



# Plan4Health for Dover and Kent County

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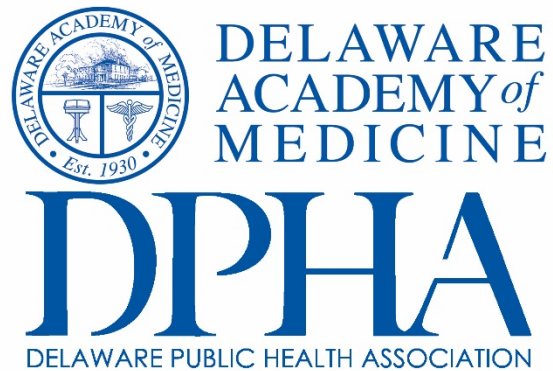
# About Plan4Health

**PLAN4Health**  
An American Planning Association Project

- Centers for Disease Control and Prevention (CDC)-funded partnership with American Planning Association and the American Public Health Association
- \$2.25 million in funding to 17 new local coalitions around the United States through its [Plan4Health](#) initiative
- Funding aimed to combat two determinants of chronic disease—lack of physical activity and lack of access to nutritious foods
- Local and state coalitions working to advance public health through better planning and partnerships, specifically through leveraging skills and evidence-based strategies

*Delaware*  
**PLAN4Health**  
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# Award to Delaware Chapters of APA and APHA



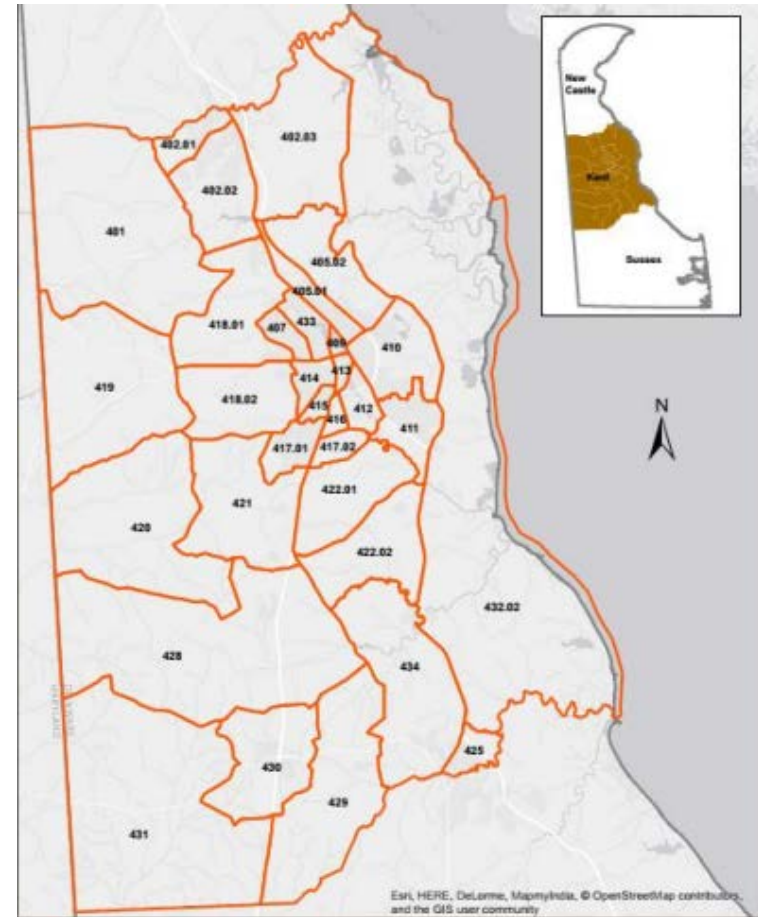


# Leadership Team

- David Edgell, AICP, Delaware Office of State Planning Coordination
- Michelle Eichinger, MS, MPA, Designing4Health
- Tim Gibbs, MPH, Delaware Public Health Association
- Mary Ellen Gray, AICP, Kent County Division of Planning
- Patti Miller, MPP, Nemours Children's Health System / DE HEAL
- Bill Swiatek, AICP, Wilmington Area Planning Council
- Ann Marie Townshend, AICP, City of Dover Planning

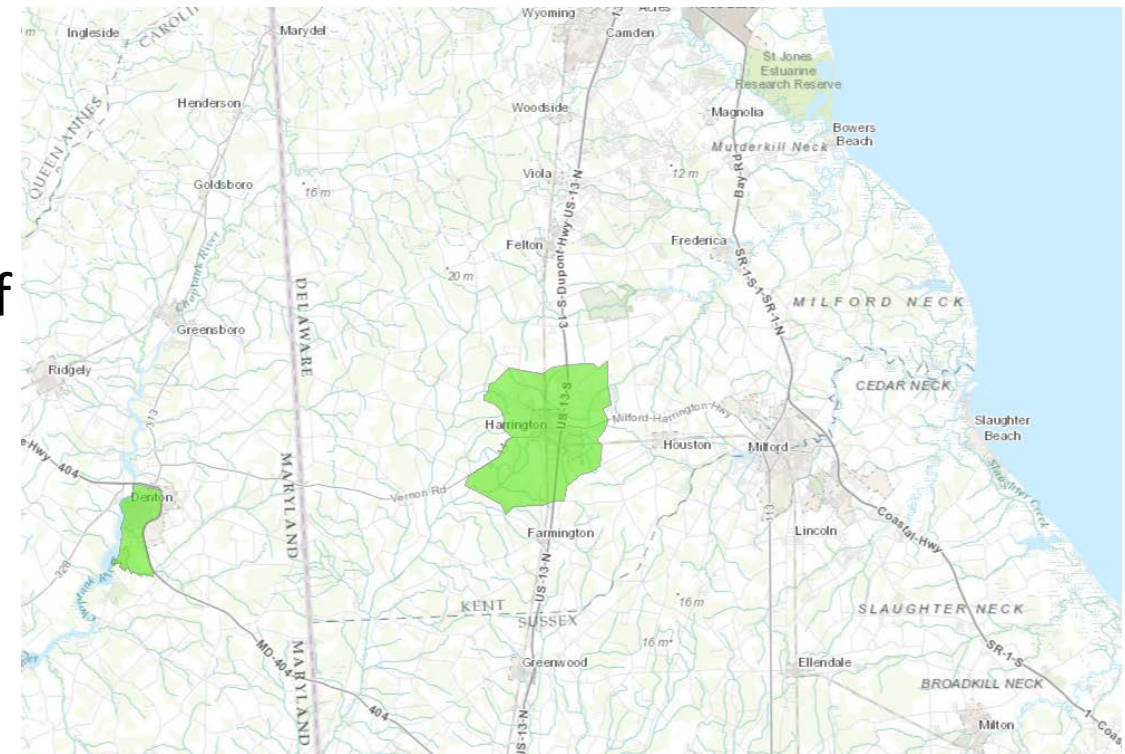
# Focus Area: City of Dover and Kent County

- Rationale
  - County with highest adult obesity rate (34.1%)
  - Obesity is a result of poor diet and/or limited physical activity; contributes to heart disease, diabetes, stroke, hypertension, and some cancers
  - Total unemployment at 6.9% (6.1% DE and 5.0% US)
  - Nearly 13% of the population live below the Federal Poverty Line (11.7% DE and 15.4% US)



# Focus Area: City of Dover and Kent County

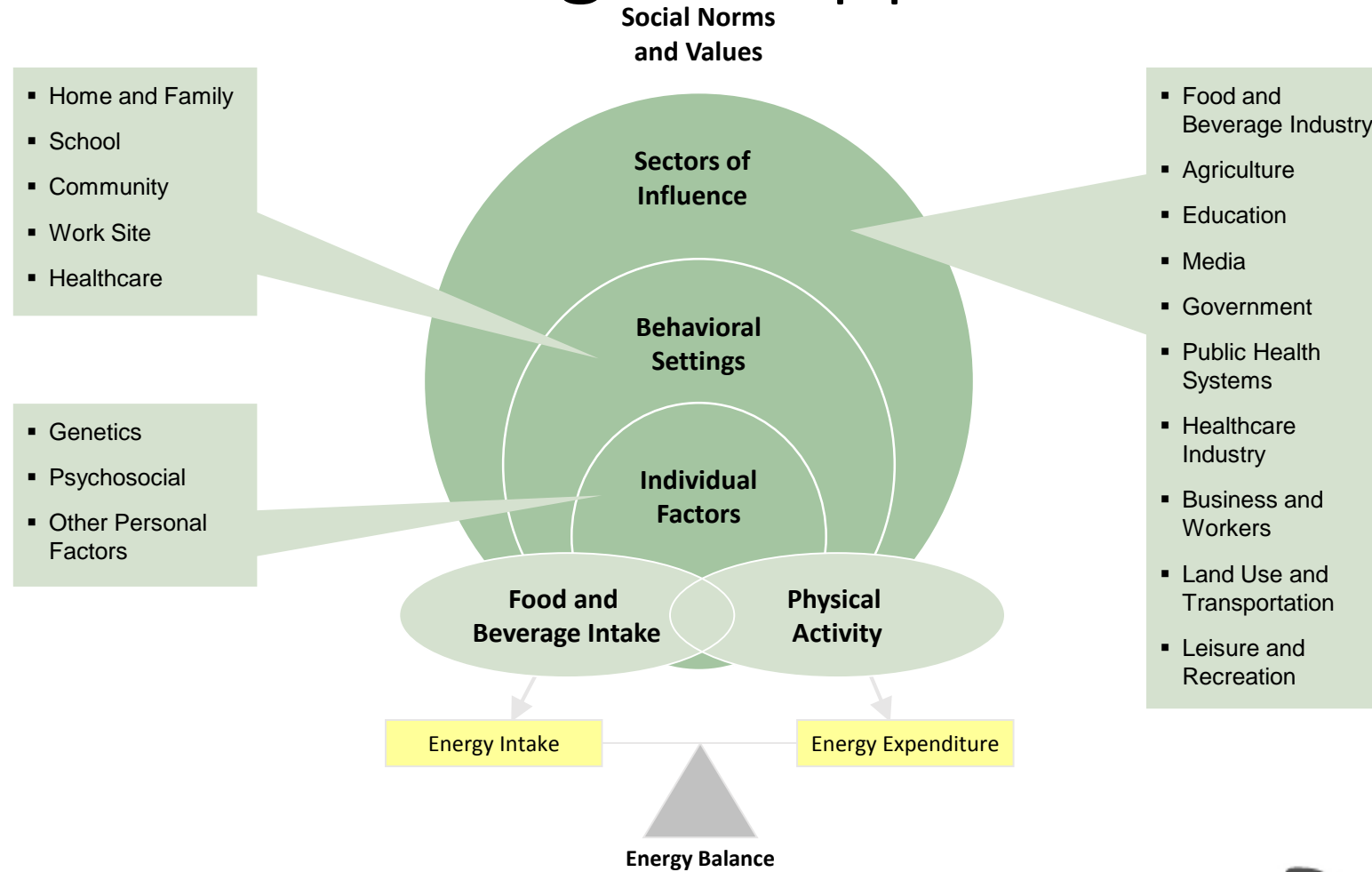
- Built Environment
  - The environment is a predictor of healthy eating and physical activity
  - Kent County is home to a handful of USDA-defined Food Deserts—in Clayton, Wyoming, Viola, and Harrington.
  - Kent County's 85.8 miles of on-and-off-road trails are the fewest per county in the state (New Castle County has 382 miles of trails and Sussex County has 180 trail miles)



*USDA-Defined Food Desert: Harrington*



# The Socio-Ecological Approach



Note: Adapted from "Preventing Childhood Obesity." Institute of Medicine, 2005.

# Delaware Plan4Health Project



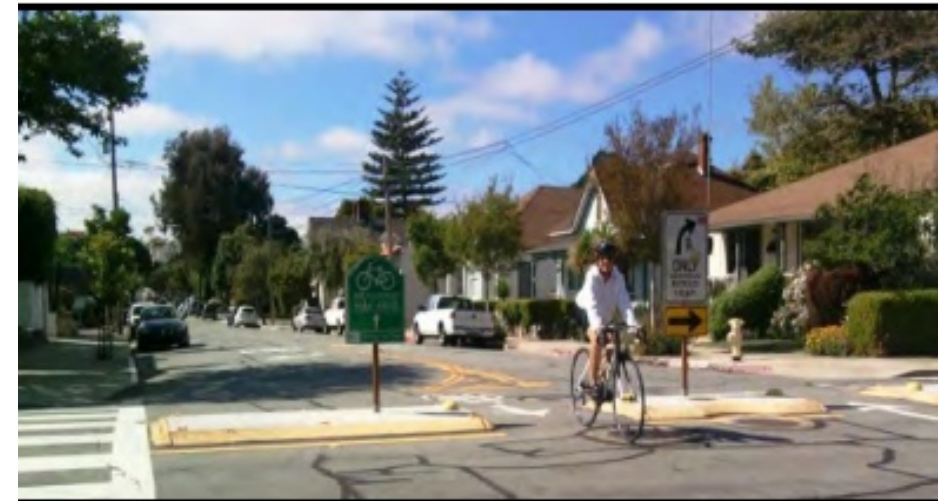
- Implement a systems change approach in how comprehensive plans are updated





# Delaware Plan4Health Project

- Create a model to ensure health and equity are integrated in planning for communities statewide. The model will address opportunities for:
  - Physical activity by increasing access to parks and recreation facilities and improving sidewalk/bicycle connectivity and infrastructure
  - Healthy eating by increasing accessibility, affordability and availability of healthy foods
  - Improved land use patterns and urban design to facilitate the above





# Project Strategies

1. Enhance existing organizational capacity to implement and monitor Plan4Health grant activities
2. Establish a comprehensive communications and information dissemination plan for Plan4Health working group, interested stakeholders and the general public
3. Conduct health and equity assessments focusing on policy, systems, and environmental factors through the resident input, land use design and policy analysis, and health risk data
4. Conduct planning and design charrettes in two representative communities in the Dover and Kent County
5. Establish a comprehensive design and policy guidance that includes community design, land use planning, active living and food security in community settings

# Project Phases

- Phase 1: Data Collection and Analysis
  - Household survey and health equity assessments on land uses and policies
  - Oversampling in few ZIP codes
- Phase 2: Planning Charrettes
  - Two charrettes



# Project Phases

- Phase 3: Charrettes and Analysis Synthesis
  - Guidance document for the City of Dover and Kent County
  - Planning and policy priorities
  - Design renderings
- Phase 4: Information Dissemination
  - Social Media
  - Publications, including Delaware Public Health Journal
  - Presentations
  - [www.deplan4health.org](http://www.deplan4health.org)





# Project Outcomes

- Guidance Toolkit for City of Dover and Kent County Comprehensive Plan Updates
- Model in integrating health and equity in comprehensive plans



# Next Steps...

- Administer community survey
- Health equity assessment of land uses and policies
- Identify priority areas in Dover and Kent County



Illustration by Janet Cleland





# Contact Information

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