be the first generation in American history to live sicker and the younger than their parent's generation. At least one study has shown that students with fast food restaurants within a half mile of their school are more likely to be overweight than students whose schools are not near fast food restaurants.6

Model Policies

Establishing Land Use Protections for Community Gardens

October 2009
www.healthyplanning.org
Food Systems: Key findings

Residents:

- Cook at home
- Want fresh, healthy, affordable local food
- Travel 20-40 minutes one way to go to a supermarket, where they buy most of their food
Built Environment: Key Findings

Crime and fear of crime creates significant barriers to using the built environment for physical activity and play.