Delaware Plan4Health Workshop
Overview

• Purpose
• Project Background
• Understanding Approach
• Understanding the Story
• Next Steps
Purpose – Why are we Here?

• We are here to help make Kent County the healthiest county in Delaware!

• Health data indicates that Kent County has some health challenges, similar to those impacting the State and the nation. How can we start improving the health outcomes of our residents through planning decisions involving access to healthy foods and active living?
National Obesity Map
Background

What is Plan4Health?

- 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 Project Overview

• Why Dover and Kent County?
  • Comprehensive Plan Updates are scheduled
• Aim– To prioritize health for all residents in Comprehensive Plan

• Approach
  1. Mapping
  2. Community Survey
  3. Community Workshop (Charrette)

• Outcome
  • Guidance document for the Comprehensive Plan Updates
Creating the Environment to Support Healthy Living where People...

- LIVE
- LEARN
- PLAY
- WORK
Creating an Opportunity for All

EQUALITY

EQUITY
Approach

Population-wide interventions with health for all in mind

Targeted interventions to address greatest burden

“Twin” Approach
Understand the City of Dover and Kent County Story

• Maps—Provide the Broad Scan
  • Equity Priority by ZIP code
    Where are our priority areas based on factors that may contribute to health disparities?
  • Healthy Food Availability by ZIP code
    Do we have places to support healthy eating?
  • Sidewalk by ZIP code
    Do we have opportunities to walk to places?
  • Parks and Open Space Availability by ZIP code
    Do we have places to play and socialize?

• Community Surveys
  • Provide some context to the maps
Map 1: Equity Priority

• Factors associated with health disparities
  • Households at or below 200% Federal Poverty Level
  • Households with no vehicle access
  • Individuals age 65+
  • Individuals 5-17
  • Households with limited English proficiency
  • Households using SNAP (formerly known as “Food Stamps”)
  • Non-white populations
Map 2: Healthy Food Environment

• Ratio of unhealthy food places (fast food, convenience stores, and restaurants) and healthy food places (grocery stores, produce stands and farmers’ market)

• Higher ratios indicate higher number of unhealthy food opportunities
Map 3: Sidewalk Density

- Total distance (in miles) of sidewalks per 1000 residents
- Lower values indicate less sidewalks in the given population
Map 4: Parks and Open Space

• Total acreage of parks and open space per 1000 residents
• Lower values indicate less park and open space for the given population
What do some of the residents say?

- Community Survey—Sampling of 500 residents via phone
- Asked questions related to:
  - Health Status
  - Healthy Eating
  - Active Living
  - Places to walk and bike
  - Some barriers to healthy living
Health Status

**OVERWEIGHT AND OBESITY: CITY OF DOVER AND REST OF KENT COUNTY**

<table>
<thead>
<tr>
<th></th>
<th>Overweight</th>
<th>Obesity</th>
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<tbody>
<tr>
<td>Dover</td>
<td>38.0%</td>
<td>31.5%</td>
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<tr>
<td>Rest</td>
<td>44.5%</td>
<td>33.0%</td>
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</tbody>
</table>

**OVERWEIGHT AND OBESITY BY ZIP**

- 19901: 33.6% Overweight, 34.2% Obesity
- 19904: 40.0% Overweight, 28.0% Obesity
- 19977: 36.3% Overweight, 34.7% Obesity
- 19962: 60.3% Overweight, 25.7% Obesity
- 19943: 38.9% Overweight, 33.4% Obesity
- 19934: 37.7% Overweight, 35.1% Obesity

Obesity Rates according to *County Health Rankings*:
- Delaware: 29%
- Kent County: 33%
- US: 34.9%
Would you say in general your health is?

Health Status by ZIP

- Excellent/very good
- Fair/poor

Health Status by Target Group

- PARTICIPATE IN WIC/SNAP
- DO NOT PARTICIPATE IN WIC/SNAP
- NON-HISPANIC WHITE
- BLACK/AA

Legend:
- Excellent/very good
- Fair/poor
Food Security

FOOD SECURITY BY ZIP

- **We have enough of the kinds of food we want to eat**
- **We have enough, but not always the kinds of food we want**
- **Sometimes we do not have enough to eat**
- **Often we do not have enough to eat**

<table>
<thead>
<tr>
<th>Year</th>
<th>19901</th>
<th>19904</th>
<th>19977</th>
<th>19962</th>
<th>19943</th>
<th>19934</th>
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</thead>
<tbody>
<tr>
<td>4.5%</td>
<td>4.8%</td>
<td>4.5%</td>
<td>4.9%</td>
<td>4.9%</td>
<td>5.0%</td>
<td>3.1%</td>
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<tr>
<td>0.0%</td>
<td>0.0%</td>
<td>6.0%</td>
<td>19.6%</td>
<td>35.1%</td>
<td>18.3%</td>
<td>1.9%</td>
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<tr>
<td>67.2%</td>
<td>69.3%</td>
<td>78.9%</td>
<td>89.2%</td>
<td>76.7%</td>
<td>76.7%</td>
<td>76.7%</td>
</tr>
</tbody>
</table>
### Access to Food

#### How do you travel to your store for food?

<table>
<thead>
<tr>
<th>Method</th>
<th>Participate in WIC/SNAP</th>
<th>Do not Participate in WIC/SNAP</th>
<th>Often not enough to eat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Car/Drive</td>
<td>87.1%</td>
<td>96.7%</td>
<td>67.6%</td>
</tr>
<tr>
<td>Take bus/transit</td>
<td>9.7%</td>
<td>0.4%</td>
<td>18.0%</td>
</tr>
<tr>
<td>Walk</td>
<td>3.2%</td>
<td>2.3%</td>
<td>6.3%</td>
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<tr>
<td>Bike</td>
<td>0.0%</td>
<td>0.2%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Other</td>
<td>0.0%</td>
<td>0.5%</td>
<td>8.0%</td>
</tr>
</tbody>
</table>

#### Access How far is it to travel to that store?

- <10 blocks to food store
- 1-2 miles to food store
- >3 miles to food store
## Walkability Factors

Average rating where 4=strongly agree, 3=somewhat agree, 2=somewhat disagree, 1=somewhat disagree

<table>
<thead>
<tr>
<th>Factor</th>
<th>19901</th>
<th>19904</th>
<th>19977</th>
<th>19962</th>
<th>19943</th>
<th>19934</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ease of Walking and being physically active in neighborhood</td>
<td>2.676</td>
<td>2.463</td>
<td>2.808</td>
<td>1.891</td>
<td>1.837</td>
<td>1.882</td>
</tr>
<tr>
<td>There are sidewalks on most streets in my neighborhood</td>
<td>2.445</td>
<td>2.841</td>
<td>3.225</td>
<td>1.782</td>
<td>1.830</td>
<td>1.547</td>
</tr>
<tr>
<td>There are many destinations within walking distance</td>
<td>2.707</td>
<td>2.370</td>
<td>2.602</td>
<td>1.568</td>
<td>1.339</td>
<td>1.812</td>
</tr>
<tr>
<td>Percent with an opinion who strongly or somewhat agree</td>
<td>Non-Hispanic White</td>
<td>Black/AA</td>
<td>Do Not Participate in WIC/SNAP</td>
<td>Do Not Participate in WIC/SNAP</td>
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<td>------------------------------------------------------</td>
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</tr>
<tr>
<td>Sidewalks on most streets in neighborhood</td>
<td>36.1%</td>
<td>64.5%</td>
<td>51.4%</td>
<td>43.4%</td>
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<tr>
<td>Poor sidewalk conditions</td>
<td>27.8%</td>
<td>35.4%</td>
<td>54.6%</td>
<td>25.9%</td>
<td></td>
<td></td>
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<tr>
<td>Easy to walk to bus stop</td>
<td>40.7%</td>
<td>64.0%</td>
<td>57.4%</td>
<td>25.9%</td>
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</tr>
<tr>
<td>Safe from traffic</td>
<td>77.9%</td>
<td>71.7%</td>
<td>66.3%</td>
<td>79.6%</td>
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</tr>
<tr>
<td>Safe from crime</td>
<td>89.4%</td>
<td>79.0%</td>
<td>76.8%</td>
<td>88.0%</td>
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</tbody>
</table>
## Access to Parks

### Live within 5 minute walk to park/trail

<table>
<thead>
<tr>
<th>Year</th>
<th>19901</th>
<th>19904</th>
<th>19977</th>
<th>19962</th>
<th>19943</th>
<th>19934</th>
</tr>
</thead>
<tbody>
<tr>
<td>19901</td>
<td>50.2%</td>
<td>47.2%</td>
<td>48.6%</td>
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<tr>
<td>19904</td>
<td>19977</td>
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</table>

### Obstacles in being unable to walk, jog or ride a bike to a park

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Area 1: 19901, 19904, 19952, 19963</th>
<th>Area 2: Rest of Kent County</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor maintenance of sidewalks, bike trails, and bike lanes</td>
<td>14.5%</td>
<td>10.1%</td>
<td>12.2%</td>
</tr>
<tr>
<td>Lack of sidewalks, crosswalks, and/or pedestrian signals</td>
<td>26.1%</td>
<td>25.0%</td>
<td>25.5%</td>
</tr>
<tr>
<td>Lack of bike trails or designated bike lanes</td>
<td>23.6%</td>
<td>18.9%</td>
<td>21.1%</td>
</tr>
<tr>
<td>Traffic/dangerous roads</td>
<td>30.7%</td>
<td>33.7%</td>
<td>32.3%</td>
</tr>
<tr>
<td>Fear of crime</td>
<td>11.0%</td>
<td>8.2%</td>
<td>9.5%</td>
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<tr>
<td>Too far away</td>
<td>50.2%</td>
<td>47.2%</td>
<td>48.6%</td>
</tr>
<tr>
<td>Physically unable to walk, jog, or a ride a bike to the area</td>
<td>36.7%</td>
<td>14.9%</td>
<td>25.2%</td>
</tr>
<tr>
<td>Something else</td>
<td>4.1%</td>
<td>8.9%</td>
<td>6.7%</td>
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<tr>
<td>None of these</td>
<td>1.6%</td>
<td>1.4%</td>
<td>1.5%</td>
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Discussion

• Small Group Discussion
Next Steps

• Identify 2 locations for charrettes
  • City of Dover
  • Rest of Kent County

• Policy Analysis
  • Healthy Food Access, Affordability and Availability
  • Active Transportation
  • Active Recreation

• Conduct Charrettes
  • June 13-14
  • July 25-26

• Prepare Recommendations and Guidance Document
## DE Plan4Health Project Schedule

<table>
<thead>
<tr>
<th>Task</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
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<tbody>
<tr>
<td>Develop and Administer Community Survey</td>
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<td>Analyze Survey</td>
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<td>Review and develop health assessment tools</td>
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<td>Review Bicycle and Pedestrian plans</td>
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<td>Create GIS maps</td>
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<td>Conduct Health Analysis</td>
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<td>Conduct Policy Analysis</td>
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<td>Participate in APA Kick-Off</td>
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<tr>
<td>Conduct Charrettes</td>
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<td>Develop Guidance Report</td>
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Questions?

Contact Information:

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