

Delaware Plan4Health Workshop

Overview

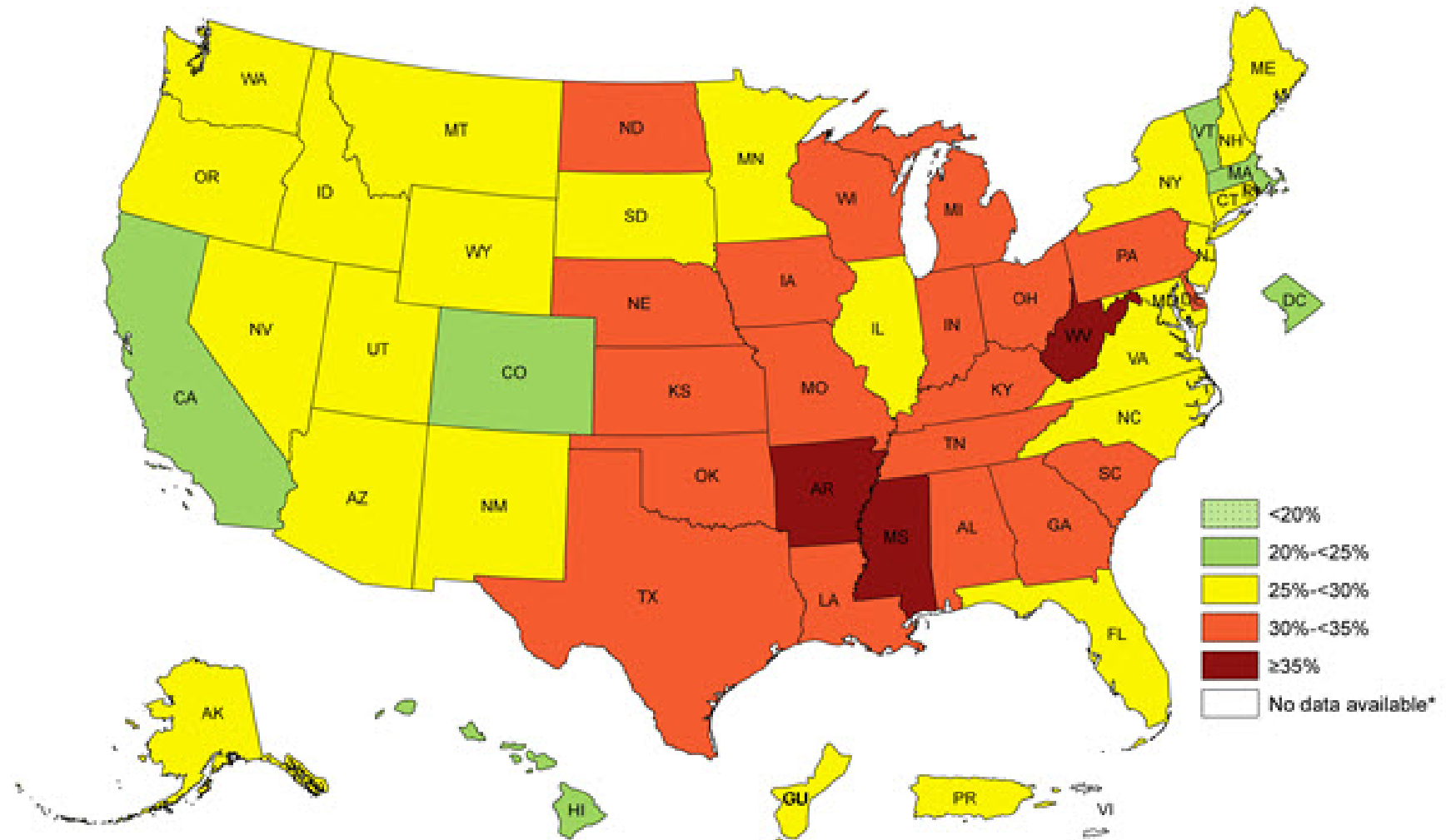
- Purpose
- Project Background
- Understanding Approach
- Understanding the Story
- Next Steps

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

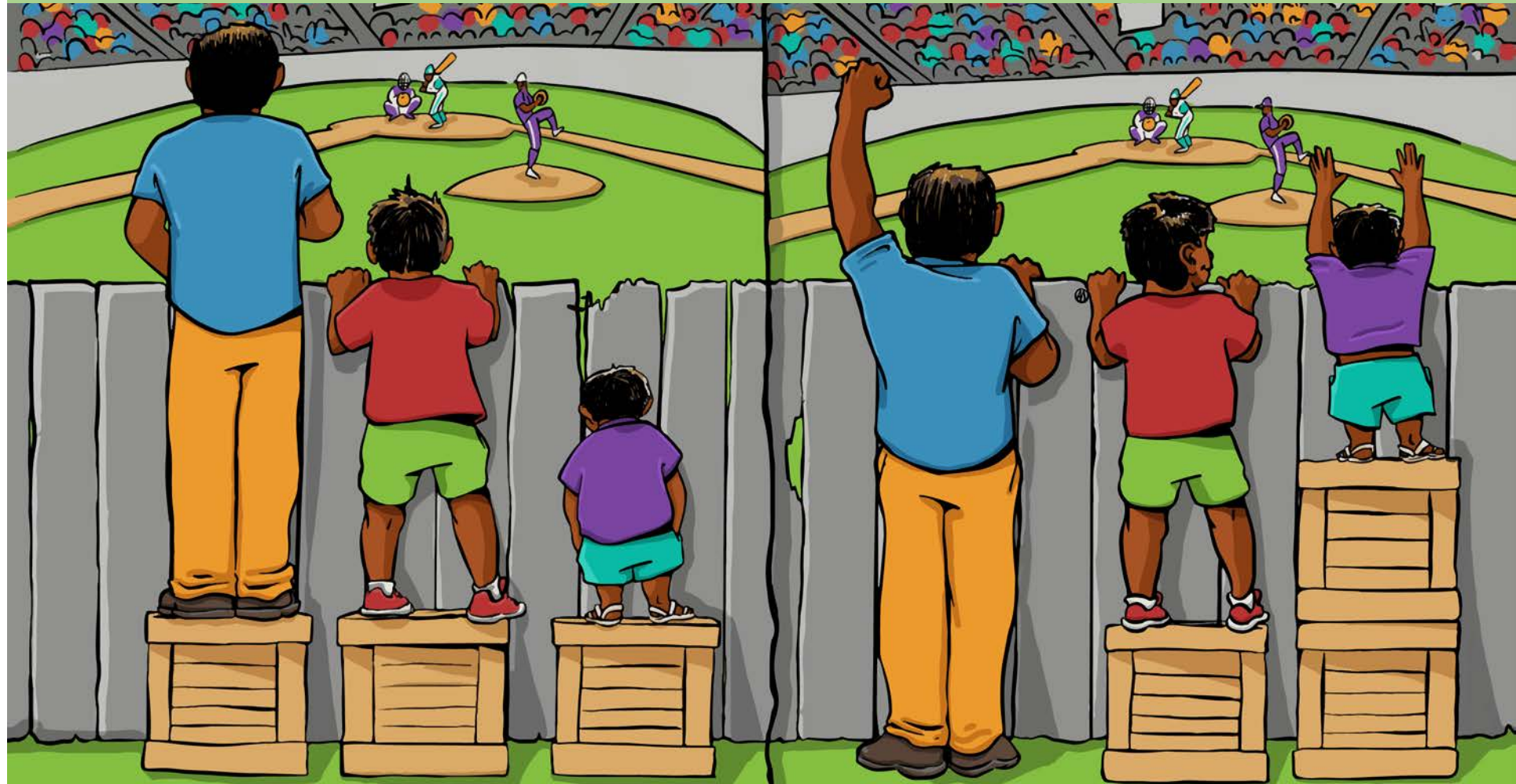


WORK

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An American Planning Association Project

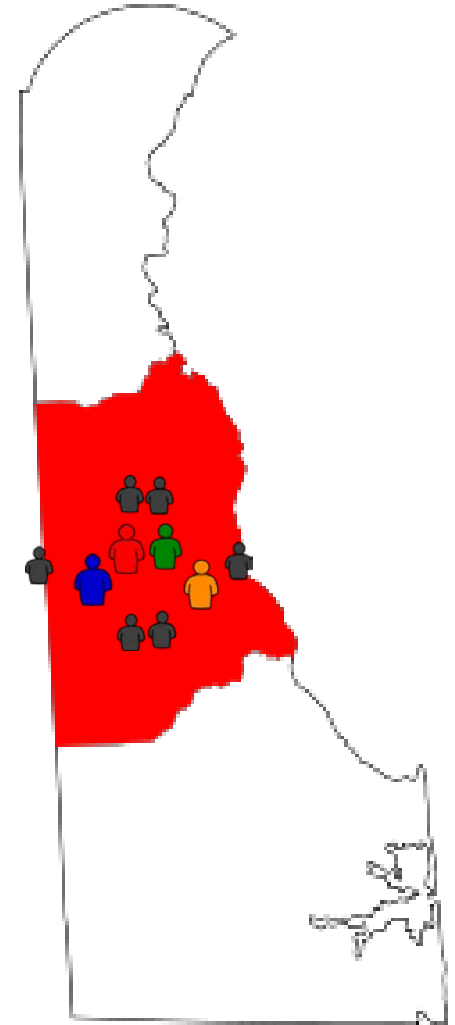
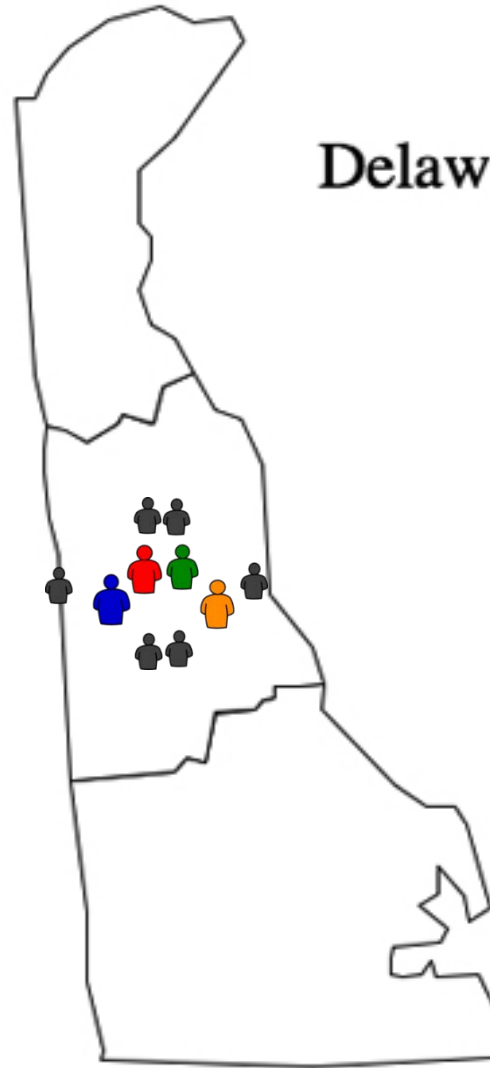
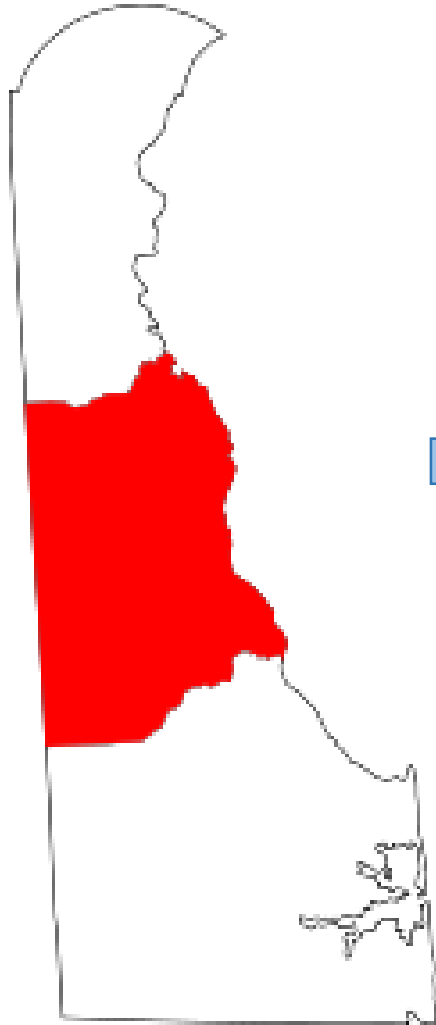
Creating an Opportunity for All



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

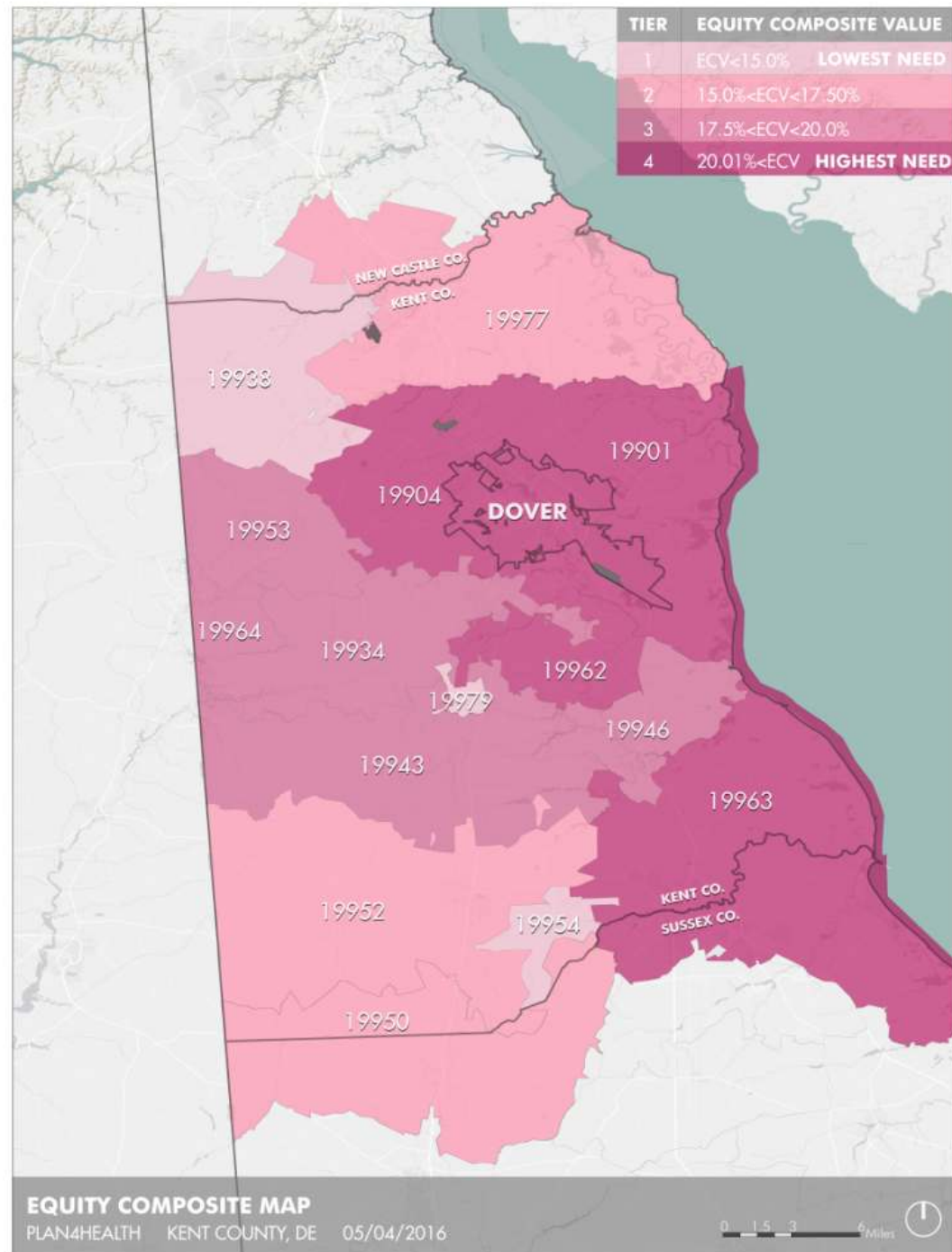
- Do we have places to play and socialize?

- Community Surveys

- Provide some context to the maps

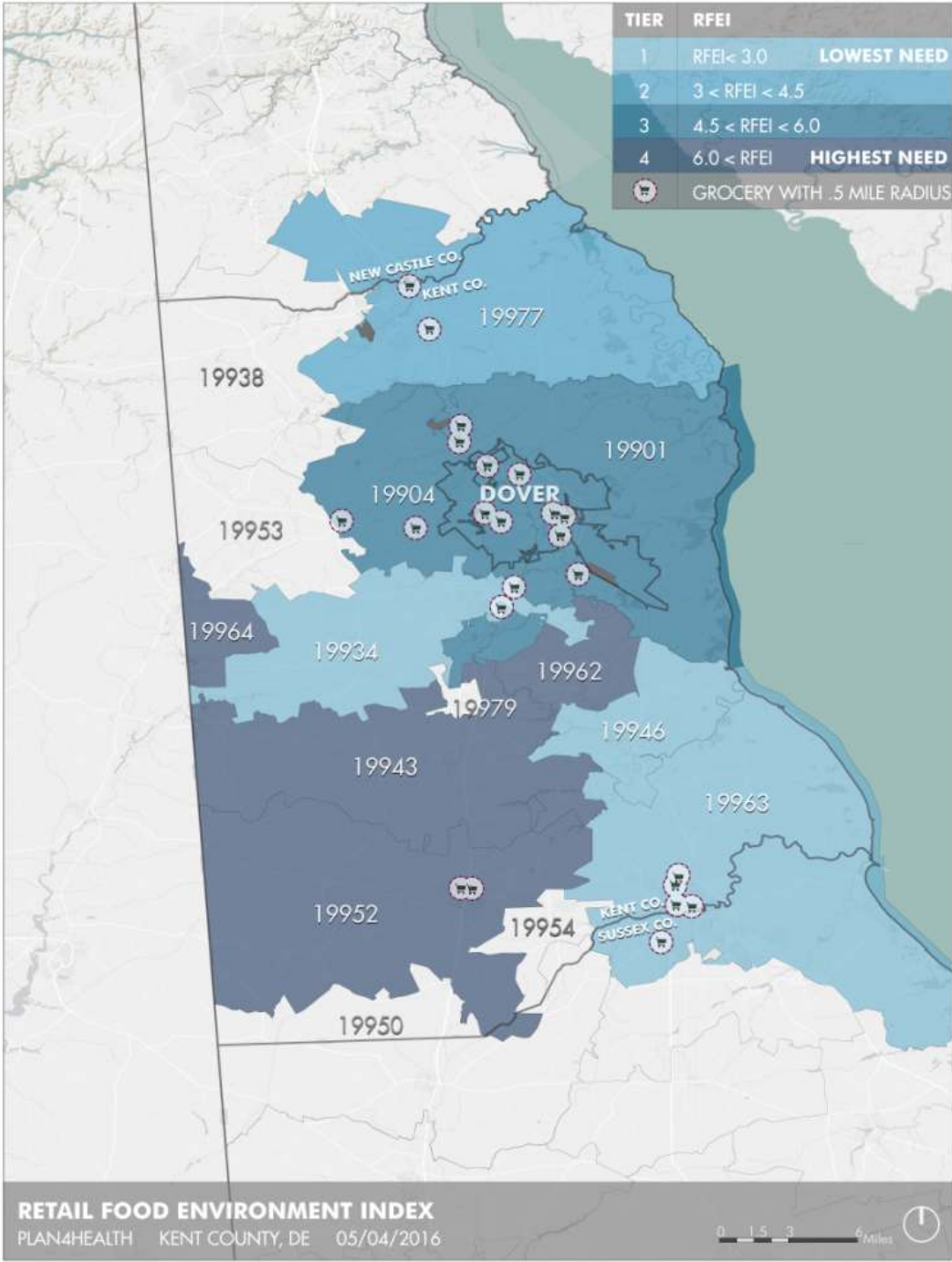
Map 1: Equity Priority

- 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



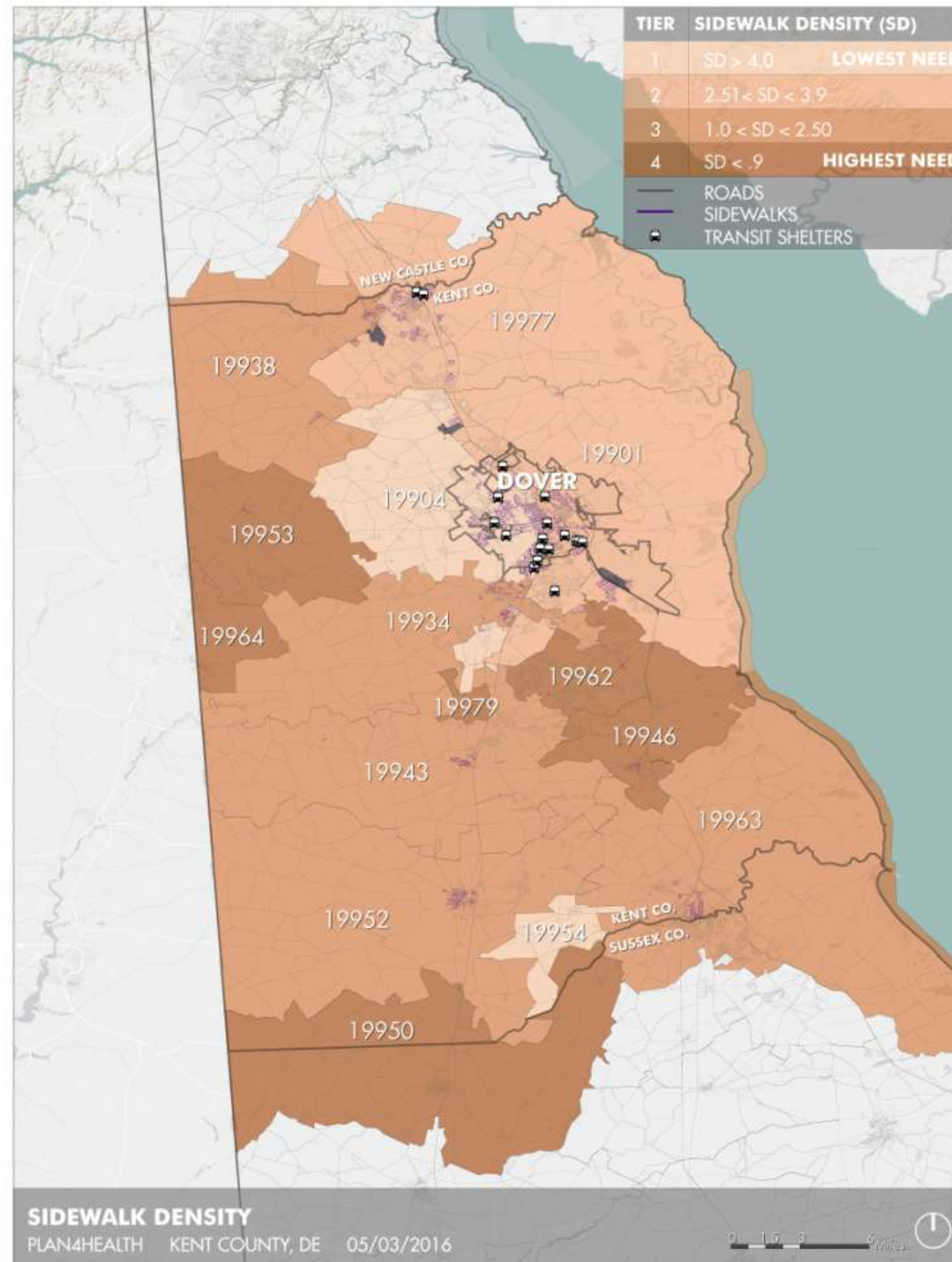
Map 2: Healthy Food Environment

- 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



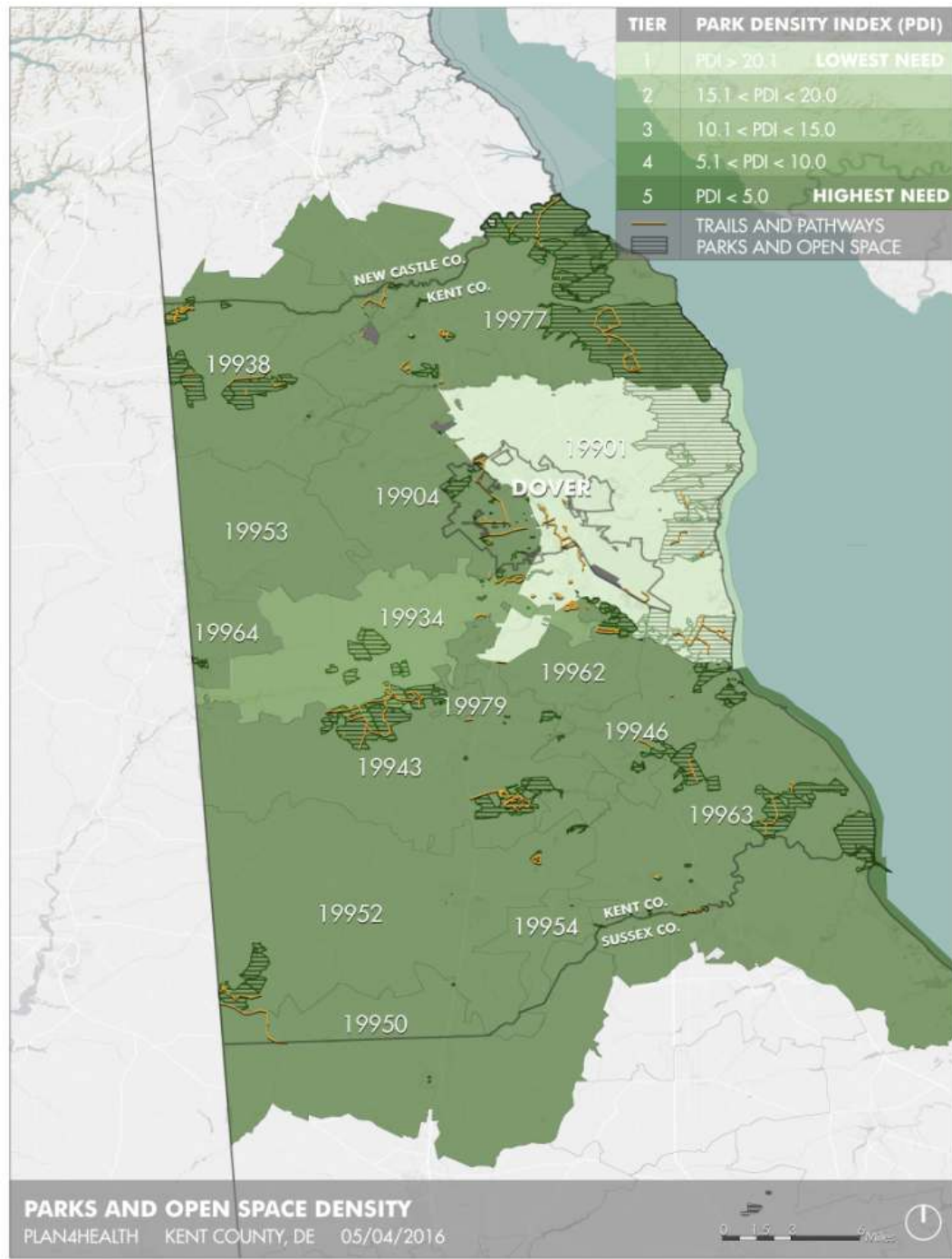
Map 3: Sidewalk Density

- 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



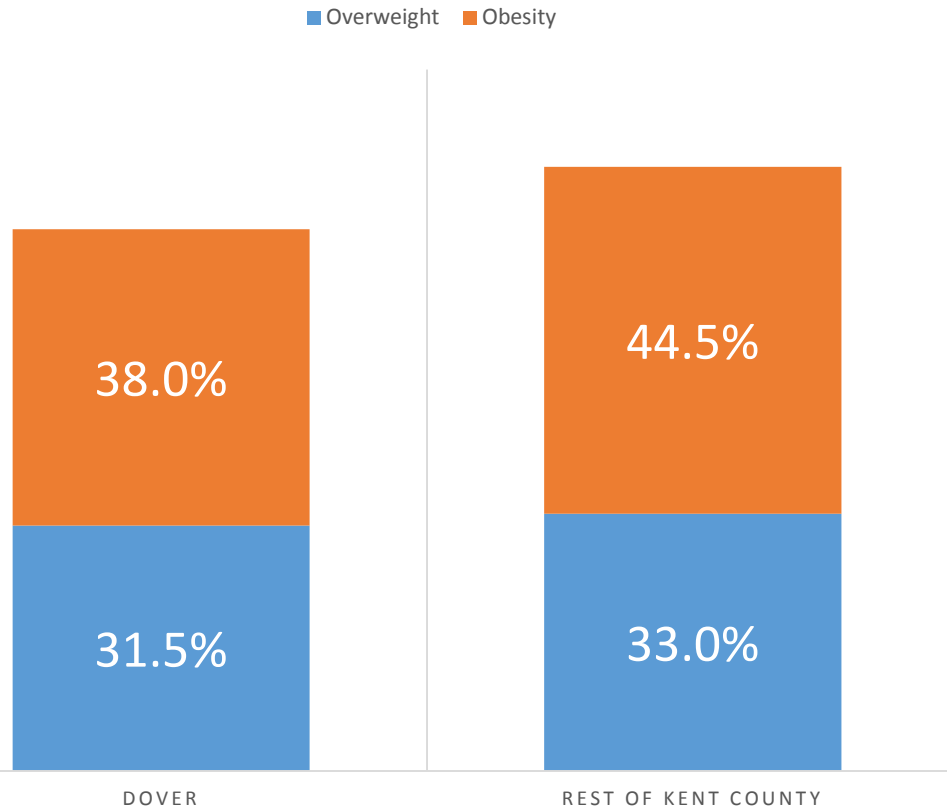
What do some of the residents say?

- 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

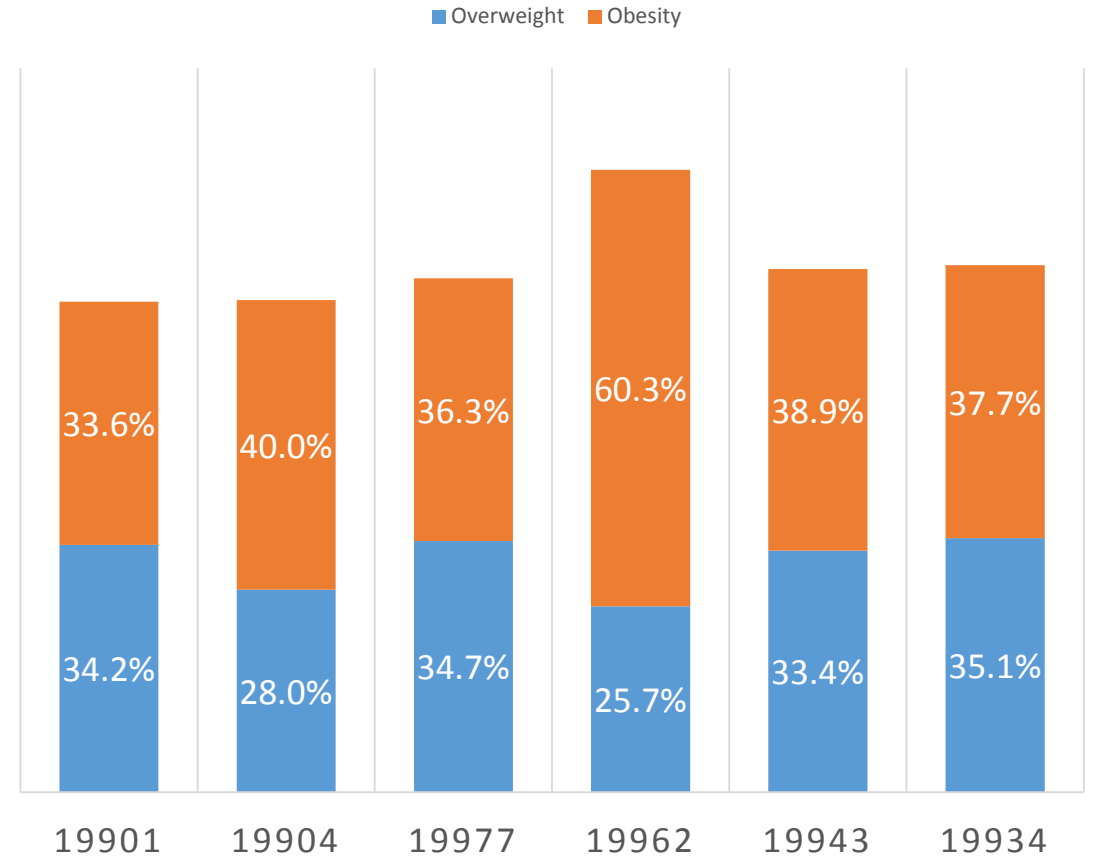


Health Status

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

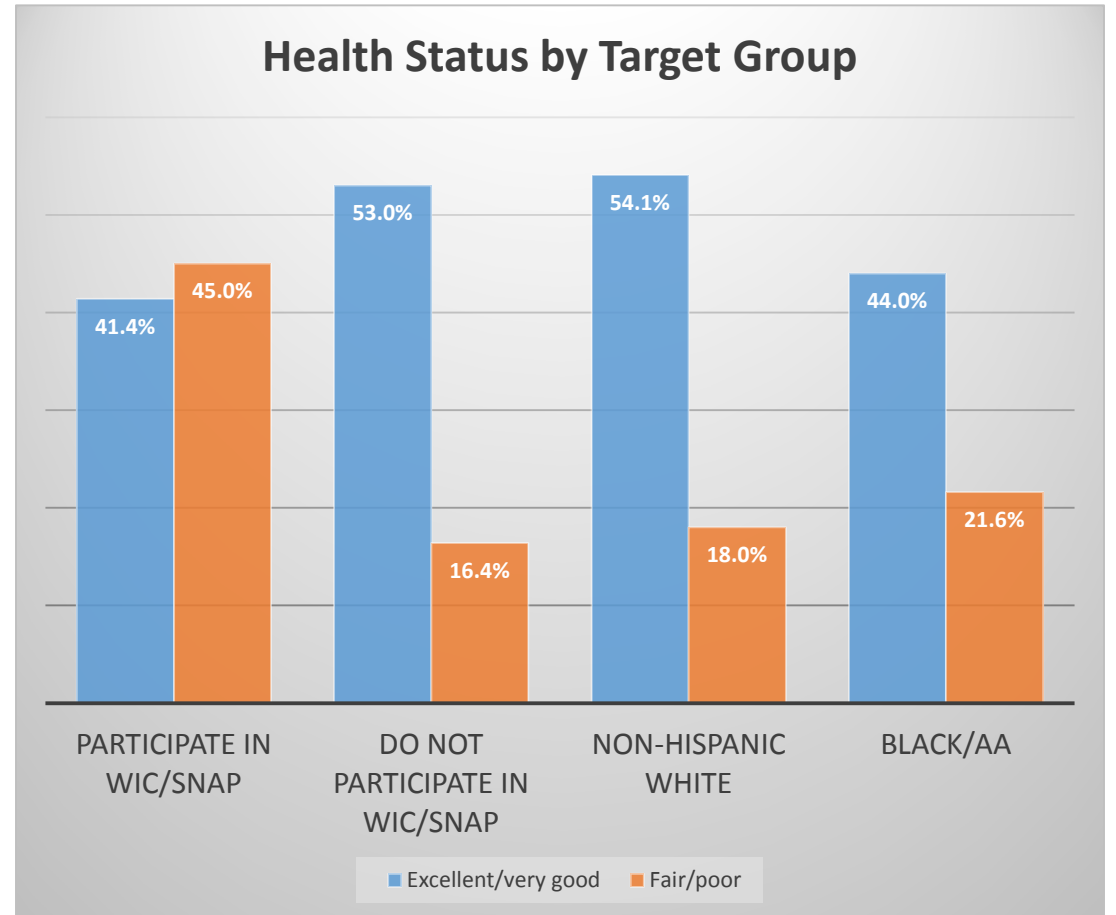
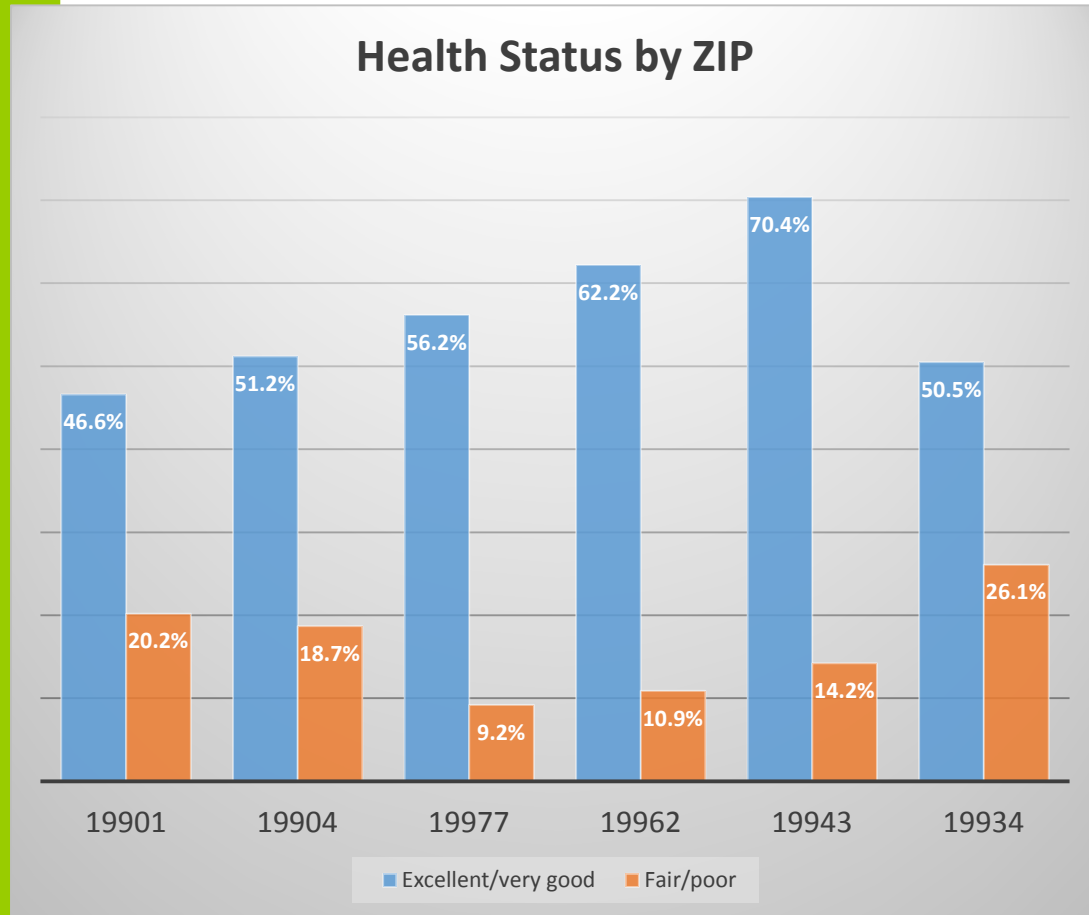


OVERWEIGHT AND OBESITY BY ZIP



Obesity Rates according to *County Health Rankings*:
 Delaware: 29% Kent County: 33% US: 34.9%

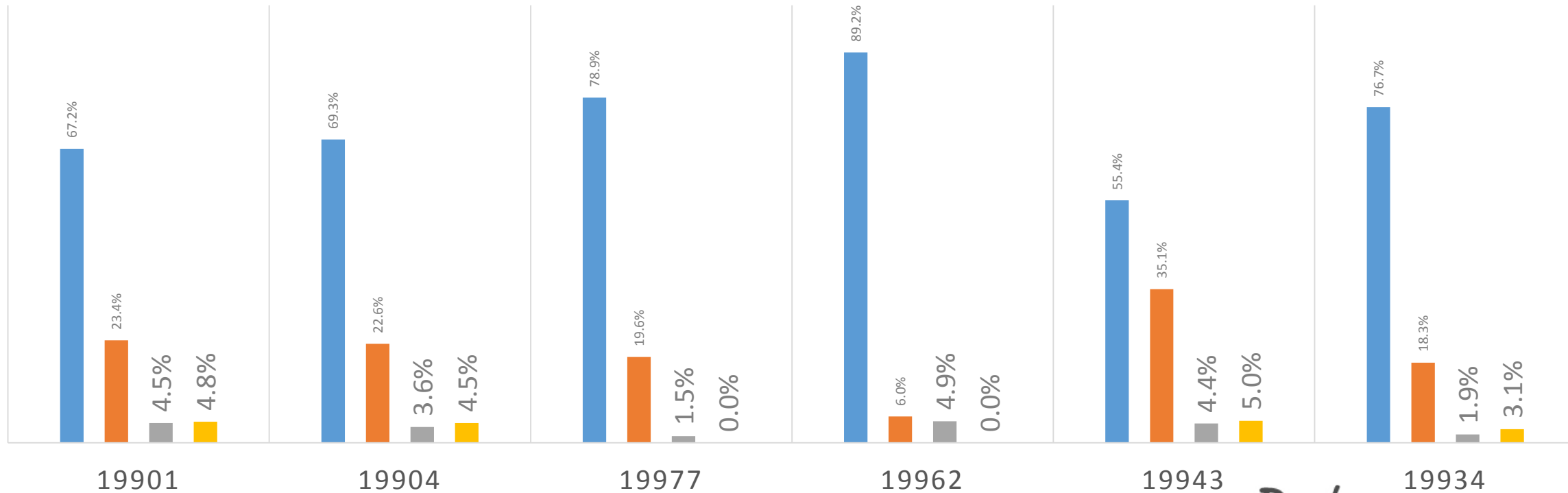
Would you say in general your health is?



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

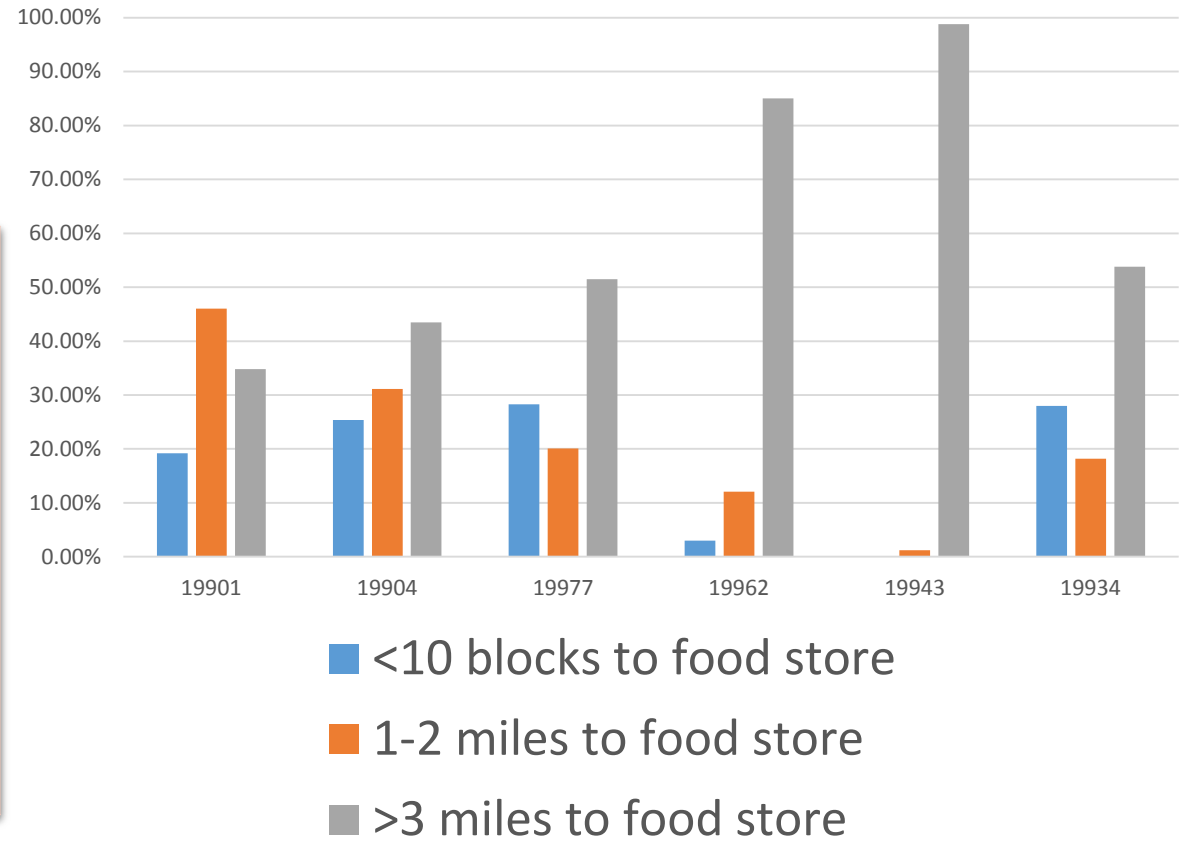


Access to Food

How do you travel to your store for food?

	Participate in WIC/SNAP	Do not Participate in WIC/SNAP	Often not enough to eat
Car/Drive	87.1%	96.7%	67.6%
Take bus/transit	9.7%	0.4%	18.0%
Walk	3.2%	2.3%	6.3%
Bike	0.0%	0.2%	0.0%
Other	0.0%	0.5%	8.0%

Access How far is it to travel to that store?



Walkability Factors

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

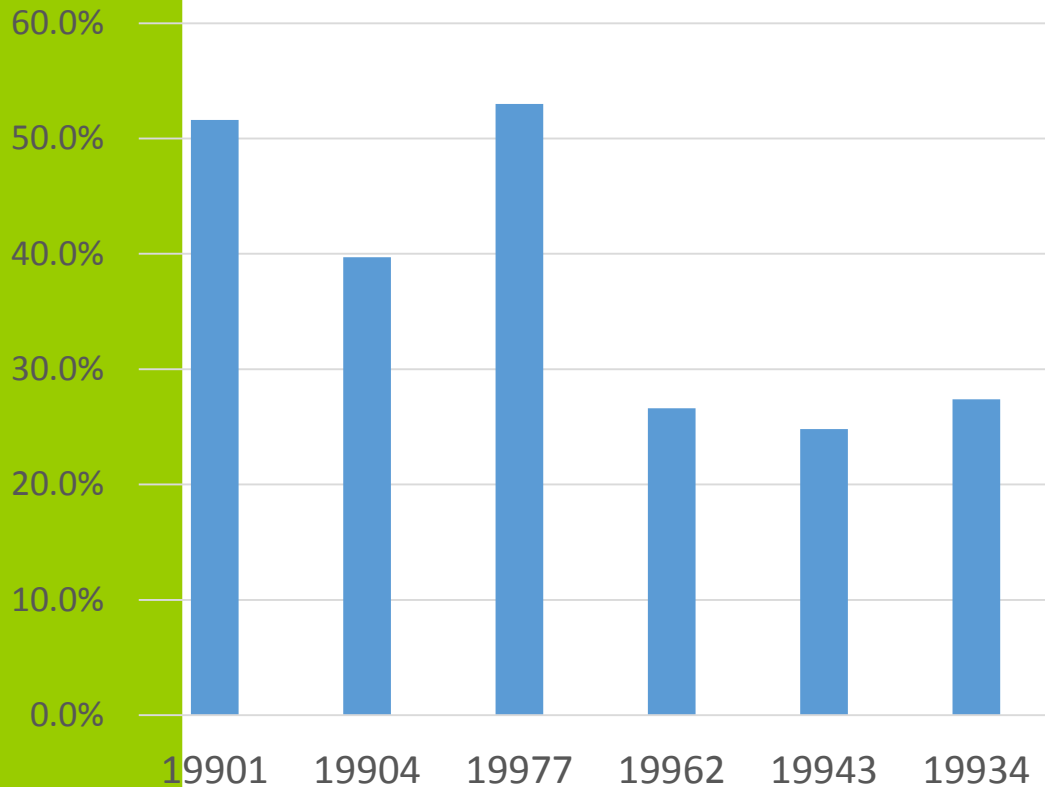
	19901	19904	19977	19962	19943	19934
Ease of Walking and being physically active in neighborhood	2.676	2.463	2.808	1.891	1.837	1.882
Safety walking in neighborhood	3.105	3.043	3.454	3.374	3.310	3.276
There are sidewalks on most streets in my neighborhood	2.445	2.841	3.225	1.782	1.830	1.547
There are many destinations within walking distance	2.707	2.370	2.602	1.568	1.339	1.812

Walkability Factors

Percent with an opinion who strongly or somewhat agree	Non-Hispanic White	Black/AA	Participate in WIC/SNAP	Do Not Participate in WIC/SNAP
Sidewalks on most streets in neighborhood	36.1%	64.5%	51.4%	43.4%
Poor sidewalk conditions	27.8%	35.4%	54.6%	25.9%
Easy to walk to bus stop	40.7%	64.0%	57.4%	25.9%
Safe from traffic	77.9%	71.7%	66.3%	79.6%
Safe from crime	89.4%	79.0%	76.8%	88.0%

Access to Parks

Live within 5 minute walk to park/trail



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

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

Task	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
Develop and Administer Community Survey									
Analyze Survey									
Review and develop health assessment tools									
Review Bicycle and Pedestrian plans									
Create GIS maps									
Conduct Health Analysis									
Conduct Policy Analysis									
Participate in APA Kick-Off									
Conduct Charrettes									
Develop Guidance Report									

Questions?

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